



Pasadena Rosebud Academy Wellness Policy

Table of Contents

<u>Preamble</u>	2
<u>School Wellness Committee</u>	3
<u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u>	5
<u>Nutrition</u>	7
<u>Physical Activity</u>	11
<u>Other Activities that Promote Student Wellness</u>	13



Pasadena Rosebud Academy Wellness Policy

Preamble

Pasadena Rosebud Academy (PRA) is committed to the optimal development of every student. PRA believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines PRA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- PRA students have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;



- The community is engaged in supporting the work of PRA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- PRA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools at PRA.

School Wellness Committee

Committee Role and Membership

PRA will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least 4 times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent Pasadena Rosebud Academy as a whole but not limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teacher; school administrators (Director, Office Administrators), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from our school and reflect the diversity of the community.



Leadership

The Director and designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure our school's compliance with the policy.

Name	Title/Relationship to School	Email Address	Role
Shawn Brumfield	Director	brumfield.shawn@pasadenarosebud.com	Leader
Dana Brumfield	Business Manager	brumfield.dana@pasadenarosebud.com	Secretary
Stacy Cunningham	Administrator	cunningham.stacy@pasadenarosebud.com	Member
Tiffany Winn	Administrator	winn.tiffany@pasadenarosebud.com	Member
Teresa Solorzano	Administrator	solorzano.teresa@pasadenarosebud.com	Member
Tonya Todd	Board Member	todd.tonya@pasadenarosebud.com	Member
Monique Autrey	Board Member	autrey.monique@pasadenarosebud.com	Member



Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

PRA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to PRA, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on our school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at:
www.RosebudAcademy.com

Recordkeeping

PRA will retain records to document compliance with the requirements of the wellness policy at 3544 N. Canon Blvd., Altadena, CA 91001. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy and plan have been made available to the public.
- Documentation of efforts to review and update the Wellness Plan, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

PRA will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within PRA in meeting wellness goals. This annual report will be published around the same



time each year January, and will include information from each school within PRA. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of our school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated policy leaders
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in English.

PRA will actively notify households/families of the availability of the annual report.

Triennial Progress Assessments

At least once every three years, PRA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which PRA's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of PRA's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Dana Brumfield – Business Manager

PRA will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as our school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**



Community Involvement, Outreach, and Communications

PRA is committed to being responsive to community input, which begins with awareness of the wellness policy. PRA will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. PRA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within PRA participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Are accessible to all students;

- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (PRA offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students



- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed and displayed at the POS
- A reimbursable meal can be created and made available to all students
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas

Staff Qualifications and Professional Development

Our school nutrition program director, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. PRA will make drinking water available where school meals are served during meal times.

Competitive Foods and Beverages

PRA is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits

Celebrations and Rewards

All foods offered on our school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. PRA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. PRA will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. PRA will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will



not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. PRA will make available to parents and teachers a list of healthy fundraising

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.

PRA will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#) and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that PRA and individual schools may use include [Smart Snacks in School](#).

Nutrition Education

PRA aims to teach, model, encourage, and support healthy eating by students. Our school will provide nutrition education and engage in nutrition promotion that:

- Ensuring 100% of foods and beverages promoted to students throughout the school meet the USDA Smart Snacks in School Nutrition standards.
- Is part of health education class and physical education class.
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

PRA will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Eating a variety of foods every day



- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Resisting peer pressure related to unhealthy dietary behavior

Food and Beverage Marketing in Schools

PRA is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. PRA strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of PRA to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with PRA's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards

Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service



- equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by PRA.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

Physical Activity

To the extent practicable, PRA will ensure that our campus is safe and that equipment is available to students to be active. PRA will conduct necessary inspections and repairs.

Physical Education

PRA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection).

All students will be provided equal opportunity to participate in physical education classes. PRA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

PRA physical education program will promote student physical fitness through individualized fitness and activity assessments. The curriculum will support the Phases of an exercise session, that is, warm up, workout, and cool down

Recess (Elementary)

We offer at least **20 minutes of recess** on our campus most days during the school year.



Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school conducts **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

PRA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. PRA recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

PRA will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

PRA offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. PRA will encourage students to be physically active before and after school by:

Before School: opening the campus 20 minutes before class time, so students have access to run and play prior to start of school.



After school: We offer after school sport programs and training such as: soccer, baseball, volleyball and basketball training for students to take advantage of if they choose.

Other Activities that Promote Student Wellness

PRA will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. PRA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

PRA will seek relationships with community partners (high school, local businesses) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

PRA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The Subcommittee leader's name is Ms. Tiffany Ross (Admin)



PRA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating /weight management that are accessible and free or low cost.

Professional Learning

When feasible, PRA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help our staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



-
- ¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
- ² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.
- ³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.
- ⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.
- ⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
- ⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
- ⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.
- ⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.
- ⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.
- ¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- ¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- ¹² Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- ¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
- ¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.
- ¹⁵ Change Lab Solutions. (2014). [District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds](http://changelabsolutions.org/publications/district-policy-school-food-ads). Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.