



PCHS Wellness Policy

I. Introduction

PCHS believes that in order 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 - occurring 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} There is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17} Furthermore, there is evidence about the inverse relationship between high risk behaviors and academic achievement, so much so, it is imperative leaders in education act together to make wise investments in our nation's school age youth that will benefit the entire population.²⁰ Rates of accidents, suicide, homicide, depression, substance abuse, violence and risky sexual behaviors skyrocket during adolescence.²¹ Many people believe education needed in the 21st century goes beyond academic learning, to include positive social, emotional and ethical development.²²

II. Nutrition

School Meals:

PCHS will contract with food service providers that meet or exceed USDA's Professional Standards for School Nutrition, [USDA's Professional Standards for School Nutrition Standards website](#).

PCHS is committed to serving healthy meals to children, that include: plenty of fresh fruits and vegetables; whole grains; fat-free and low-fat milk; foods moderate in sodium, low in refined sugar and saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); GMO-free (genetically modified organisms) foods when possible; and meeting the nutrition needs of school children within their calorie requirements.

PCHS participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and is committed to the provision of food closest to natural sources as reasonably possible and from local/school garden projects. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

PCHS is committed to offering healthy foods that are: accessible to all students, are appealing and attractive to children, are served in clean and pleasant settings, promote healthy food and beverage choices, accommodate students with special dietary needs, and meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (PCHS offers reimbursable school meals that meet [USDA nutrition standards](#).)

PCHS students will be: allowed a reasonable amount of time to select and eat their meals, served lunch at a reasonable and appropriate time of day, and offered multiple locations to purchase food to minimize wait time



Water:

To promote hydration, PCHS will provide free, safe, unflavored drinking water available where school meals are served, during mealtimes, and in multiple areas on campus throughout the school day.

Competitive Foods and Beverages:

PCHS is committed to ensuring 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 (aka “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. If offered, electrolyte replacement beverages at PCHS will focus on low calorie hydration drinks or hydration packets. These standards should apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

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, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

PCHS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs, by implementing evidence-based healthy food promotion techniques, such as using [Smarter Lunchroom techniques](#).

PCHS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#). PCHS will also provide teachers and other relevant school staff a [list of alternative ways to reward children](#). PCHS students and staff should be surveyed for additional ideas that meet PCHS specific needs.

Nutrition Education:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Should be integrated into classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects when possible;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;



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- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Should teach media literacy with an emphasis on food and beverage marketing; and
- Should include nutrition education training for teachers and other staff.

PCHS will support activities that may include: incorporation of local and/or regional products into the school meal program, reinforcing messages about agriculture and nutrition throughout the learning environment, consideration of the possibility of hosting a school garden, and promoting awareness of local farmer's markets.

PCHS will teach, model, encourage and support healthy eating by all students and will provide nutrition education and engage in nutrition promotion that aligns with California Health Education code: 49534, 51890, 8995 http://www.nasbe.org/healthy_schools/hs/state.php?state=California#Nutrition%20Education

Food and Beverage Marketing:

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes 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.¹⁸

Food and beverage marketing 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, PCHS will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in 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 PCHS.
- 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.

PCHS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical behaviors throughout the school day while minimizing commercial distractions. PCHS strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of PCHS 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 the guidelines in this policy and with federal/state/local requirements.

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.

New contracts, equipment and product purchasing and replacement decisions, as well as any review of existing contracts should follow the policy guidelines.



Farm to School Program:

As staff and resources are available, PCHS will pilot a Farm to School program including the following aspects based on the California Dept. of Education recommendations:

- All food vendors utilized by cafeteria manager are from the local area to the greatest extent possible
- PCHS may host a local Farmer's Market, featuring taste testing local, farm-fresh fruits and vegetables in season
- PCHS will feature herbs and produce in school lunches, which have been grown in the PCHS garden, if possible
- Joint efforts between the cafeteria and the Foods and Nutrition program that may include salad bars and/or other items that are created and served by students
- Local farm visits so students can make the connection between agriculture, farmer's markets, school garden and healthy meals at home and at school
- Student representative involvement to increase student engagement in the program

III. Physical Activity

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). PCHS is committed to providing these opportunities. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. To the extent practicable, PCHS will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

PCHS offers opportunities for students to participate in physical activity either before or after the school day (or both) through a variety of methods. PCHS will encourage students to be physically active through physical activity clubs, intramurals, or interscholastic sports.

PCHS 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.

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

PCHS physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student as stated in California education code: *EC Section 60800*.

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

IV. Health Education

PCHS recognizes the critical relationship between health behaviors and academic achievement, so students can strive toward health literacy and ultimately lifelong wellness. A health education course or



comparable curriculum will be offered through **classroom**-based or on-line medium aligned with California Health Education Code and California State standards. PCHS complies with mandates Title IV, Part A: Safe & Drug-Free Schools & Communities Act and other means to maintain a safe and drug-free environment for all students utilizing an evidence based curriculum. Also, PCHS abides by the CA Healthy Youth Act implemented in 2016 requiring comprehensive sexual health and HIV prevention-education for all students.

V. Mental/Social/Emotional Well Being

Teens face many challenges/stressors today resulting in anxiety, depression and many other risky behaviors. PCHS is committed to providing mental health support to assist students in developing emotional health by providing on site therapeutic services which may include: school psychologist, mental health providers (social workers/MFT/psychologist) and a robust counseling department. In addition, PCHS is committed to providing researched-based prevention programs to meet the needs of all students and staff.

To optimize students' emotional well-being and social functioning:

1. Students should have access to credentialed school counselors, psychologists, mental and physical health providers to support and assist students in making healthy decisions, manage emotions, and cope with crises.
2. Professional development in appropriate approaches to promote emotional well-being in students should be provided to teachers and administrators on an annual basis. (e.g. mindfulness, trauma informed schools, student bill of rights and responsibilities, etc.)
3. Encourage professional development and appropriate approaches that promote conflict resolution, nonviolence and violence prevention training for administration, staff and students (e.g. peer mediation, teen court, etc.).
4. Implement Social Emotional Learning (SEL) and/or related strategies for staff and students.

Many students experiment with illicit drugs and may require intervention. To support positive healthy lifestyle choices, PCHS will provide resources to assist students in ceasing and/or avoiding misuse of drugs and alcohol.

VI. Health Services

PCHS provides a robust Health Office to ensure student health needs are met. The Health office provides in-service training, counseling and consultations for the promotion of health and wellness to maximize classroom success.

Health Services: The school nurse delivers emergency care assessments and interventions for acute and chronic health conditions, referral and support to students and families for accessing primary care and preventive services, and communicable disease control measures on campus.

Nutrition Environment and Services: The school nurse promotes the integration of nutrition education, and an environment that supports healthy eating behaviors.

Physical Environment: The school nurse monitors, reports, and intervenes to correct hazards; collaborates with the safety officers in the development of crisis intervention/disaster plans; and advocates for adaptations for students with special needs.



VII. Community Partnerships

PCHS will develop, enhance, and continue relationships with community partners to provide services and support (i.e. Westside Mobil Health Clinic, universities/colleges, local businesses and non-profits.) Existing and new community partnerships and sponsorships should be evaluated to ensure they are consistent with the policy guidelines and with its goals.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments should be aligned with the policy guidelines.

VIII. Staff Wellness and Health Promotion

PCHS will implement strategies to support staff in areas such as actively promoting and modeling healthy eating, physical activity, weight management, mental/emotional behaviors, and stress reduction. PCHS promotes staff member participation in health promotion programs and will support programs for staff members consistent with PCHS Board Policy.

IX. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

School Wellness Committee:

PCHS has convened and will continue to utilize a representative health and wellness committee comprised of representatives from all stakeholder groups (parents, students, staff, and community members). The Executive Director/Principal or designee(s) will convene the committee as needed, but at least triennially. At minimum, an administrator, school nurse, PE teacher, Health teacher, Foods teacher, and food service coordinator should be invited to participate.

Implementation Plan:

PCHS will develop and maintain a plan for implementation to manage and coordinate the execution of this policy. The plan delineates roles, responsibilities, actions and timelines specific to PCHS; 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 the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness and decrease targeted high risk adolescent behaviors. It is recommended that the school use the [Healthy Schools Program online tools](#) or similar tool to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report to be reviewed by PCHS Administration/Board.

A measurement, such as the [California Health Kids Survey](http://chks.wested.org) : (<http://chks.wested.org>) or similar instrument, will be administered to all 9th graders and 11th graders at PCHS.

This policy will be assessed and updated no less than triennially. The committee will update or modify the policy based on relevant information such as the results of the School Health Index, PCHS priorities, community needs, new health science and/or technology, a need for new wellness goals, and/or as new Federal or state guidance or standards are issued.



PCHS will retain records to document compliance with the requirements of this policy in the governance section of the school website at www.palihigh.org. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation and participation meeting notes of efforts to review and update the Local Schools Wellness Policy.
- The most recent assessment/survey assessing PCHS health and wellness

PCHS will inform families and the public annually of basic information about this policy, including its content, any updates to the policy, and implementation status within the Parent/Student handbook and on the website. PCHS will also publicize the name and contact information of the PCHS administrator/designee leading the committee, as well as information on how the public can get involved with the committee.

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