

LIFELINE EDUCATION CHARTER SCHOOL WELLNESS POLICY

Lifeline Education Charter School (“Lifeline”) recognizes the critical relationship between health, nutrition, and academic achievement. Thus, Lifeline has developed this Wellness Policy (“Policy”) and built a coordinated school health system that supports and reinforces health literacy through health education, physical education, nutrition services, health promotion, and counseling services, in addition to a healthy school environment that encourages students to adopt healthy behaviors that will improve the performance of students, staff, and parents year round.

School Health Council/Committee

The school health council or committee provides parents, members of the physical education staff, school administrators, members of the Board, and students an opportunity to participate in the development, implementation, and period review and update of this Student Wellness Policy (“Policy”). In addition, the school health council or committee may advise Lifeline on other health-related issues, activities, policies, and programs.

Notification of Policy

Lifeline will inform families and the public each year of basic information about this Policy, including its content, any updates, implementation status, progress toward meeting the goals, and the triennial assessment of compliance with this Policy. Lifeline will make this information available via Lifeline’s website and/or school-wide communications.

Recordkeeping

Lifeline will retain records to document compliance with the requirements of this Policy at Lifeline’s offices and/or on Lifeline’s internal computer network. Documentation maintained in this location will include but will not be limited to:

- This Policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make this Policy and the triennial assessments available to the public, provide members of the public an opportunity to participate in the development, implementation, and period review and update of this Policy, inform the public about progress toward meeting the goals in this Policy, etc.; and
- Documentation of the triennial assessments of this Policy.

Implementation Assessments and Updates

The Executive Director of Lifeline is responsible for the implementation and oversight of this Policy. At least once every three years, the school health council/committee will assess Lifeline’s compliance with this Policy. The assessment will measure Lifeline’s implementation of the policy, including the extent to which Lifeline is in compliance with this Policy, the extent to which this Policy compares to model local school wellness policies, and a description of the progress made in attaining the goals of this Policy. The assessment results will be made available to the public.

Lifeline will make appropriate updates or modification to this Policy based on the results of the assessment.

Nutrition Education Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote wellness. Students spend a great portion of their lives at school, therefore, we are responsible for providing an environment that supports healthy behaviors.

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks. Nutrition education shall be provided as part of the health education program in grades K – 12 as well as in after school programs. The purpose of our health education program is to promote student health, environmental health, high academic achievement, a sustainable future, and a complete understanding of wellness which includes more enrichment and learning opportunities for each and every child.

Nutrition education will be provided to families via handouts, presentations, postings on school websites and workshops. Outreach to parents/ guardians shall emphasize the relationship between student health and academic performance. The goal of the Board is to help build skills linked to meal preparation by emphasizing fresh, seasonal, whole, and sustainably grown foods from local sources.

Physical Activity Goals

The goal of the Board is to increase physical activity and fitness for students, staff, and community and develop a positive attitude toward participation in physical activity. Lifeline will provide a physical and social environment that encourages safe and enjoyable physical activity for all students. All students in grades K – 12 shall be provided opportunities to be physically active on a regular basis. Students will have opportunities to engage in physical activity through physical education, recess, school athletic programs, extracurricular programs, and after- school programs.

All students in grades 7-12, including students with disabilities and special health-care needs, will receive daily physical education the entire year. All elementary school students will have at least 20 minutes a day of supervised recess, during which schools should encourage moderate to vigorous physical activity.

Students will be encouraged to exercise within their ability in order to develop and maintain a physically active lifestyle. Physical activity staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions. Teachers and other school personnel shall not use physical activity or withhold opportunities for physical activity as punishment. Fundraising activities that promote physical activity, such as walk-a-thons, are encouraged.

Nutrition Guidelines

The Board shall adopt nutrition guidelines for all foods available on each campus during the school day, with the sole purpose of promoting student health and reducing childhood obesity. Lifeline

will adopt nutrition standards for all foods and beverages sold to the students, including foods and beverages provided through the school lunch program, fundraisers, and other venues. All food sold or marketed to students on the school campus during the school day shall meet state and federal nutrition standards.

Nutritional content requirements for all foods sold in schools will limit fat, sugars, and calorie content. The Board will promote healthy fundraising with healthy food items as well as non-food items in order to demonstrate a commitment to promoting healthy eating habits. Students will not be involved in the sale of candy, soda, cookies, and sweets of any kind at school during the school day, and will limit the sale during school-sponsored events or for any fundraising activity.

Standards for Foods/ Beverages Sold on Campus

Lifeline 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 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. 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>.

Standards for Reimbursable Meals

All qualified children will become eligible for free/reduced-price meals. All foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations.

School meals will include a variety of healthy choices in order to emphasize the importance of nutrition and wellness. Lifeline is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, serving meals that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and meeting the nutrition needs of school children within their calorie requirements.

Lifeline's school food service provider/vendor will offer a variety of fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices. All meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality, and served at proper temperature.

Meals served at school sites shall utilize fresh, whole, unpackaged, unprocessed or minimally processed ingredients to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste. Students shall play a role in a recycling program that begins with the purchase of recycled products and maximizes the reduction of waste by recycling, reusing and/or composting. Reducing waste is a goal of Lifeline.

Meal Times

Lunch hours are reasonable and set in accordance to the length and time of the school day. Breakfast shall be scheduled between 7:15am and 7:45am. Lunch is to be served between 10:55am and 1:00pm.

Nondiscrimination Statement

In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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