

CITY HEIGHTS PREP

CHARTER SCHOOL

School Wellness Policy

City Heights Preparatory Charter School recognizes there is a link between nutrition education, the food served at our school, physical activity and environmental education, and that wellness is affected by all of these. The board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

We recognize that it's the school's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, and good nutrition.

We further recognize the sharing and enjoyment of food and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

To help ensure the health and well-being of each staff member and student, and to provide guidance to school personnel in the areas of nutrition, physical activity and food services, we encourage teachers and staff to recognize the breakfast and lunch period as an integral part of the educational program of our school, and to work to implement the goals of this policy. Specifically:

- No student goes hungry during school;
- An economically sustainable meal program makes available a healthy and nutritious breakfast and lunch so that students are prepared to learn to their fullest potential;
- City Heights Preparatory Charter School shall use food as an integrator for education about human events, history, and celebrations, and shall encourage classes to discuss food and cooking as part of a learning experience that sheds light on customs, history, traditions, and cuisine of various countries and cultures;
- Lunch periods shall be scheduled so that students do not have to eat lunch unusually early or late;
- Free, safe, drinking water sources and facilities for washing hands and hand sanitizing shall be accessible to all students, when possible;
- Students shall play a role in a recycling program maximizes the reduction of waste by recycling, reusing, and purchasing recycled products whenever possible;
- Meals will be attractively presented and served in a pleasant environment with sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners, and respect for others;
- City Heights Prep will promote healthy eating habits by promoting healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Physical Activity

We recognize the positive benefits of physical activity for student health and academic achievement. Recognizing that physical activity is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of physical activity to promote and develop the student's physical, mental, emotional, and social well-being.

Physical activity is incorporated throughout the school day and in our various after school clubs and activities. The school recess area is open and available to students before the start of the school day; we have a recess period every day after lunch service; teachers incorporate varying levels and types of physical activity during their in-class periods; and our after school clubs offer a range of physical activities from yoga, to basketball, soccer, football, and physical conditioning. Finally, each class integrates outdoor physical activities into the classroom curriculum.

Physical Activity Exemptions

The school Director or designee may grant temporary exemption from physical activity if the student is ill or injured and a modified program to meet his/her needs cannot be provided.

Waste Reduction

City Heights Prep will annually review the available vendors and select the appropriate vendor for food services. A vendor who uses environmentally safe practices will receive preference. Environmentally safe practices include:

- Recycling and composting kitchen waste
- Use of energy efficient insulated food storage units
- Use of recyclable packaging whenever possible
- Hot food containers that are biodegradable

Environmentally safe practices adhere to our school's mission and reflect the core values of our organization with respect to recycling and sustainability.

Nutrition Guidelines

City Heights Prep will ensure that:

- All qualified students will become eligible for free meals.
- Maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan, and by putting systems in place that ensure the elimination of the stigma of accepting "free lunch".
- The nutritional value of food served will meet the minimum federal and state nutrition

Standards, including the USDA Dietary Guidelines, through provision of nutritious, fresh, tasty food that reflects community and cultural diversity;

- We offer daily breakfast to all students;
- We provide students with at least 10 minutes to eat for breakfast and 30 minutes for lunch;
- Nutrition information will be available for all food served at school to allow students to make informed dietary choices;
- We offer a variety of fresh fruits and vegetables, five different fruits and vegetables over the course of a week when possible;
- The District prohibits the marketing to students on the school campus during the school day of any foods or beverages that do not comply with or exceed the USDA Smart Snacks in School nutrition standards.
- The foods and beverages sold and served outside of the school meals programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Fast food and “branded” food items shall not be offered for sale as part of any school meal program or as a la carte items;
- All foods offered during classroom celebrations, snacks, and as rewards or incentives shall encourage healthy foods or non-food items. A list of healthy alternatives shall be provided to school staff and parents.
- Foods and beverages are not sold on campus.
- CH Prep does not encourage in any type of fundraising.
- City Heights Prep shall not have vending machines accessible by students.

Measuring Implementation and Compliance

City Heights 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 each school, 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, and other school-based activities that promote student wellness.

City Heights will compile and publish an annual report to share basic information about the wellness policy and report on the progress in meeting wellness goals. This annual report will be published around the same time each year in March, and will include information from each school within the District. 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; description of the school’s progress in meeting the wellness policy goals; summary of the schools events or activities related to the wellness policy implementation; the name, position title, and contact information of the designated policy leader (s0 identified; and information on how individuals and the public can get involved with participation in the wellness policy.

The City Heights Prep Charter School will actively notify households/families of the availability of the annual report, Triennial Assessment every three years, the Board will review the wellness policy for compliance, comparison to model local school wellness policies and progress made in attaining the goals of the Wellness Policy, and make this assessment available to the public.

City Heights Prep staff will monitor the fiscal status of the National School Breakfast (NSB), National School Lunch Program (NSLP) and After-School Meal Supplement (AMS) to ensure that the encroachment to the general fund is kept as low as possible. As we wish to ensure students' dietary needs are met and as the Charter School realizes that our population has a need to be fed breakfast and lunch each day, we realize that encroachment on the general may occur. Charter School staff will strive to increase participation and maximize reimbursement through accurate and efficient record keeping and prompt submission of reimbursement claims.

Leadership

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

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

Participation in Policy Development and Updating

We will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and updating of the local wellness policy.

The District 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 four times per year [or specify frequency of meetings, with a minimum of four meetings 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")

Further, we will inform and update the public (including parents, students, and other in the community) about the content and implementation of our Wellness Policy.

This wellness policy and the progress reports can be found at: www.cityheightsprep.org

USDA Non Discrimination Statement

Please note that all forms of communication available to the public regarding the federal child nutrition programs must contain the following full nondiscrimination statement. This includes Local School Wellness Policies.

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, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may 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 complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at http://www.ascr.usda.gov/complaint_filing_cust.html 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
- (3) E-mail: program.intake@usda.gov

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