

Board Policy: GC Policy #7002  
Adopted: January 19, 2009  
Revision Date: December 11, 2024

## Manzanita Public Charter School

# **WELLNESS POLICY**

### ***Community Relations***

The Governing Board recognizes that agencies of all levels of government share its concerns and responsibilities for the health, safety, and welfare of youth. The Board and Superintendent or designee shall initiate and maintain good working relationships with representatives of those agencies in order to help the Charter school make use of the resources which governmental and private agencies can provide:

- (cf. 1400 - Relations between Other Governmental Agencies and the Schools)
- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.22 - Infectious Diseases)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 – Immunizations)
- (cf. 5141.32 – Child Health and Disability Prevention Program)
- (cf. 5141.6 – Student Health and Social Services)
- (cf. 5142 - Safety)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6142.1 - Family Life and HIV/AIDS Prevention Instruction)
- (cf. 6164.2 - Guidance/Counseling Services)

MPCS may enter into agreements with other agencies which involve the exchange of funds or reciprocal services. Such agreements shall be approved by the Board and executed in writing.

### ***School Wellness Council***

The Superintendent or designee may appoint a school wellness council or other committee consisting of parents/guardians, students, food service staff, district and school site administrators, Board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues. The Superintendent or designee shall encourage these groups and individuals to

participate in the development, implementation, and periodic update of the LEA's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The school wellness council or committee shall advise the Charter School on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may include the planning, implementation, and evaluation of activities to promote health within the Charter School or community.

### ***Goals for Nutrition, Physical Activity, and Other Wellness Activities***

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the LEA determines appropriate. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

(cf. 0000 - Mission)

(cf. 0200 - Goals for the School District)

The Charter's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6142.7 - Physical Education)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

Nutrition education shall be provided as part of the comprehensive health education program in grades TK-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs and summer learning programs. The nutrition education program may include, but is not limited to, information about the benefits of healthy eating for academic success, weight management, disease prevention, athletic ability, and oral health.

(cf. 5148.2 - Early Release for the After-School Education and Safety Program in Elementary and Secondary Schools) (cf. 6177 - Summer School)

All students in grades TK-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, summer learning programs, and other structured and unstructured activities.

(cf. 6145 - Extracurricular and Cocurricular Activities)  
(cf. 6145.2 - Athletic Competition)

Professional development may be offered to health education teachers, physical education teachers, school food service staff, school health professionals, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

(cf. 4131 - Staff Development)  
(cf. 4331 - Staff Development)

In order to ensure that students have access to comprehensive health services, the Charter School may provide access to health services, when possible, at or near neighboring schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)  
(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote staff wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

### ***Nutrition Guidelines for All Foods and Beverages Available at School***

The Board shall adopt nutrition guidelines for all foods and beverages available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. These standards shall be consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations. (42 USC 1758b)

In order to maximize the LEA'S ability to provide nutritious meals and snacks, the Charter School shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758, 1766, 1773, and 1779, as they apply to schools. When approved by the California Department of Education (CDE), the LEA may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)  
(cf. 3553 - Free and Reduced-Price Meals)

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages available to students at the Charter School, including those outside the reimbursable meals program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, through student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of food as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the Charter's wellness goals by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by taking a balanced approach in selecting foods and beverages. Class parties or celebrations shall be held after the lunch period when possible. To minimize risk of accidental food allergen exposure, school staff shall consider classroom celebrations that do not include food.

The Board prohibits the marketing and advertising on school grounds of foods and beverages that do not meet the Smart Snacks in Schools nutrition standards (Education Code 49431.9; 7 CFR 210.31). This includes, but is not limited to, signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. 1325 - Advertising and Promotion)

### ***Program Implementation and Evaluation***

The Board shall establish a plan for measuring implementation of this policy.

The Superintendent designates the site principal as the individual responsible for ensuring that each school site complies with the district's wellness policy.

The Superintendent designates the Director of Food and Nutrition Services as the individual responsible for coordinating assessment of the district's wellness policy and its implementation.

(cf. 0500 - Accountability)

The district shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

The assessment shall include the extent to which the Charter School is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

To determine whether the policy is being effectively implemented at Manzanita Public Charter School, the following indicators shall be used:

1. Descriptions of the LEA's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards
2. Number of minutes of physical education instruction offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
3. Results of the state's physical fitness test at applicable grade levels
4. Results of the most recent administrative review of the school meals program, conducted by the CDE
5. Student participation rates in school meal programs
6. Extent to which foods and beverages sold on campus outside the school meals program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
7. Extent to which foods and beverages available on campus during the school day, such as those used in classroom celebrations or as incentives/rewards, comply with nutrition standards
8. Descriptions of Charter's efforts to provide opportunities for physical activity outside of the physical education program
9. Feedback on Charter and school wellness activities from food service personnel, school administrators, the school wellness council, parents/guardians, students, teachers, school health professionals, and other appropriate persons
10. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the LEA's wellness policy conducted by the CDE every three years.

The Superintendent or designee shall report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity, for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed.

### *Notifications*

The Superintendent or designee shall inform the public about the content and implementation of the LEA's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the Charter School's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

(cf. 5145.6 - Parental Notifications)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate wellness information to parents/guardians through Parent Square, school newsletters, handouts, parent/guardian meetings, the school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 6020 - Parent Involvement)

### Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for the school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

### Legal Reference:

#### EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Free fresh drinking water

49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs  
49500-49505 School meals  
49510-49520 Nutrition  
49530-49536 Child Nutrition Act  
49540-49546 Child care food program  
49547-49548.3 Comprehensive nutrition services  
49550-49562 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
49570 National School Lunch Act  
51210 Course of study, grades 1-6  
51210.1-51210.2 Physical education, grades 1-6  
51210.4 Nutrition education  
51220 Course of study, grades 7-12  
51222 Physical education  
51223 Physical education, elementary schools  
51795-51798 School instructional gardens  
51880-51921 Comprehensive health education

#### CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations  
15510 Mandatory meals for needy students  
15530-15535 Nutrition education  
15550-15565 School lunch and breakfast programs

#### UNITED STATES CODE, TITLE 42

1751-1769j National School Lunch Program, especially:  
1758b Local wellness policy  
1771-1793 Child Nutrition Act, including:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act

#### CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.33 National School Lunch Program, especially:  
210.31 Wellness policy  
220.1-220.22 National School Breakfast Program

#### COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

#### Management Resources:

#### CSBA PUBLICATIONS

Integrating Physical Activity into the School Day, Governance Brief, April 2016

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012  
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012  
Physical Activity and Physical Education in California Schools, Research Brief, April 2010  
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009  
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009  
Physical Education and California Schools, Policy Brief, rev. October 2007  
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

#### CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

#### CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

#### CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, rev. January 2015

#### CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

#### FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

#### NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

#### U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

#### WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

Alliance for a Healthier Generation: <http://www.healthiergeneration.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org> California

Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>



Centers for Disease Control and Prevention: <http://www.cdc.gov>  
Dairy Council of California: <http://www.dairycouncilofca.org>  
National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>  
National Association of State Boards of Education: <http://www.nasbe.org>  
School Nutrition Association: <http://www.schoolnutrition.org>  
Society for Nutrition Education: <http://www.sne.org>  
U.S. Department of Agriculture, Food Nutrition Service, wellness policy:  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>  
U.S. Department of Agriculture, Healthy Meals Resource System:  
<http://healthymeals.fns.usda.gov>