

Urban Pathways K-5 College Charter School

Board of Trustees Policy

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

The Board of Trustees of the Urban Pathways K-5 College Charter School (“Charter School”), in combination with students, parents, administrators, faculty and staff, is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, the Board of Trustees of the Charter School sets forth the following goals and adopts the following Wellness Policy on Physical Activity and Nutrition.

School Meals

To the extent practicable, all meals served to the Charter School students through the National School Lunch and Breakfast Programs will meet or exceed the minimum nutrition requirements established by local, state and federal law, as well as Dietary Guidelines published by the federal government or an appropriate governmental agency. Similarly, any foods and/or beverages sold from vending machines, through snack lines, at student stores, celebrations, athletic events, any school-sponsored or school-related event, or for the purpose of fundraising will meet or exceed the minimum federal nutrition requirements (USDA Smart Snacks in School).

The Charter School will make efforts to eliminate the social stigma attached to, and to prevent the identification of, students who are eligible for free and/or reduced-price school meals.

The Charter School will schedule meal periods at reasonably appropriate times, and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, the Charter School will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.

The Charter School will provide facilities for appropriate hygiene, such as hand-washing and brushing of teeth.

Students will be discouraged from sharing foods and/or beverages with others.

The Charter School will not use foods or beverages for the purpose of rewarding

students for academic achievement or good behavior; unless such a reward, system is specifically identified in a student's Individualized Education Program. Likewise, the Charter School will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.

No food of limited nutritional value, as defined by federal or state law will be offered to students, faculty or staff during school hours, or at school-sponsored or school-related activities or events.

Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:

- Fresh Fruits and vegetables.
- Water, 100% fruit juice or low-fat or nonfat milk.

Nutrition Education

Nutrition education will be integrated into other areas of the curriculum, such as math, science, language arts and social studies at all grade levels.

Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.

Nutrition education materials will be reviewed by a qualified and credentialed nutrition professional, including, but not limited to, a School Food Nutrition Specialist or Registered Dietitian.

Faculty and staff that teach nutrition education will have appropriate training.

Informational materials will be provided to students and families to encourage sharing of health and nutrition information, and to encourage healthy eating in the home.

Any marketing of foods and/or beverages undertaken by the Charter School will be consistent with federal competitive food standards (USDA Smart Snacks in School)..

Nutrition Promotion

It is the goal of the Charter School to promote positive nutrition throughout its staff and student body. In addition to the nutrition education above, the Charter School will encourage healthy nutritional choices through ongoing dietary health campaigns. Charter School staff will regularly circulate materials throughout Charter School buildings that promotes healthy nutrition. In addition, online and community campaigns may be utilized to market and inform these positive eating habits. Staff

should be encouraged to eat healthier options in the presence of students and to discuss the benefits and consequences of a balanced diet. Please see the USDA's page on Dietary Health for more ideas and information:

<https://www.usda.gov/topics/food-and-nutrition/dietary-health>

The Charter School will also regularly review its curriculum to ensure students and staff have access to opportunities and materials on nutrition. Additionally, the Charter School may partner with local organizations in the community to create opportunities for students to promote nutrition education.

Physical Activity

Physical activity will be integrated across curricula with activities that are safe, enjoyable and developmentally appropriate for all students in all grades.

All students will be given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum.

Faculty and staff will be appropriately trained in integrating physical activity into the various curricular areas.

Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.

Organized physical activity will be offered and encouraged at school-sponsored or school-related events.

To the extent practicable, the Charter School facilities will be made available to students, faculty, staff and the community for the purpose of offering physical activity and/or nutrition programs.

Physical activity will not be used or withheld as punishment.

Delegation of Responsibility

The Chief Executive Officer ("CEO") shall be responsible to monitor the school, programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness shall report to the CEO or his/her designee regarding the status of such programs.

The CEO shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from Charter School staff, students, parents/guardians, community members and the Wellness Committee.

The CEO and the appointed Wellness Committee shall conduct an assessment every three years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which the Charter School is in compliance with law and policies related to student wellness, and shall describe the progress made by the Charter School in attaining the goals of this policy. The assessment shall be made available to the public.

The school shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.

Wellness Committee

The CEO shall appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, Charter School administrator, Charter School food service representative, Charter School Teacher, Charter School Health Professional, student, parent/guardian, and member of the public. Other members of the Wellness Committee may include:

- School nurse
- School counselor
- Coach

- Support staff
- Dietician
- Representative of local or county agency
- Representative of community organization
- Food vendor
- Other individuals chosen by the Board.

The school shall be required to permit physical education teachers and school health professionals to participate on the Wellness Committee.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a Student Wellness Policy that complies with law to recommend to the Board for adoption.

TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL. THIS POLICY IS NOT INTENDED TO CONFLICT WITH CHARTER REQUIREMENTS.