



**Monseñor Oscar Romero Charter School**  
**Wellness Policy**

Monseñor Oscar Romero Charter School (MORCS) wellness program supports students, families, faculty and staff to improve their fitness and general nutrition through fitness assessments; health, nutrition, and physical fitness workshops; direct physical activities offered at the schools sites and in the community. The goal is to help our school community to understand, improve, and maintain their physical well-being while working with their families to help them make well informed health, nutrition, and fitness choices.

**Objectives:**

1. Increase the proportion of students who engage in 60 minutes of daily physical activity.
2. Increase the percentage of students who achieve age appropriate cardiovascular fitness levels.
3. Increase the proportion of students meeting the six areas of physical fitness as defined by the California Physical Fitness Test (Fitnessgram).
4. Provide professional development for physical education teachers to stay abreast of latest research, issues, and trends in the field.
5. Provide activities and workshops for adult community members to encourage appropriate cardiovascular fitness levels and to follow a healthy lifestyle.

The MORCS Leadership Team recognizes the link between student health and learning and desires to provide a comprehensive, coordinated school health program that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, and health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.



### **Wellness Policy Monitoring:**

The MORCS leadership team, including our physical education teacher, will gather data and discuss our implementation of our wellness plan quarterly. We will utilize our School Advisory Council and our weekly leadership meeting time to review our progress in implementing our policy. Through these groups, we will be able to garner feedback from all stakeholders, thus ensuring quality implementation of our wellness plan. Each quarter, the team will analyze our progress and will set specific goals for increasing healthy living a healthy lifestyle for the MORCS community. These goals will be based in research and will be consistent with the state's curriculum frameworks.

### **Health Education:**

The MORCS leadership team will ensure that all stakeholders have the opportunity to engage in health education through the wellness program at our school. Students will learn about the importance of physical activity, as well making healthy food choices, during their physical education courses. When possible, we will leverage grants and programs offered through the community to partner with health professionals who can help to support us in our health education efforts. Information will be disseminated to the community from the school in order to encourage consistent health messages. This information will also be available in the MORCS front office and will be posted on our website. All outreach will emphasize the relationship between student health and academic performance.

The MORCS leadership team would like to include a focus on the following health education topics:

- Making healthy snack and drink choices
- The negative effects of skipping meals
- The importance of getting 60 minutes of exercise daily
- Definition of a healthy lifestyle and promoting a healthy lifestyle as a school



## **Nutrition Guidelines for Foods and Beverages Available at Schools:**

The school will abide by the nutrition guidelines for all foods and beverages available on the campus during the school day, as approved by the Board of Directors and set forth in the YPICS Wellness policy, with objectives of promoting student health (42 USC 1751 Note).

MORCS believes that foods and beverages available to students and staff at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages available to students and staff, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall, as much as possible, meet or exceed state and federal nutrition standards.

A list of all compliant food and/or beverages that school organizations may use for fundraising purposes will be available in the MORCS front office.

The MORCS leadership team acknowledges that the YPICS board prohibits the use of non-nutritious foods as rewards or incentives for students.

The school site staff shall encourage parents/guardians or other volunteers to use non-food items, which they may donate for occasional class parties.

All food and beverages donated to classrooms must be selected from the district-approved list of snacks, which is available in the front office of the school.



**Guidelines for Reimbursable Meals:**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note).

**Program Implementation and Evaluation:**

Specific quality indicators will be used to measure the implementation and compliance of the wellness policies, district wide and at each school site. These measures shall include but not be limited to:

- Physical Education minutes
- Other food sales
- Nutrition Education
- School Nutrition Program

The Executive Director or designee shall report to the Board annually on the implementation and compliance of the wellness policies.