



PCHS Wellness Policy

Introduction

PCHS is committed to the optimal health, wellness and development of every student. PCHS believes in order for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14} There is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17} Furthermore, there is evidence about the inverse relationship between high risk behaviors and academic achievement, so much so, it is imperative leaders in education act together to make wise investments in our nation's school age youth that will benefit the entire population.²⁰ Rates of accidents, suicide, homicide, depression, substance abuse, violence and risky sexual behaviors skyrocket during adolescence.²¹ Many people believe education needed in the 21st century goes beyond academic learning, to include positive social, emotional and ethical development.²²

This policy outlines PCHS's approach to ensuring environments and opportunities for all students to practice low risk behaviors, positive mental/emotional health, healthy eating and physical activity throughout the school day and minimize commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students realize their own potential, have a positive state of well-being, can cope with common daily life stressors, can work productively and are able to make a contribution to their community.
- Students have access to minimally processed healthy foods throughout the school day and in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- Students are supported in reducing high-risk behaviors including violence, tobacco use, alcohol and other drug use, and sexual behaviors contributing to unwanted pregnancies and sexually transmitted diseases.
- School staff are encouraged and supported to practice healthy nutrition, physical activity, and positive mental/emotional habits in and out of school;



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- PCHS will foster partnerships with the community to support PCHS efforts to assist development of lifelong healthy habits among all stakeholders.
- PCHS establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

I. School Wellness Committee

Committee Role and Membership

PCHS will convene a representative health and wellness committee (hereto referred to as the HWC) comprised of representatives from all stakeholder groups (parents, students, staff, community members) and include an administrator, school nurse, PE teacher, Health teacher, Foods teacher and food service coordinator.

The HWC will meet at least triennially to review compliance with Wellness Policy goals and alignment with school health and safety policies and programs.

Leadership

The Executive Director/Principal or designee(s) will convene the HWC triennially to ensure school wide compliance and revisions (if needed) to the wellness policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

PCHS 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 PCHS; 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, physical education and other school-based activities that promote student wellness and decrease targeted high risk adolescent behaviors. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report to be reviewed by PCHS Administration/Board.

Recordkeeping

The PCHS will retain records to document compliance with the requirements of the wellness policy in the governance section at www.palihigh.org. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation and participation meeting notes of efforts to review and update the Local Schools Wellness Policy.
- The most recent assessment/survey assessing PCHS health and wellness.



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Annual Notification of Policy

PCHS will inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status within the Parent/Student handbook and the website. PCHS will share nutritional information to include menus and activities related to the Wellness Policy. Annually, PCHS will also publicize the name and contact information of the PCHS administrator / designee leading and coordinating the committee, as well as information on how the public can get involved with the Health and Wellness committee.

Assessments:

The following measurement, *California Health Kids Survey* : (<http://chks.wested.org>), or similar, will be administered to all 9th graders and 11th graders at PCHS.

Revisions and Updating the Policy

The HWC will update or modify the wellness policy based on the results of the annual School Health Index and/or as PCHS priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated no less than triennially, using the School Health Index and other relevant information in the assessment.**

III. Nutrition

School Meals

PCHS is committed to serving healthy meals to children, with plenty of fresh fruits and vegetables; whole grains; fat-free and low-fat milk; foods moderate in sodium, low in refined sugar and saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); attempt when possible to go GMO (genetically modified organisms) free and meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of schoolchildren, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

PCHS participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and is committed to the provision of food closest to natural sources and from local/school garden projects. PCHS is committed to offering healthy foods that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (PCHS offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the [Smarter Lunchroom techniques](#);
- PCHS child nutrition program will accommodate students with special dietary needs;
- Students will be allowed a reasonable amount of time to select and eat their meals;



PALISADES

CHARTER HIGH SCHOOL

- Students are served lunch at a reasonable and appropriate time of day;
- Students will be offered multiple locations to purchase food to minimize wait time;
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school;
- PCHS will support activities that may include:
 - Local and/or regional products incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - School hosts a school garden, if possible;
 - School promotes awareness of local farmer markets;

Farm to School Program:

As staff and resources are available, PCHS will pilot a Farm to School program including the following aspects based on the California Dept. of Education recommendations.

- All PCHS’s food vendors utilized by cafeteria manager are from the local area to the greatest extent possible.
- PCHS Farmer’s Market, featuring taste testing local, farm-fresh fruits and vegetables in season.
- PCHS will feature herbs and produce in school lunches and farmer’s market, which has been grown in the PCHS garden, if possible.
- Salad bars created and served by students and other activities as a joint effort between the cafeteria and the Foods and Nutrition program.
- Visit local farms so students can make the connection between agriculture, farmer’s markets, school garden and healthy meals at home and at school.
- Involve a student representative to increase student engagement in the program.

Staff Qualifications and Professional Development

PCHS will contract with food service providers that meet or exceed USDA’s Professional Standards for School Nutrition, [USDA’s Professional Standards for School Nutrition Standards website](#).

Water

To promote hydration, PCHS will provide free, safe, unflavored drinking water available where school meals are served, during mealtimes, and in multiple areas on campus throughout the school day..

Competitive Foods and Beverages

PCHS is committed to ensuring 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 (e.g., “competitive” foods and beverages) 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. If offered, electrolyte replacement beverages at PCHS will focus on G2 Gatorade and hydration packets on an as need basis. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not



PALISADES

CHARTER HIGH SCHOOL

limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. 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>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Celebrations, Rewards and Fundraising

1. Celebrations and parties. PCHS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#). Also, PCHS students and staff will be surveyed for additional ideas that meet PCHS specific needs.

2. Rewards and incentives. PCHS will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

PCHS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that PCHS may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

PCHS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that aligns with California Health Education code: 49534, 51890, 8995 http://www.nasbe.org/healthy_schools/hs/state.php?state=California#Nutrition%20Education

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated into classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects when possible;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;



PALISADES

CHARTER HIGH SCHOOL

- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- Teachers will provide opportunities for students to practice or rehearse the skills taught through nutrition education.

Food and Beverage Marketing in Schools

PCHS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical behaviors throughout the school day while minimizing commercial distractions. PCHS strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on PCHS property that contains messages inconsistent with the health information PCHS is imparting through nutrition education and health promotion efforts. It is the intent of PCHS to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the PCHS's Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁸ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, PCHS will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by PCHS.



PALISADES

CHARTER HIGH SCHOOL

- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As PCHS and school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by PCHS Wellness Policy.

IV. Physical Activity

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and PCHS is committed to providing these opportunities.

To the extent practicable, PCHS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. PCHS will conduct necessary inspections and repairs.

Physical Education

PCHS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. PCHS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

PCHS physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student as stated in California education code: *EC* Section 60800.

PCHS will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).



PALISADES

CHARTER HIGH SCHOOL

Before and After School Activities

PCHS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. PCHS will encourage students to be physically active before and after school by physical activity clubs, intramurals or interscholastic sports.

V. Health Education:

PCHS recognizes the critical relationship between health behaviors and academic achievement, so students can strive toward health literacy and ultimately lifelong wellness. A one semester comprehensive health education course or comparable curriculum will be offered through classroom based or on-line medium aligned with California Health Education Code and California State standards. PCHS complies with mandates Title IV, Part A: Safe & Drug-Free Schools & Communities Act and other means to maintain a safe and drug-free environment for all students utilizing an evidence based curriculum. In addition, PCHS abides by the CA Healthy Youth Act implemented in 2016 requiring comprehensive sexual health and HIV prevention-education for all students.

VI. Mental/Social/Emotional Well Being:

Teens face many challenges/stressors today resulting in anxiety, depression and many other risky behaviors. PCHS is committed to providing mental health support to assist students in developing emotional health by providing on site therapeutic services, which may include school psychologist, mental health providers (social workers/MFT/psychologist) and a robust counseling department. In addition, PCHS is committed to providing researched based prevention programs to meet the needs of all students and staff.

To optimize students' emotional well-being and social functioning:

1. Students should have access to credentialed school counselors, psychologists, mental and physical health providers to support and assist students in making healthy decisions, manage emotions, and cope with crises.
2. Professional development in appropriate approaches to promote emotional well-being in students should be provided to teachers and administrators on an annual basis. (Examples: mindfulness, trauma informed schools, student bill of rights and responsibilities, etc.)
3. Encourage professional development and appropriate approaches that promote conflict resolution, nonviolence and violence prevention training for administration, staff and students (Peer mediation, teen court).
4. Implement Social Emotional Learning SEL and related strategies to staff and students.

SEL enhances students' ability to integrate thinking, feeling, and behaving in order to achieve important life tasks.

The five SEL skills and competencies are:

- Self Awareness (labeling one's feelings; relating feelings and thoughts to behavior; accurate self-assessment of strengths/limitations; self-efficacy; optimism)
- Self-Management (regulating one's emotions;; managing stress;; self -control; self-motivation; setting and achieving goals)



PALISADES

CHARTER HIGH SCHOOL

- Social Awareness (perspective-taking; empathy; understanding the socio-historical context of diversity; understanding social and ethical norms for behavior; recognizing family, school and community supports)
- Relationship Skills (building relationships with diverse individuals/groups; communicating clearly; working cooperatively; resolving conflicts; seeking help)
- Responsible Decision Making (considering the well-being of self and others; basing decisions on safety, social and ethical considerations; making constructive, safe choices about self, relationships and school)

PCHS is committed to supporting emotional health for all students.

VII. Health Services

PCHS provides a robust Health Office to ensure student health needs are met. The Health office provides in-service training, counseling and consultations for the promotion of health and wellness to maximize classroom success.

- Health Services: The school nurse delivers emergency care assessments and interventions for acute and chronic health conditions, referral and support to students and families for accessing primary care and preventive services, and communicable disease control measures on campus.
- Nutrition Environment and Services: The school nurse promotes the integration of nutrition education, and an environment that supports healthy eating behaviors.
- Physical Environment: The school nurse monitors, reports, and intervenes to correct hazards; collaborates with the safety officers in the development of crisis intervention/disaster plans; and advocates for adaptations for students with special needs.

VIII. Community Partnerships

PCHS will develop, enhance, and continue relationships with community partners to provide services and support (ie: Westside Mobil Health Clinic, universities/colleges, local business and non-profits.) Existing and new community partnerships and sponsorships will be evaluated to ensure they are consistent with the wellness policy and its goals.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the HWC.

IX. Staff Wellness and Health Promotion

PCHS will implement strategies to support staff in actively promoting and modeling healthy eating, physical activity, weight management, mental/emotional behaviors and stress reduction. PCHS promotes staff member participation in health promotion programs and will support programs for staff members consistent with PCHS Board Policy.



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CHARTER HIGH SCHOOL

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CHARTER HIGH SCHOOL

Contemplative Practices:

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² Available at: <https://www.theatlantic.com/education/archive/2015/10/high-stress-high-school/409735/>

³ Available at: https://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientistmeditation-not-only-reduces-stress-it-literally-changes-your-brain/?utm_term=.6a43aa4d8706

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