



**Board Policy: Camino Nuevo Charter Academy Wellness Policy**

**Reference: BP 5030**

**Approved: ~~September 12, 2017~~ June 8, 2022**

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## Introduction

~~A wide body of evidence supports the positive correlation between student health and fitness and academic performance. This rapidly growing body of work suggests that time spent engaged in physical activity is related not only to a healthier body but also to a healthier mind. CNCA believes there exists a health gap between students of poverty and their more affluent peers. Based on the research-proven need for physical education and health, CNCA is committed to diverse health and physical education programs. The goal for the physical and health education programs at CNCA is to promote healthy lifestyles among students and their families through the development of positive physical and mental habits. Camino Nuevo Charter Academy (hereto referred to as CNCA) is committed to the optimal development of every student. . CNCA is committed to the wellbeing of its students and their families. CNCA wishes to provide the best possible environment that promotes learning and the development of lifelong wellness practices through education and practical programs.~~

~~Research shows that 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.<sup>1,2,3,4,5,6,7</sup> Conversely, less than adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> 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.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>~~

This policy outlines CNCA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day ~~while minimizing commercial distractions.~~ Specifically, this policy establishes goals and procedures to ensure that:

- Students in CNCA have access to healthy foods throughout the school day ~~—both through reimbursable school meals and other foods available throughout the school campus—~~ 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;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of CNCA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- CNCA establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in CNCA. Specific measureable goals and outcomes are identified below. ~~CNCA will coordinate the wellness policy with other aspects of school management, including CNCA's School Improvement Plan, when appropriate.~~

## Wellness Goals

1. Increase students' knowledge and skills about healthy eating choices to enable them to develop and adopt healthy eating behaviors and attitudes;
2. Provide age-appropriate nutrition knowledge and offer a positive experience about choosing healthy lifestyles;
3. Encourage students to make good health a personal priority;
4. Promote student achievement by encouraging students to make healthy choices, eat nutritious meals and engage in physical activity.
5. Follow federal and state nutrition guidelines for all foods offered to students during the school day
6. Increase students' knowledge in fitness education and promote skills of movement to enable them to become regularly physically active in their daily lives, understand the benefits of becoming physically active, maintain physical fitness, and adopt healthy lifestyles.

## Strategies

1. Teachers will be trained in professional development activities ~~to related to nutrition guidelines, new trends, curricula, etc. to~~ enable them to offer nutrition education.
2. Students in grades ~~T~~PreK-12 will receive nutrition education. ~~based on topics from the Health Framework for California Public Schools.~~ Nutrition education may be integrated into other curricula (e.g. math, science, language arts) as appropriate.
3. Students will receive nutrition messages ~~throughout the school, classrooms, eating area, special nutrition events, etc.~~ to serve as reminders of lessons taught in the classroom.
4. Nutrition education activities for students will be connected to efforts to promote physical and mental wellness, physical activity, academic achievement, a healthy school environment, health education, positive school community (i.e. parents and staff) and positive youth development.
5. Students in grades ~~T~~Pre-K thorough 12th will participate in some type of physical activity program; dance, yoga, after-school sports, recess, health education with physical fitness as their main component, physical activity breaks inside the classroom, etc.
6. Instruction will be age-appropriate and based on movement and fitness skills.

## Nutrition Guidelines

1. Offer access to high quality nutritious food while in school including classroom and school wide activities.
2. Students will be encouraged to eat a healthy and nutritious breakfast and lunch every day at school.
3. Students will have a minimum of 20 minutes to eat lunch and breakfast in a pleasant environment.
4. All schools within CNCA participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and ~~Summer Food Service Program (SFSP).~~ ~~Seamless Summer Feeding Option (SSFO).~~ All schools within CNCA are committed to offering school meals through the NSLP and SBP programs that:
  - a. Are available to all students;
  - b. Are appetizing to students;
  - c. Are served in a clean and pleasant environment;
  - d. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. ~~(CNCA offers reimbursable school meals that meet USDA nutrition standards.)~~

- e. Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
- i. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - ii. Sliced or cut fruit is available daily.
  - iii. Daily fruit options are displayed in a location in the line of sight and reach of students.
  - iv. All available vegetable options have been given creative or descriptive names.
  - v. Daily vegetable options are bundled into all grab-and-go meals available to students.
  - vi. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - vii. White milk is placed in front of other beverages in all coolers.
  - viii. Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - ix. Student artwork is displayed in the service and/or dining areas.
  - x. Daily announcements are used to promote and market menu options.
5. All schools within CNCA will adhere to the “Smart Snacks in School” guidelines.
- a. Any food sold in schools must:
    - i. Be a “whole grain-rich” grain product; or
    - xi. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
    - xii. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
    - xiii. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  - b. Foods must also meet several nutrient requirements:
    - i. Calorie limits: ° Snack items: ≤ 200 calories° Entrée items: ≤ 350 calories
    - ii. Sodium limits: ° Snack items: ≤ 230 mg\*\*° Entrée items: ≤ 480 mg
    - iii. Fat limits: ° Total fat: ≤35% of calories ° Saturated fat: < 10% of calories° Trans fat: zero grams
    - iv. Sugar limit: ° ≤ 35% of weight from total sugars in foods
- \*On July 1, 2016, foods may not qualify using the 10% DV criteria.  
\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item
- c. Nutrition Standards for Beverages
    - i. All schools may sell: Plain water (with or without carbonation); Unflavored low fat milk; Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; 100% fruit or vegetable juice and; 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
  - d. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
  - e. Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
    - i. No more than 20-ounce portions of: Calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that

- are labeled to contain < 5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.
- ii. No more than 12-ounce portions of: Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
- f. Other Requirements:
- i. Fundraisers:
    1. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
    2. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
    - ~~3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.~~
  - ii. ~~Accompaniments:~~
    - ~~4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.~~

#### Other School Based Activities Designed to Promote Student Wellness Goals

1. Field trips to farmer markets, supermarkets, community gardens, etc.
2. ~~Student councils are encouraged to consider nutrition topics including input breakfast and lunch selections. Nutrition Student Council for elementary school as part of student council~~
3. Develop and maintain school gardens
4. Parent education
5. Parent walking clubs and/or student running clubs
6. Promotion of local resources and events
7. Panel presentations/debate discussions
8. Nutrition events to commemorate National Nutrition Month (March)
9. School meal preparation demonstrations and cooking classes.

#### Measurement, Evaluation and Oversight

The evaluation process will assess whether the issues identified in the policy are making a difference on student wellness, and to identify successes and barriers to success. It may be done through data analysis, focus groups and forums, and/or questionnaires and will be done in a manner that does not present an undue burden on staff. Oversight at the district level will be performed by the ~~Compliance and~~ Operations Department of the CNCA Home Support Office. Appropriate school site staff will conduct oversight at the site level.

The Site Based Council will provide ~~bi~~-annual, if not more frequent, progress reports regarding the status of this program.

#### ~~District Wellness Committee and School Wellness Committee~~ *Committee Role and Membership*

Since all CNCA schools are each a Local Education Agency (LEA) each schools Wellness Committee will serve as both a “school” and a “district” committee. Each CNCA school will convene a wellness committee that will meet annually to review the goals and CNCA will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times 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”).

The DWC committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director, school food clerk); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators, school board members; health professionals; and the general public. ~~When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP- EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each campus and reflect the diversity of the community.~~

**Leadership**

The Chief Executive Officer or designee(s) ~~will convene the DWC and will~~ facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is (Director of Operations Esperanza Bacilio, 213.417.3407 [Esperanza.Bacilio@camionuevoPueblonuevo.org](mailto:Esperanza.Bacilio@camionuevoPueblonuevo.org)). At each CNCA campus, the Student and Family Services Coordinator will serve as the wellness policy coordinator who will ensure compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of the District Wellness Committee members is:

Name	Title	Email address	Role on Committee
Esperanza Bacilio	Director of Operations	Esperanza.Bacilio@camionuevo.org	Assists in the oversight of CNCA’s Wellness programs.
Zulma Suro	Director of Parent Engagement	Zulma.Suro@camionuevo.org	Assists with the organization and coordination of DWC and SWC at the campus level.
Randell Erving	School Culture Specialist	Randell.Erving@camionuevo.org	Assists in the evaluation of the wellness policy implementation at district level

~~Each campus will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.~~

**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Recordkeeping**

CNCA will retain records to document compliance with the requirements of the wellness policy at 3435 W. Temple St., Los Angeles, CA 90026 and/or on [www.caminonuevo.org](http://www.caminonuevo.org). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy; including an indication of who is involved in the update and methods CNCA uses to make ~~stakeholders-educational partners~~ aware of their ability to participate ~~in the wellness committee on the DWC~~;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

CNCA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. CNCA will make this information available via CNCA website and/or district-wide communications. CNCA will provide as much information as possible about the school nutrition environment. This will include a summary of CNCA's events or activities related to wellness policy implementation. Annually, CNCA will also publicize the name and contact information of CNCA/campus-level officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, CNCA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of CNCA are in compliance with the wellness policy;
- The extent to which CNCA's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of CNCA's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Esperanza Bacilio 3435 W Temple St., Los Angeles, CA 90026. (213) 417-3400  
[Esperanza.Bacilio@pueblacaminonuevo.org](mailto:Esperanza.Bacilio@pueblacaminonuevo.org).

~~The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.~~

CNCA will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

~~CNCA will update or modify the policy based on results of the triennial assessment. The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as CNCA's needs or priorities change or District 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 as indicated at least every three years, following the triennial assessment.~~

### **Community Involvement, Outreach and Communications**

CNCA is committed to being responsive to community input, which begins with awareness of the wellness policy. CNCA will actively communicate ways in which educational partners representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of appropriate means. ~~appropriate for that district.~~ CNCA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. CNCA will use its established methods of communication electronic mechanisms, such as email or displaying notices on CNCA's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. CNCA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that CNCA and individual schools are communicating important school information with parents.

CNCA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. CNCA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day ~~\*~~ and throughout every school campus ~~\*~~ ("school campus" and "school day" are defined in the glossary). CNCA will make drinking water available where school meals are served during mealtimes.

- Students will be allowed to bring and carry reusable (approved) water bottles filled with only water with them ~~\_~~ throughout the day.

### **Celebrations and Rewards**

CNCA promotes healthy choices and believes in always providing students with consistent messaging regarding healthy foods, including celebrations

- In order to ensure food safety and to protect students with food allergies, all celebration food items must be store bought with an ingredient list/label. Individually wrapped is preferred. CNCA cannot guarantee that all parent chefs follow the strict food safety standards required for student consumption
- CNCA encourages these celebration foods to be Smart Snack Compliant
- CNCA encourages the use of nonfood celebrations since nonfood celebrations shift the focus from the food to the child. Families can contact the school front office for a list of nonfood celebration ideas.
- Parents must check in with the school prior to bringing any items to align on distribution time and process so that instruction is not interrupted.



All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. ~~Celebrations and parties. CNCA's DWC will guide the SWC's on healthy party ideas, including non-food celebration ideas. Healthy party ideas are also available from the Alliance for a Healthier Generation and from the USDA.~~
2. ~~Classroom snacks brought by parents. Any classroom snacks must adhere to CNCA's Wellness Policy unless the campus has established a School Wellness Policy that allows for periodic exceptions.~~
3. ~~Rewards and incentives. CNCA will encourage alternative, non-food ways to reward students.~~

### **Fundraising**

~~Only if~~ Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus  ~~during the school day~~.  ~~CNCA will make available to parents and teachers a list of healthy fundraising ideas.~~

### **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  ~~the school campus 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.~~

CNCA 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 CNCA  ~~and individual schools~~ may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### **Nutrition Education**

CNCA will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- 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.

### ***Essential Healthy Eating Topics in Health Education***

CNCA will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

CNCA is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing ~~commercial~~ distractions. CNCA 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 school property that contains messages inconsistent with the health information CNCA is imparting through nutrition education and health promotion efforts. It is the intent of CNCA 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 CNCA'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~~ sold 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 the purpose of 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.<sup>45</sup> 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
- 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 CNCA.
- 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 CNCA reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by CNCA Wellness Policy.

### Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program before, during and after school; staff involvement and family and community engagement and CNCA is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

~~All schools in CNCA will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)).~~

Physical activity during the school day **will not be withheld** as punishment for any reason. CNCA teachers and staff will utilize alternative methods of discipline for students to be determined at the campus level.

CNCA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. CNCA will conduct necessary inspections and repairs.

~~Throughout their school careers with CNCA students get physical education with a PE class or other physical activity class such as dance. CNCA will provide students with physical education consistent with federal and state standards for physical education. The physical education curriculum will increase students' knowledge in fitness education and promote skills of movement to enable them to become regularly physically active in their daily lives, understand the benefits of becoming physically active, maintain physical fitness, and adopt healthy lifestyles.~~

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

~~All CNCA elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.~~

~~All CNCA secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.~~

CNCA physical education program will promote student physical fitness through individualized fitness and activity assessments. CNCA will also administer the California Physical Fitness Test (PFT) annually as required to the appropriate grade levels.

Outdoor recess will be offered when weather is feasible for outdoor play. CNCA will defer to the Los Angeles Unified School District's inclement weather guidelines to determine if outside play is possible.

In the event that CNCA must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each campus will maintain and enforce its own indoor recess guidelines.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### **Other Activities that Promote Student Wellness**

CNCA will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. CNCA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in CNCA are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or CNCA's curriculum experts.

~~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 DWC/SWC.~~

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### **Community Partnerships**

CNCA will enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### **Community Health Promotion and Family Engagement**

~~CNCA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.~~

~~As described in the "Community Involvement, Outreach, and Communications" subsection, CNCA will use electronic mechanisms (e.g., email or displaying notices on CNCA's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to~~

parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### **Staff Wellness and Health Promotion**

~~The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Esperanza Bacilio.~~

Schools in CNCA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. CNCA promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Professional Learning**

When feasible, CNCA will offer ~~annual~~ professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help ~~District~~ staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### **Stakeholder-Educational Partner Involvement and Notification**

CNCA's Wellness Policy will be distributed annually ~~with enrollment documents and~~; copies will be available in each campus cafeteria and in each campus's main office. ~~The Site Based Council will provide bi-annual, if not more frequent, reports on the effectiveness of the Wellness Policy (with information from site level and HSO level evaluators).~~ The Site Based Council will be included in the annual evaluation of wellness policy goals.

Any questions or concerns regarding this policy can be directed to the campus main office or to: Esperanza Bacilio, 3435 W. Temple St., Los Angeles CA 90026. (213) 417-3400  
[esperanza.bacilio@pueblocamionuevo.org](mailto:esperanza.bacilio@pueblocamionuevo.org)

## Glossary

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - all areas of the property under the jurisdiction of the school that are accessible to pupils during the school day. ~~areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.~~

**School Day** – the period from the midnight before to 30 minutes after the end of the official school day. ~~the time between midnight the night before to 30 minutes after the end of the instructional day.~~

**Triennial** – recurring every three years.

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## Appendix A

### School Wellness Policy Coordinators:

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