

## **El Camino Real Charter High School Wellness Policy**

El Camino Real Charter High School (“ECRCHS” or the “Charter School”), operated by El Camino Real Alliance (“ECRA”) is committed to providing an environment that supports the health and wellness of students and propels them to succeed in high school and beyond. ECRCHS will accomplish this by teaching students to make healthy choices and providing services that support their physical, emotional, and mental health, as well as by providing a safe and healthy learning environment.

ECRCHS will focus on the following areas as part of its comprehensive Wellness Policy.

### **Compliance with Local and State Mandates**

#### *Health, Safety, and Emergency Plan*

ECRCHS shall have a comprehensive site-specific Health, Safety and Emergency Plan, including but not limited to, the acquisition and maintenance of adequate onsite emergency supplies, in place prior to the beginning of each school year. ECRCHS shall ensure that all staff members receive annual training on these health, safety, and emergency procedures, including but not limited to training on bloodborne pathogens, and shall maintain a calendar for, and conduct, emergency response drills for students and staff. ECRCHS shall provide all employees, and other persons working on behalf of the Charter School who are mandated reporters, with annual training on child abuse detection and reporting, which shall occur within the first six weeks of each school year, or within the first six weeks of a person’s employment if employed after the beginning of the school year, in accordance with the requirements of Education Code Section 44691. ECRCHS shall stock and maintain the required number and type of emergency epinephrine auto-injectors onsite and provide training to employee volunteers in the storage and use of the epinephrine auto-injector as required by Education Code Section 49414. ECRCHS shall comply with the requirements of Education Code Section 49475, with respect to any athletic program (as defined therein) offered by or on behalf of the Charter School. ECRCHS shall periodically review, and update and/or modify as necessary, its Health, Safety and Emergency Plan, and keep it readily available for use.

#### *Family Educational Rights and Privacy Act (FERPA)*

ECRCHS shall comply with the Family Educational Rights and Privacy Act (“FERPA”) and Education Code section 49060, *et seq.* at all times.

#### *Criminal Background Clearances and Fingerprinting*

ECRA shall comply with all requirements of Education Code Sections 44237 and 45125.1. ECRCHS shall designate and maintain at all times at least one Custodian of Records duly authorized by the California Department of Justice.

ECRA shall maintain on file and available for inspection evidence that (1) ECRA has performed criminal background checks and cleared for employment all employees prior

to employment; (2) the Charter School has obtained certification from each of its contracting entities/independent contractors that the entity/contractor has conducted required criminal background clearances for its employees prior to provision of school site services and/or any contact with students and has requested subsequent arrest notification service; and (3) the Charter School has performed criminal background checks and cleared for service all volunteers not directly supervised by staff and who may have contact with students. ECRCHS shall also ensure that it requests and receives subsequent arrest notifications from the California Department of Justice for all employees and volunteers not directly supervised by staff. Upon request, ECRA shall provide a copy of Department of Justice confirmation of Custodian of Records status for each Custodian of Records.

#### *Immunization and Health Screening Requirements*

ECRA shall require all employees, and any volunteer or vendor/contracting entity employee who may have frequent or prolonged contact with students, to undergo a risk assessment and/or be examined and determined to be free of active tuberculosis (“TB”) within the period of 60 days prior to employment/service, in accordance with Education Code Section 49406. ECRCHS shall maintain TB clearance records and certifications on file.

ECRCHS shall comply with all applicable federal and state legal requirements related to student immunization, health examination, and health screening, including but not limited to screening for vision, hearing, and scoliosis, to the same extent as would be required if the students were attending a non-charter public school. ECRCHS shall maintain student immunization, health examination, and health screening records on file.

#### *Safe Place to Learn Act*

ECRCHS shall comply with all applicable requirements of the Safe Place to Learn Act, Education Code Section 234, *et seq.*

### **Physical Education and Health Education**

#### *Physical Education*

ECRCHS recognizes the importance of regular physical activity in the attainment of good physical health and academic success. For this reason, all students shall complete 20 units of Physical Education as a graduation requirement. Students who do not pass a physical fitness test after 20 units of Physical Education must continue to take Physical Education courses until they pass the test, or until they graduate. The physical fitness test requires students to run one mile, do sit-ups, push-ups, and trunk lift, demonstrate flexibility, and meet certain body mass index (“BMI”) parameters; students must complete five of the six parts within certain guidelines in order to pass the test.

#### *Health Education*

ECRCHS considers Health Education an integral component in the promotion of student health and wellness. While many charter schools have eliminated Health Education as a standalone class, and instead teach health concepts in Science classes or Physical

Education classes, ECRCHS will continue to require all students to take a one-semester Health Education course as a graduation requirement. Continuing the integrity and high standards for the program, ECRCHS shall assign qualified Health Science credentialed teachers to Health Education courses. Topics studied shall include mental and emotional health, physical health, environmental health, social health, spiritual health, human growth and development, and drug prevention education.

The role of Health Education at ECRCHS is critically important because it helps students to adjust and adapt to the challenges of adolescence. The course provides instruction that meets the needs of each student by focusing on health issues from an adolescent perspective, as this age group is quite susceptible to avoidable health risks. The major emphasis of the course shall be the National Health Education Standards, which are written expectations for what students should know by grades 2, 4, 5, 8 and 12 and promote personal, family, and community health. These standards and performance indicators provide a framework for curriculum development, instruction, and student assessment in health education, and were developed by the Centers for Disease Control and Prevention.

## **Health Services**

As part of its commitment to supporting students' physical, emotional, and mental health, ECRA will employ a full-time School Nurse at ECRCHS, and one or more full-time School Psychologist(s).

### *School Nurse*

Prior to charter conversion, El Camino had a nurse on campus just 1.5 days a week. As part of its commitment to student health and wellness, ECRA currently employs and shall continue to employ a full-time nurse who is on campus every day of the week. The School Nurse shall attend to ill and injured students and provide nutritional counseling when necessary. The School Nurse will also collaborate with the School Psychologist and Intervention Coordinator to support the health and safety of all students.

The School Nurse's duties shall include:

- Counsel and guide students to meet their individual health needs by interpreting health appraisals and standards of normal growth and development
- Assist with in-service education of Charter School personnel in healthful living and communicable disease control
- Assist Charter School personnel in relating health instruction and guidance to specific needs of students
- Notify, counsel, and assist parents in remediating student health defects
- Participate with Charter School administrators and other Charter School personnel in developing and conducting, in accordance with established policy, a school health program which includes the following:
  - Appropriate health education for students, individually, and in groups

- Responsiveness to accidents, emergency illnesses, and crisis situations which occur at the Charter School
- Determination of students' health status, including vision, hearing, dental, orthopedic, and general health appraisals, with emphasis on scoliosis screening
- Consultation with students and Charter School personnel to promote emotional health
- Coordination and implementation of services provided by teams from the Child Health and Disability Prevention Program, Tuberculin Skin Testing Program, and Dental Health Program
- Assistance to school physicians with health examinations
- Maintenance of necessary health records
- Control of communicable diseases through readmissions, exclusions, inspections, and determination of immunization assessment with follow-up where needed
- Inspection of the Charter School plant to help maintain an environment for optimum health
- Reporting or assisting in the reporting of suspected child abuse
- Assist in maintaining proper student control in school buildings and on the grounds
- Evaluate the performance of subordinate personnel

#### *School Psychologist*

ECRCHS shall employ full-time School Psychologist(s) who provide psychological services to both general education and disabled students and develop individual case studies of students to determine eligibility for special programs.

The School Psychologist's duties shall include:

- Assist in the development of behavior support plans and functional behavior assessments
- Consult with Charter School personnel, parents, and others concerned with the progress of students and provides both individual and group counseling
- Conduct psychological assessments and develop case studies of individual students to determine educational needs, learning characteristics, and social behavior relevant to educational placement and instructional planning
- Interpret the findings of individual studies to administrators, teachers, parents, students, and others directly concerned with the welfare of students
- Evaluate the results of tests in relation to the cultural, environmental, and language backgrounds of students
- Participate in the process required by federal, state, and local regulation for the identification, placement, and review/re-evaluation of students with special needs
- Assist in developing a written individual educational plan for students who are eligible for special education placement and/or service
- Assist in developing recommendations regarding eligibility, program placement, and cognitive experiences for the Gifted/Talented Program

- Counsel students individually and in groups to assist them in educational achievement and personal or social adjustment
- Provide psychological counseling to students, staff, and parents in crisis situations and serves as a member of the school crisis team

## **Nutrition Services**

As a member of the National School Lunch Program, ECRCHS shall provide its students with the best food services available that comply with federal school nutrition regulations.

ECRCHS selects food vendors based on the following criteria:

1. Service Capabilities Plan (35%), including, but not limited to:
  - a. Explanation of how meals will exceed guidelines set by the Healthy Hunger Free Kids Act
  - b. Staffing and Management Plan
  - c. Nutrition Education
  - d. Student Involvement
  - e. Promotion of the Program
2. Proposed price (40%)
3. Confidence in the provider – minimum of 3 references must be included (25%)

In addition, food vendors must strive to meet the following meal recommendations and nutrition standards set by ECRCHS:

1. Provide nutritious, tasty, and visually appealing meals.
2. Provide breakfast, lunch, and supper meals.
3. Meals shall be prepared/heated/cooked on-site.
4. Meals and snacks shall be compliant with the Healthy Hunger Free Kids Act. All meals and snacks must be eligible for state and federal reimbursement under the National School Lunch Program or the Child and Adult Care Food Program as applicable.
5. Provide fresh vegetable and fruit with every lunch and supper meal. Canned fruits or juices are not allowed.
6. Provide low fat or nonfat white milk with each breakfast, lunch and supper meal. Milk should be rBST-free.
7. Whole grains must be offered.
8. Provide a daily vegetarian option.
9. Provide sack lunches for field trips.
10. Provide appropriate utensils and napkins for the meals.
11. Provide meals with:
  - a. No hydrogenated oils
  - b. No artificial trans fats
  - c. No more than 30% of calories from total fat, and no more than 10% of calories from saturated fats
  - d. No fried or flash-fried foods

- e. No high fructose corn syrup
- f. No artificial preservatives, colors, flavors or sweeteners
- g. Little or no added sugar
- h. Meats that are free of nitrates and nitrites
- i. No animal by-products
- j. No BHA & BHT
- k. No L-Cystine

As outlined in the Health, Safety, and Emergency Plan section above, ECRCHS shall work with the food vendor to ensure compliance with necessary training requirements.

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