



Rainier Valley Leadership Academy

RVLA Board Meeting

Date and Time

Tuesday May 28, 2024 at 4:30 PM PDT

Location

This meeting is virtual, but does have an in person option @ 6020 Rainier Ave S, Seattle WA 98118

Meeting ID

<https://us06web.zoom.us/j/6058564072?pwd=bC9keWRJVkQ4RitPb1pXWk9ab0pRQT09>

Rainier Valley Leadership Academy Board meetings are open to the public. This meeting will be virtual with an in person option.

RVLA Board Meeting

4:30 – 5:30pm

[Meeting Link](#)

In person option @ 6020 Rainier Ave S, Seattle WA 98118

Agenda

	Purpose	Presenter	Time
I. Opening Items			4:30 PM
Opening Items			
A. Record Attendance and Guests		Reco Bembry & Tyson Marsh	3 m
B. Call the Meeting to Order		Reco Bembry & Tyson Marsh	3 m
II. Public Testimony			4:36 PM
A. Call for public testimony.	FYI	Reco Bembry & Tyson Marsh	
III. Consent Agenda			4:36 PM
A. Resolution Special Board Meeting May 15th 2024	Approve Minutes	Tyson Marsh	3 m
B. Resolution April 2024 Payroll & Claim Vouchers	Vote	Tyson Marsh	1 m
C. RVLVA Wellness Policy	Vote	Tyson Marsh	
D. Resolution April 30th, 2024 Board	Approve Minutes	Tyson Marsh	
IV. Mission Aligned			4:40 PM
A. Mission Moment Tie One On Luncheon	FYI	Lenny Emperado	5 m
B. Mission Challenge Development Director Interview Update	FYI	Janine Lewis	5 m
C. Budget/Enrollment Update	Discuss	Chastity Catchings	10 m
V. 990 Review			5:00 PM

	Purpose	Presenter	Time
A. 990 Reivew	Discuss	CliftonLarsonAllen LLP	10 m
Clifton Larson Allen LLP			
VI. Executive Session			5:10 PM
A. As Needed	Discuss	Tyson Marsh	20 m
VII. Closing Items			5:30 PM
A. Adjourn Meeting	Vote		

Rainier Valley Leadership Academy Board of Directors Meeting Agenda 5/28/24

Coversheet

Resolution Special Board Meeting May 15th 2024

Section: III. Consent Agenda
Item: A. Resolution Special Board Meeting May 15th 2024
Purpose: Approve Minutes
Submitted by:
Related Material: Minutes for Special Board Meeting on May 15, 2024
May 2024 Resolution-May 15th Special Board 2024 Minutes.docx.pdf

APPROVED



Rainier Valley Leadership Academy

Minutes

Special Board Meeting

Date and Time

Wednesday May 15, 2024 at 4:30 PM

Location

This meeting is virtual:

This is a virtual meeting. Use the following link:

Rainier Valley Leadership Academy Board meetings are open to the public. This meeting will be virtual with an in person option.

<https://bit.ly/3ymLsEE>

There is an in person option @ 6020 Rainier Ave S, Seattle WA 98118

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<https://bit.ly/3ymLsEE>

In person option @ 6020 Rainier Ave S, Seattle WA 98118

Directors Present

E. Forde (remote), J. Thiel (remote), M. Dyal (remote), M. Sahoo (remote), R. Bembry (remote), T. Marsh (remote)

Directors Absent

None

Guests Present

Amy Holton (remote), Aster Dube (remote), B. Coleman (remote), Beth Harper (remote), Bob Doss (remote), C. Catchings, Chineka Jones (remote), D. Watson (remote), Desiray Padilla (remote), Henry Jenkins Jr (remote), Jacob Taylor-Mosquero (remote), Janine Lewis, Jennifer Verbois, John Uthus (remote), Kalpana Natarajan (remote), Kesha (remote), Kyle Wallace (remote), L. Reisberg, Lashawn Jenkins (remote), Lenny Emperado (remote), Levon White (remote), Lydia Jones (remote), Lynell Owens (remote), Mary Woods (remote), Michelle Cove, Nati Hardin (remote), Parvin Eskandari (remote), Tamara Woods (remote), Tayish Mandefero (remote), Taylor Jones (remote)

I. Opening Items

A. Record Attendance and Guests

B. Call the Meeting to Order

T. Marsh called a meeting of the board of directors of Rainier Valley Leadership Academy to order on Wednesday May 15, 2024 at 4:36 PM.

II. Public Testimony

A. Call for public testimony.

1. Beth Harper (RVL A Instructional Aide): Concerned about staff turnover. Scholars are suffering and affects behavior.
2. Amy Holton: Observed complete disconnect between what we say we are and what is the reality. Teachers should be in charge of creating the programing. Feels there are more behavior problems here than any other schools she has taught at. Feels behavior program is not helpful to scholars or staff.
3. Jacob Taylor-Mosquero: Feels the daily schedule should be changed and that will help with behaviors. Blocks are too long.
4. Kalpana Natarajan: Things keep changing and it makes it difficult for scholars to learn. Lots of scholars who have IEP's. Teacher retention is a problem. Sent a document to the Board about the teachers concerns. Is it okay to be working 8.5 hours a day? She cant help scholars at the end of the day b/c too many meetings.

5. Mary Woods: Children are able to do anything they want. She believes teachers are fired because they don't agree with the CEO. Need more time for teachers to work with scholars after school. She believes we do not serve any breakfast and lunch to our scholars. Worried about enrollment numbers. She wants all the Black male teachers to stay at RVLA no matter what.
6. Kyle Wallace-He agrees with Mary. He likes the mission of RVLA, but he feels like he was misled. 3 weeks of summer PD and still felt unprepared for 1st day. Was not trained on systems. Concerned with the mental health of scholars and they need more mental health supports in the school. He thinks this is the reason for behaviors he is seeing.
7. Taylor Jones: Echoing what her colleagues are saying. High staff turnover is a concern and affects culture. Staff voice - they are scared they will be fired for speaking up. She has seen staff be reprimanded for speaking up-no specifics.
8. Levon White: What is RVLA doing well is that we have curriculum that is different than anywhere else he has taught-he can use decolonized curriculum. Concerns: half of students are not happy with meals. Standards based grading allows scholars to turn in assignments late and that is not working.
9. Michelle Cove: Returning teacher from last year. Was told Tubman Clinic was going to have a salad bar and it never happened. Scholars were disappointed. Hot meals aren't good. Game room is shown to prospective students and it hasn't been offered to them so far. They are misled. Schedule does not allow for year round math and english. Concern: scholars are worried that all staff will leave. Community Council-Why aren't teachers invited?
10. Nati Hardin-She has done family and community organizing. Would like to share some stories. A scholar told her he won't do English because credit recovery is easier. Positives-likes the anti-racist aspect, but scholars and staff want to see more. Highlight that she feels very welcome at RVLA. Recommends a trauma informed approach.
11. Jennifer Verbois: Teacher and is worried that teachers are "trapped" in a classroom with certain scholars. Scholars are not getting what they deserve. So many disruptions they can't teach. With the reduction in force they are all relying on each other. Feels kids are dumped at RVLA when they get kicked out of other schools. Admin is very supportive and this is different than other schools.

III. Executive Session

A. CEO Evaluation

M. Dyal made a motion to Move into Executive Session.

R. Bemby seconded the motion.

Per RCW [42.30.110](#) Executive Session will be 28 minutes to discuss Personell CEO Annual Evaluation. Board will return at 6:30pm. Extended 5 mins return at 6:35pm

No decisions made during Executive Session

The board **VOTED** to approve the motion.

Roll Call

E. Forde Aye

Roll Call

M. Sahoo Aye
M. Dyal Aye
T. Marsh Aye
R. Bembry Aye
J. Thiel Aye

IV. School Lunches

A. Who Do We Use and Why?

Review food service vendor & process. Fresh n Local is literally the only company available for meal service for Charter Schools. We have put out for bids along with other Charter Schools, but no other company made bids. If anyone knows anyone who wants to become a food service provider for schools, please refer them to us!

V. Executive Team Salaries

A. 2024/25 & 2025/26

Board decides CEO salary. CEO salary has only been given COLA and the standard raises that everyone gets. Review of CFOO and CoS salaries scale. How these salaries were decided on by looking at other salaries at similar institutions.

VI. Budget Overview

A. Gates Compliance, Fundraising, Development Director "Interviews"

Review of the Gates Foundation Budget and what is included. How it breaks down over the next 3 years. We would get prorated amounts if we don't reach our enrollment goal. What RVLA will have to fundraise in order to keep the total grant award. We are working on hiring a Development Manager.

At 56% enrollment for next year-we should be at 60%. Marketing has been an issue due to some glitches with website tracking and facebook ads. These are being resolved right now.

VII. Retention & Recruitment

A. Teacher Turnover, Scholar Retention, HR Exit Interviews

Teacher retention rates have been dropping post COVID. Hiring/Release data review from 19/10-23/24.

HR Exit Interviews: Themes given why they were leaving RVLA

1. Communication-Told things last min or not told at all. Not included in decision making. Doesn't feel collaborative. Everyone said that.

2. PD and hours we work. There is always a meeting or something and they are overwhelmed and burned out.
3. Behaviors of scholars. Even with the behavior team gone it doesn't make any difference. Some coaches not coaching for teachers struggling with behavior management.
4. They tell Admin and give feedback and nobody ever does anything. All the staff surveys were given out and they provided ideas - nothing happens, so they give up.
5. Complaints of support for new teachers. They didn't feel like they got what they needed like coaching or paired with a more experienced teacher, etc.

Did staff leave the profession as a whole or just leave RVLA? Some have left education all together and some have left for other districts.

VIII. Expansion Update

A. "Leadership" Elementary, Middle, & High

Approved for Elementary expansion, so now we can actually start enrolling. Elementary Principal and Dean are in Chicago right now visiting schools.

Have been visiting preschools to recruit. Both the Principal and Dean of Community Engagement. Many preschools are looking for partnerships with RVLA or a school like RVLA.

Executive Deputy from Commission has met with us to ensure we are fully compliant.

1. In June Elementary Team will submit Unit Plans for the curriculum to the Commission
2. They will do a site visit.
3. Hiring needs to be done by August.

Safety issues brought up? Do we feel confident we will be able to keep everyone safe. Yes logistics have been worked out and are very tight and systems will support this.

B. Bond & Property Acquisition Update

IX. Closing Items

A. Adjourn Meeting

M. Dyal made a motion to Adjourn.

J. Thiel seconded the motion.

The board **VOTED** to approve the motion.

Roll Call

T. Marsh Aye

J. Thiel Aye

E. Forde Aye

Roll Call

R. Bembry Aye

M. Sahoo Aye

M. Dyal Aye

There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 6:30 PM.

Respectfully Submitted,

T. Marsh

Documents used during the meeting

None

Rainier Valley Leadership Academy Board of Directors Meeting Agenda 5/15/24

**MINUTES OF MAY 15th, 2024 DIRECTORS OF
Rainier Valley Leadership Academy
A Washington State Nonprofit Corporation**

RAINIER VALLEY
LEADERSHIP ACADEMY

Rainier Valley Leadership Academy
Minutes
Special Board Meeting

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M. Dyal Aye

M. Sahoo Aye

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B. Bond & Property Acquisition Update

IX. Closing Items

A. Adjourn Meeting

M. Dyal made a motion to Adjourn.

J. Thiel seconded the motion.

The board VOTED to approve the motion.

Roll Call

R. Bembry Aye

M. Dyal Aye

E. Forde Aye

T. Marsh Aye

J. Thiel Aye

M. Sahoo Aye

There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 6:30 PM.

Respectfully Submitted,

T. Marsh

Board Secretary

Date

ATTEST:

Board Chairperson

Date

Coversheet

Resolution April 2024 Payroll & Claim Vouchers

Section: III. Consent Agenda
Item: B. Resolution April 2024 Payroll & Claim Vouchers
Purpose: Vote
Submitted by:
Related Material: AP Check Summary Report with Board Certification 4.15.pdf
AP Check Summary Report with Board Certification 4.30.pdf
Payroll Check Summary with Board Certification 4.30.pdf
Resolution May 28th 2024 for April 2024 Vouchers & Payments.pdf

AP Check Register

Accounts Payable Run: 04/15/2024

Rainier Valley Leadership Academy

BOARD CERTIFICATION STATEMENT

Payments have been audited and certified by the Auditing Officer as required by RCW 42.24.080, and those expense reimbursement claims certified as required by RCW 42.24.090. Those payments have been recorded on a listing which has been made available to the board.

As of April 30, 2024, the Board, by a _____ vote, approves payments, totaling \$26,035.56, and/or voids (cancellations), totaling \$0.00. The payments and/or voids are further identified in this document.

Total by Payment Type: ACH/Warrants - Public

Warrant Numbers 102270 through 102273, totaling \$8,779.31

AP ACH Numbers 9000002563 through 9000002577, totaling \$17,256.25

In addition to the Check Summary Report below, we have also reviewed the following related documentation:

Secretary _____ Board Member _____

This section returned no records

AP Check Register

Accounts Payable Run: 04/15/2024

Rainier Valley Leadership Academy

Accounts Payable Run: 20240415 A/P Checks Run Type: R - Regular

Payment Number	Payee	Net Payment Amount
102270	City University of Seattle	\$3,600.00
102271	Ricoh USA, Inc.	\$229.62
102272	Robert Half	\$1,845.52
102273	True Measure Collaborative	\$3,104.17
9000002563	Amazon Capital Services	\$122.60
9000002564	Amazon Capital Services	\$277.43
9000002565	Amazon Capital Services	\$43.65
9000002566	Amazon Capital Services	\$332.40
9000002567	Amazon Capital Services	\$15.43
9000002568	Fresh n' Local Foods	\$2,885.00
9000002569	Johnson, Kyle	\$2,500.00
9000002570	Knock'em Out Fitness	\$1,000.00
9000002571	Shelton, Marlon	\$200.00
9000002572	Spiegel, Benjamin	\$567.61
9000002573	Staples Advantage	\$46.72
9000002574	Surin, Naeema	\$1,167.75
9000002575	Taylor, Kamara	\$6,799.99
9000002576	Thomas, Angela	\$37.67
9000002577	Thomas, Kimberly	\$1,260.00
ACH Payments:		15
Total:		19
		\$17,256.25
		\$26,035.56

AP Check Register

Accounts Payable Run: 04/15/2024

Rainier Valley Leadership Academy

Fund Summary

<u>Fund</u>	<u>Balance Sheet</u>	<u>Revenue</u>	<u>Expense</u>	<u>Total</u>
10 - General Fund	\$0.00	\$0.00	\$26,035.56	\$26,035.56

AP Check Register

Accounts Payable Run: 04/30/2024

Rainier Valley Leadership Academy

BOARD CERTIFICATION STATEMENT

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As of April 30, 2024, the Board, by a _____ vote, approves payments, totaling \$133,555.51, and/or voids (cancellations), totaling \$0.00. The payments and/or voids are further identified in this document.

Total by Payment Type: ACH/Warrants - Public

Warrant Numbers 102276 through 102288, totaling \$76,712.67

AP ACH Numbers 9000002578 through 9000002587, totaling \$56,842.84

In addition to the Check Summary Report below, we have also reviewed the following related documentation:

Secretary _____ Board Member _____

This section returned no records

AP Check Register

Accounts Payable Run: 04/30/2024

Rainier Valley Leadership Academy

Accounts Payable Run: 20240430 A/P Checks

Run Type: R - Regular

Payment Number	Payee	Net Payment Amount
102276	Alexander, Oscar	\$9,050.00
102277	CliftonLarsonAllen LLP	\$8,400.00
102278	GTTC	\$183.00
102279	Intrigue Communications	\$204.91
102280	Language Line Services Inc	\$31.28
102281	Mariposa Consulting Group, LLC	\$4,800.00
102282	Promondo, LLC	\$3,245.78
102283	Puget Sound Dispatch, LLC.	\$7,419.65
102284	Ricoh USA, Inc.	\$49.14
102285	Robert Half	\$3,598.12
102286	Seneca Family of Agencies	\$34,380.79
102287	Tubman Center for Health & Freedom	\$4,800.00
102288	Vargas, Javier	\$550.00
9000002578	Amazon Capital Services	\$614.01
9000002579	Amazon Capital Services	\$160.38
9000002580	Claxton, Courtney	\$56.62
9000002581	Fresh n' Local Foods	\$3,202.20
9000002582	ProCare Therapy	\$3,000.00
9000002583	Reisberg, Leah Fudell	\$1,210.00
9000002584	Staples Advantage	\$853.76
9000002585	Thomas, Kimberly	\$1,242.50
9000002586	Washington Charter School Development	\$46,003.37
9000002587	Washington Charter School Development	\$500.00
ACH Payments:		10
Total:		23
		\$56,842.84
		\$133,555.51

AP Check Register

Accounts Payable Run: 04/30/2024

Rainier Valley Leadership Academy

Fund Summary

Fund	Balance Sheet	Revenue	Expense	Total
10 - General Fund	\$0.00	-\$7,329.21	\$140,884.72	\$133,555.51

Payroll Check Summary

Payroll Run: 04/30/2024

Rainier Valley Leadership Academy

BOARD CERTIFICATION STATEMENT

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As of April 30, 2024, the Board, by a _____ vote, approves payments, totaling \$296,806.81, and/or voids (cancellations) , totaling \$0.00. The payments and/or voids are further identified in this document.

Total by Payment Type: ACH/Warrants - Public

Direct Deposit Numbers 9000002588 through 9000002623, totaling \$163,483.57

Secretary _____ Board Member _____

This section returned no records

Check Listing Summary

Payroll Run: 04/30/2024

Check Number	Employee	Gross Pay	Deductions	Benefits	Net Pay
9000002588	Dorr, Ashley	\$10,777.94	\$3,328.57	\$3,324.88	\$7,449.37
9000002589	Doss, Bob, III	\$1,080.00	\$98.53	\$124.97	\$981.47
9000002590	Verbois, Jennifer Sue	\$6,554.59	\$2,066.51	\$2,385.18	\$4,488.08
9000002591	Allman, Ellah	\$6,267.68	\$1,335.12	\$2,083.53	\$4,932.56
9000002592	Bradley, LaKeshia D	\$2,466.00	\$355.57	\$285.34	\$2,110.43
9000002593	Cacanindin, Desiray	\$3,936.77	\$853.47	\$1,728.33	\$3,083.30
9000002594	Catchings, Chastity	\$13,305.17	\$3,107.21	\$3,188.54	\$10,197.96
9000002595	Catchings, Teanna	\$1,144.52	\$36.12	\$66.36	\$1,108.40
9000002596	Claxton, Courtney	\$5,701.08	\$1,569.00	\$2,300.69	\$4,132.08
9000002597	Coleman, Baionne	\$16,786.42	\$4,225.56	\$4,581.06	\$12,560.86
9000002598	Cove, Michelle	\$5,878.58	\$1,463.32	\$2,334.26	\$4,415.26
9000002599	Dube, Aster	\$3,899.94	\$751.72	\$1,742.01	\$3,148.22
9000002600	Eskandari, Parvin	\$4,153.34	\$705.77	\$469.13	\$3,447.57
9000002601	Fimbres, Alyssa Jamie	\$3,042.00	\$477.23	\$351.99	\$2,564.77
9000002602	Harper, Beth	\$3,981.94	\$674.94	\$1,753.73	\$3,307.00
9000002603	Haynes, Leanard	\$9,198.42	\$2,457.70	\$3,020.23	\$6,740.72
9000002604	Holton, Amy	\$7,809.69	\$2,468.34	\$2,709.88	\$5,341.35
9000002605	Jenkins Jr, Henry A	\$6,246.17	\$1,336.46	\$2,108.19	\$4,909.71
9000002606	Jones, Chineka	\$7,782.00	\$2,418.17	\$2,725.00	\$5,363.83
9000002607	Jones, Taylor	\$5,539.58	\$1,631.39	\$2,226.54	\$3,908.19
9000002608	Knott, Neva	\$5,058.00	\$903.10	\$585.26	\$4,154.90
9000002609	Langit, Samantha	\$4,722.59	\$1,274.65	\$2,097.05	\$3,447.94
9000002610	Lewis, Janine	\$5,366.17	\$973.60	\$1,970.12	\$4,392.57
9000002611	Natarajan, Kalpana	\$4,691.00	\$1,379.71	\$2,052.98	\$3,311.29
9000002612	Reisberg, Leah Fudell	\$6,363.17	\$1,551.87	\$2,125.74	\$4,811.30
9000002613	Shelton, Marlon	\$5,996.17	\$1,117.26	\$2,066.42	\$4,878.91
9000002614	Spiegel, Benjamin	\$5,903.46	\$900.35	\$2,054.13	\$5,003.11
9000002615	Taylor, Thomas	\$2,049.32	\$316.48	\$1,432.71	\$1,732.84
9000002616	Taylor-Mosquera, Jacob	\$5,426.38	\$1,315.97	\$2,245.77	\$4,110.41
9000002617	Thomas, Angela	\$11,378.62	\$2,790.94	\$3,457.62	\$8,587.68
9000002618	Thomson-Lichty, Courtney	\$108.00	\$9.98	\$12.50	\$98.02
9000002619	Uthus, John	\$7,809.69	\$2,503.51	\$2,715.70	\$5,306.18
9000002620	Wallace, Kyle	\$7,809.69	\$2,319.14	\$2,726.95	\$5,490.55
9000002621	Watson, David	\$10,849.20	\$7,068.84	\$3,360.96	\$3,780.36
9000002622	White, Levon	\$6,236.92	\$1,794.98	\$2,412.78	\$4,441.94
9000002623	Woodlief, Gerard	\$7,941.69	\$2,197.25	\$2,718.38	\$5,744.44
Totals:		\$223,261.90	\$59,778.33	\$73,544.91	\$163,483.57

**RESOLUTION OF THE BOARD OF DIRECTORS OF
RAINIER VALLEY LEADERSHIP ACADEMY
TO APPROVE APRIL 2024 CLAIM VOUCHERS AND PAYROLL PAYMENTS**

This Resolution is presented to the Board of Directors (“Board”) of Rainier Valley Leadership Academy (“RVLA”), a Washington nonprofit corporation, at a regular meeting on May 28th, 2024.

WHEREAS, each of RVLA’s Charter School Contracts with the Washington State Charter School Commission requires each school to comply with the Accounting Manual for School Districts in the State of Washington that is published by the Washington State Office of Superintendent of Public Instruction (the “Accounting Manual”);

WHEREAS, Chapter 3, Section “Voucher Certification and Approval”, requires “board of director approval for payment of claim vouchers and payroll” and the approval “should be recorded in the minutes of the board meeting”;

WHEREAS, to meet the conditions set forth in Chapter 3, Section “Voucher Certification and Approval”, the Board desires to approve payment of claim vouchers and payroll payments delineated below.

- AP Check Summary Report with Board Certification 4.15.pdf
- AP Check Summary Report with Board Certification 4.30.pdf
- Payroll Check Summary with Board Certification 4.30.pdf

NOW, THEREFORE, BE IT RESOLVED that the Board hereby approves and authorizes RVLA to remit the following payments (these documents can also be found on the board agenda on Board on Track attached to the agenda):

ADOPTED by the Board of Directors of Rainier Valley Leaders State during a regular meeting duly held on May 28th, 2024, at which a quorum was present.

AYES: _____
NOES: _____
ABSENT: _____
ABSTAIN: _____

CERTIFIED: _____

Board Chairperson Date

CERTIFIED: _____

Board Secretary Date

Coversheet

RVLA Wellness Policy

Section: III. Consent Agenda
Item: C. RVLA Wellness Policy
Purpose: Vote
Submitted by:
Related Material: RVLA - Board Resolution (Wellness Policy) .docx.pdf

**RESOLUTION OF THE BOARD OF DIRECTORS OF
RAINIER VALLEY LEADERSHIP ACADEMY
TO ADOPT RVLA'S SAFE SCHOOL PLAN/POLICY**

This Resolution is presented to the Board of Directors ("Board") of **RAINIER VALLEY LEADERSHIP ACADEMY** ("RVLA"), a Washington nonprofit corporation, at a regular meeting on May 28th, 2024.

WHEREAS, all Washington State schools are required to have a Local School Wellness Policy.

WHEREAS, RVLA desires to adopt a policy to ensure our policy includes the following:

- Include specific goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
- State nutrition guidelines for all foods available on the school campus. These guidelines must be consistent with federal regulations for school meal nutrition and Smart Snacks in School standards.
- Only allow for food and beverage marketing that meet the Smart Snacks in School nutrition standards.
 - Designate one or more school official(s) that has the authority to ensure Wellness Policy compliance at each school under its jurisdiction.
 - Make the Local Wellness Policy available to the public, including an annual progress report with any updates to and about the policy, encourage public comment and input.
 - Review and update the School Wellness Policy regularly.
 - Invite stakeholders to participate in the development, review, updates, and implementation of the Local Wellness Policy.
 - Assess progress made in attaining goals and wellness policy compliance and compare to model wellness policies every three years, share the results of this assessment with the public.

WHEREAS, RVLA prepared its Wellness Policy, in the form as attached hereto, that incorporate the same elements, or important requirements, of the above mentioned requirements.

NOW, THEREFORE, BE IT RESOLVED that the Board hereby approves and adopts RVLA's Wellness Policy, in the form as attached hereto:

ADOPTED by the Board of Directors of Rainier Valley Leadership Academy, during a regular meeting duly held on May 28th, 2024, at which a quorum was present.

AYES: _____
NOES: _____
ABSENT: _____
ABSTAIN: _____

CERTIFIED AS A TRUE AND CORRECT COPY:

CERTIFIED: _____ Date: _____
Board Co-Chairperson



Rainier Valley Leadership Academy Wellness Policy

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Preamble

Rainier Valley Leadership Academy (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for scholars 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 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.^{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 scholars.^{8,9,10} In addition, scholars who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.

² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234-1239.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3-36.

⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899-907.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S-813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743-760, quiz 761-762.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199-213.

⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141-144.

⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12-20.

¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497-505.

activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all scholars 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:

- scholars in the District 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;
- scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- scholars 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 the District in creating continuity between school and other settings for scholars and staff to practice lifelong healthy habits; and
- The District 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 scholars, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

- *The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.*
- *NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.]*

¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

¹² Singh A, Uijtendwillighe L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. Arch Pediatr Adolesc Med, 2012; 166(1):49-55.

¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. PLoS ONE, 2014; 9(9): e107031.

¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. Pediatrics 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) 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 membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; scholars; representatives of the school nutrition program (e.g., school nutrition director); 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 (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); 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 school building and reflect the diversity of the community.

[Optional additional policy language:

- *Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC.]*

Leadership

The Superintendent or designee(s) will convene the DWC and 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 (Title and contact information)

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Ima Example	Community Member	ImaExample@community.org	Assists in the evaluation of the wellness policy implementation

Each school 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.

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

Implementation Plan

The District 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 each school; 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. 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.

This wellness policy and the progress reports can be found at: **INSERT URL for DISTRICT’S WEBSITE.**

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at [District's Administrative Offices, Room #] and/or on [District's central computer network]. 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 Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate 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

The District 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. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school 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, the District 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 the District are in compliance with the wellness policy;
- The extent to which the District'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 the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is

- Chief Finance and Operations Officer
- Chief of Staff
- School Principal

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

The District will actively notify households/families of the availability of the triennial progress report via annual notifications.

Revisions and Updating the Policy

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 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

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District 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. The District will use electronic mechanisms, such as email or displaying notices on the district'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. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including Breakfast After the Bell Programs.. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all scholars;
- 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. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of scholars.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to scholars.
 - All staff members, especially those serving, have been trained to politely prompt scholars to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to scholars (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.

[Optional additional policy language includes:

- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate scholars with special dietary needs.*
- *scholars will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *scholars are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among scholars and families to help ensure that families know what programs are available in their children's school.*

- *The District will implement at least four of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities the District plans do):*
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and*
 - *School utilizes promotions or special events, such as tastings, that highlight the local/regional products.]*

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 scholars throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to scholars 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. 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.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to scholars on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards *or, if the state policy is stronger, "will meet or exceed state nutrition standards"*. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards *or, if the state policy is stronger, "will meet or exceed state nutrition standards"*, including through:

1. Celebrations and parties. The district 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](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not solely be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

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*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

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. scholars 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 scholars and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, scholars and the community.

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

- Implementing at least five 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 scholars meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

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

- Is designed to provide scholars 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.
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 5 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* fats
- 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
- [The Dietary Guidelines for Americans](#)
- 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

The District is committed to providing a school environment that ensures opportunities for all scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach scholars how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if scholars are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District 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 District's wellness policy.

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

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.¹⁵ 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, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in 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 the District.

¹⁵

- 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 the District/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 the District wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of scholars' 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 the district 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 (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment unless no other time periods have been feasibility agreed upon. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline scholars.

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

Physical Education

The District will provide scholars 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 scholars develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All scholars will be provided an opportunity during their RVLVA matriculation to participate in physical education classes. The District will make appropriate accommodations to allow for

equitable participation for scholars and reserves the right to adapt physical education classes and equipment as necessary.

All District **elementary scholars** in each grade will receive some form of physical activity for at least 60-89 minutes per week throughout the school year. All **secondary scholars** (middle and high school) are required to take the equivalent of one academic year of physical education depending on where they are in their education progression..

The District 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.

Essential Physical Activity Topics in Health Education

Health education will be required and the district will require middle and high school scholars to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year *This policy may be waived on early dismissal or late arrival days.* If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and scholars are required

to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before scholars enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for scholars, to the extent practicable.

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

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that scholars are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, scholars will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) in class physical activity breaks to scholars during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District 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](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the scholars whenever feasible.

Before and After School Activities

The District offers opportunities for scholars to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage scholars to

be physically active before and after school by participating in the after school activities provided by the RVLVA after school program.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to scholars
- Promote safe routes program to scholars, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District 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 the District 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 the District'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

The District will enhance and continue 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

The District 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, the District will use electronic mechanisms (e.g., email or displaying notices on the district'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.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District 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.

[Optional language includes:

- *The District will use a healthy meeting policy for all events with available food options, created by the SWC/DWC or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.]*

Professional Learning

When feasible, the District 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.

Glossary:

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

School Campus - 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 scholars, athletic fields and stadiums (e.g., scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Coversheet

Resolution April 30th, 2024 Board

Section: III. Consent Agenda
Item: D. Resolution April 30th, 2024 Board
Purpose: Approve Minutes
Submitted by:
Related Material: Minutes for RVLVA Board Meeting on April 30, 2024
May 2024 Resolution-April 30th Board 2024 Minutes.docx.pdf

APPROVED



Rainier Valley Leadership Academy

Minutes

RVLA Board Meeting

Date and Time

Tuesday April 30, 2024 at 4:30 PM

Location

This meeting is virtual, but does have an in person option @ 6020 Rainier Ave S, Seattle WA 98118

Meeting ID

meet.google.com/teo-qjxr-iqv

Phone Numbers

(US)+1 [260-468-0921](tel:260-468-0921)

PIN: 792 761 465#

Rainier Valley Leadership Academy Board meetings are open to the public. This meeting will be virtual with an in person option.

RVLA Board Meeting

4:30 – 5:30pm

Time zone: America/Los_Angeles

Google Meet joining info

Video call link: <https://meet.google.com/teo-qjxr-iqv>

Or dial: (US) +1 260-468-0921 PIN: 792 761 465#

In person option @ 6020 Rainier Ave S, Seattle WA 98118

Directors Present

E. Forde (remote), M. Sahoo (remote), R. Bembry (remote), T. Marsh (remote), V. Hsu (remote)

Directors Absent

J. Thiel, M. Dyal

Guests Present

Angela Thomas, B. Coleman, C. Catchings, Courtney Claxton, D. Watson, Dawn Mason, Daxa Thomas, Italiana Hughes, Jaycee Coleman, Jaycee Coleman, L. Reisberg, Lashawn Jenkins, Lenny Emperado, Mary Houston, Samayah, Shannon Peterson, Tamara Woods, Tayish Mandefero, Taylor Jones

I. Opening Items

A. Record Attendance and Guests

B. Call the Meeting to Order

T. Marsh called a meeting of the board of directors of Rainier Valley Leadership Academy to order on Tuesday Apr 30, 2024 at 4:40 PM.

II. Public Testimony

A. Call for public testimony.

Shannon Peterson-Grandparent of a scholar. Disturbed by the Principal was in the cafeteria. High turnover of teachers-what are the effects of this on scholars?

Samayah-Parent of scholar. Difficult to raise enrollment without strong reading and math scores.

Lisa Shimoi-Current FAB President. Teacher retention is an issue at all of her other scholar's schools. Teacher appreciation week coming up-if would like to help reach out to Lenny Emperado.

Tamara Woods-Do three head ladies get raises & are they in the budget? If we dont fix the food we wont retain scholars.

We will hold another time for more people to voice their concerns?

III. Consent Agenda

A.

Resolution March 30th, 2024 Board Meeting Minutes

Unable to vote due to not meeting quorum.

B. Resolution March 2024 Payroll & Claim Vouchers

Unable to vote due to not meeting quorum.

C. 2024/25 School Year Calendar

Unable to vote due to not meeting quorum.

IV. Mission Aligned

A. Mission Moment-Elementary Expansion Approval

The Commission voted to officially approve the RVLA Elementary Expansion.

B. Mission Challenge-Kindergarten Enrollment

The challenge is to now convert Elementary Interest Forms into actual Enrollment.

V. Updates

A. Academic Update-Performance Framework 2023/24

Principal David Watson reviews the 22/23 Performance Framework.

B. Finance-Organizational Chart

Chastity Catchings, RVLA CFOO, reviews the org chart for RVLA that was submitted to the commission for approval of next year. Looking at how enrollment, staffing, facilities, funding, and other costs all effect the budget. Budgeting timeline review.

VI. Executive Session

A. As Needed

Not needed.

VII. Closing Items

A. Adjourn Meeting

There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 5:30 PM.

Respectfully Submitted,

V. Hsu

V. Hsu made a motion to Adjourn.

E. Forde seconded the motion.

The board **VOTED** to approve the motion.

Roll Call

M. Dyal Absent
E. Forde Aye
V. Hsu Aye
R. Bembry Aye
J. Thiel Absent
T. Marsh Aye
M. Sahoo Aye

Documents used during the meeting

- April 2024 Resolution-March 2024 Minutes.docx (1).pdf
- AP Check Summary Report with Board Certification 3.15.pdf
- AP Check Summary Report with Board Certification 3.31.pdf
- AP Check Summary Report with Board Certification Direct.pdf
- Payroll Check Summary with Board Certification 3.29.pdf
- Resolution April 2024 for March 2024 Vouchers & Payments.pdf
- DRAFT 24-25 Elem Calendar.pdf
- DRAFT 24-25 MS HS Calendar.pdf
- RVLA - Board Resolution (2024-2025 School Year Calendars) .docx.pdf

Rainier Valley Leadership Academy Board of Directors Meeting Agenda 4/30/24

**MINUTES OF April 30th, 2024 DIRECTORS OF
Rainier Valley Leadership Academy
A Washington State Nonprofit Corporation**

Rainier Valley Leadership Academy

Minutes

RVLA Board Meeting

Date and Time

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(US)+1 280-468-0921

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J. Thiel, M. Dyal

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The challenge is to now convert Elementary Interest Forms into actual Enrollment.

The challenge is to how convert discretionary interest into new actual enrollment.

V. Updates

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Respectfully Submitted,
V. Hsu

V. Hsu made a motion to Adjourn.
E. Forde seconded the motion.
The board VOTED to approve the motion.

Roll Call	
M. Dyal	Absent
M. Sahoo	Aye
J. Thiel	Absent
E. Forde	Aye
V. Hsu	Aye
R. Bembry	Aye
T. Marsh	Aye

Board Secretary

Date

ATTEST:

Board Chairperson

Date