



ELEVATE SCHOOL WELLNESS POLICY

This policy applies to all students and staff at Elevate. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

Elevate will convene a representative school wellness committee (hereto referred to as the SWC) that meets at least once 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 Policy.

The SWC membership will represent all grade levels 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); 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 [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., Executive Director, 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”). To the extent possible, the SWC will include representatives from each school building and reflect the diversity of the community.

Leadership

Lunch Coordinator or designee(s) will convene the SWC and facilitate development of and updates to this Policy, and will ensure Elevate’s compliance with the Policy.

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

Implementation Plan

Using the steps outlined below, Elevate will ensure the Charter School meets legal obligations regarding implementation of this Policy.

This Wellness Policy and the progress reports can be found at:

<https://www.elevateschool.com/>

Recordkeeping

Elevate will retain records to document compliance with the requirements of this Policy at the main office. 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 to demonstrate compliance with the annual public notification requirements
- Documentation of the triennial assessment of the Policy
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public

Annual Notification of Policy

Elevate 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. Elevate will make this information available via the Elevate website and/or school-wide communications. Elevate will provide as much information as possible about the Elevate nutrition environment. This will include a summary of Elevate's events or activities related to Policy implementation.

Annually, Elevate will also publicize the name and contact information of the Elevate official(s) leading and coordinating the Well-Com, as well as information on how the public can get involved with the Well-Com.

Triennial Progress Assessments

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

- The extent to which Elevate is in compliance with this Policy
- The extent to which Elevate's policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of Elevate's Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is: Karen Montesdeoca, Lunch Program Coordinator.

The Lunch Coordinator and SWC, will monitor Elevate's compliance with this Wellness Policy. Elevate will post results of the triennial progress report on the school website.

Revisions and Updating the Policy

The SWC will update or modify this Policy based on the results of the annual progress reports and triennial assessments, and/or as Elevate 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. **This Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

Elevate is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Elevate will communicate in the newsletter ways in which representatives of SWC and others can participate in the development, implementation, and periodic review, and update of the Wellness Policy. Elevate 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. Elevate will utilize the newsletter and website to inform families of the implementation of, and updates to the Wellness Policy, as well as how to get involved and support the Policy. Elevate will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Elevate and individual schools are communicating important school information with parents.

Elevate will post on the school website and include in the newsletter to notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. Elevate will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Elevate is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet 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.

Elevate participates in USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP). Elevate is committed to offering school meals through the NSLP and SBP that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Elevate 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).
 - Fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable

options are bundled into all grab-and-go meals available to students. • All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

• Daily menu is marketed and promoted on the lunch board

Staff Qualifications and Professional Development

All Elevate nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These Elevate 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. Elevate will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Elevate is committed to ensuring that all foods and beverages available to students on the Elevate campus from midnight to 30 minutes after the last bell to support healthy eating. The foods and beverages sold and served outside of the Elevate meal programs (i.e., “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.

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 students on the School campus during the school day will meet or exceed the USDA Smart Snacks 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

Elevate School will encourage stakeholders to provide healthy food and beverage options whenever given away for free on the school campus, to students, during the school day.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the Elevate campus from midnight to 30 minutes after the last bell. Elevate 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 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 and teachers, parents, students, and the community.

Elevate will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

Elevate aims to teach, model, encourage, and support healthy eating by students. Elevate 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;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Include nutrition education training for teachers and other staff.

Food and Beverage Marketing in Schools

Elevate 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. Elevate 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 Elevate property that contains messages inconsistent with the health information Elevate is imparting through nutrition education and health promotion efforts. It is the intent of Elevate 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 Elevate's Wellness Policy.

IV. Physical Activity

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

Physical Education

Elevate will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

All students will be provided equal opportunity to participate in physical education

classes. Elevate will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

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

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

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.

V. Other Activities that Promote Student Wellness

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

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 this Policy, including but not limited to ensuring the involvement of the SWC and/or parents and the community

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

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


Professional Learning

When feasible, Elevate 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 Elevate 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.

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at the [Filing a Program Discrimination Complaint as a USDA Customer page](#) , and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: 202-690-7442; or
- (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

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