

Board Policy #: 32  
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## SECTION 32 – SCHOLAR POLICY – SCHOLAR WELLNESS POLICY

Compass Charter Schools (CCS) recognizes the essential link between scholar well-being and academic success. With a firm dedication to fostering a culture of health, CCS is committed to implementing a comprehensive program that encourages healthy eating habits and regular physical activity among our scholars. To achieve this goal, Compass Charter Schools will establish a coordinated school health system focused on promoting health literacy. This system will encompass various elements, including health education, physical education and extracurricular activities, health services, nutrition services, psychological and counseling support, initiatives to support staff wellness, creation of a socially and emotionally supportive school environment, and active involvement from parents/guardians and the wider community.

**GENERAL POLICY STATEMENT** To ensure consistent health communication between home and school, CCS or their representatives may share health information and the school's student wellness policy with parents/guardians through multiple channels such as school newsletters, handouts, parent/guardian meetings, the school website, and other communication platforms. These outreach endeavors will emphasize the connection between student health, academic performance, and overall success in school. As outlined in the charter petition, Compass Charter Schools advocates responsibility to our community and ourselves, ensuring:

1. Support for Healthy Eating Habits: The school environment will promote and support healthy eating habits.
2. Environmental Education and Stewardship: Environmental education initiatives will prepare scholars for success in the green economy of the future.

### **Compass Charter Schools Health and Safety Committee**

#### **1. Participation and Review:**

1.1 CCS, shall actively encourage parents/guardians, students, Board members, school administrators and staff, and members of the public to engage in the development, implementation, and periodic review and update of the school's student health and safety policy.

#### **1.2 Advisory Role:**

1.2 Compass Charter School and Safety Committee shall provide guidance to the school on health-related issues, activities, policies, and programs. At the discretion of the Superintendent, or their designate, the committee may also undertake responsibilities such as planning, implementing, and evaluating activities aimed at promoting health within the school or community.

### **1.3 Cultural Consideration:**

1.3 The Health and Safety Committee shall make recommendations that respect and embrace the cultural differences of our school and families. These recommendations shall be developed from the perspective that children's health is of paramount importance.

### **2. Goals for Wellness Activities:**

2.1 Nutrition Promotion: Compass Charter School's nutrition education shall encompass information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be integrated into the health education curriculum and, where appropriate, woven into other academic subjects, before and after school programs, naturalist activities, and school garden programs.

2.2 Physical Activity: All scholars shall have regular opportunities for physical activity. These opportunities shall include physical education classes, recess, extracurricular programs, and encouragement for active commuting to and from school, in-class physical activity breaks, and other structured and unstructured activities. Scholars in grades 5, 7 & 9 will participate in the Physical Fitness test for students in California, aimed at fostering lifelong habits of regular physical activity.

### **Social and Emotional Health:**

Teachers and support staff will model and support students in developing conflict resolution skills. Integration of social and emotional health education into the curriculum will be prioritized, ensuring students receive comprehensive support in this crucial aspect of their development.

### **Professional Development**

3.1 Compass Charter Schools shall regularly offer professional development opportunities to enhance the knowledge and skills of staff, classroom teachers, and other relevant staff members. These sessions will focus on areas related to scholar health and wellness.

3.2 Promotion of Health Behaviors: Professional development sessions may include instructional strategies aimed at assessing health knowledge and skills, as well as promoting positive health behaviors among students.

### **Promotion of Staff Well-being:**

4. The Superintendent, or their designate, shall actively encourage staff members to serve as positive role models for healthy eating, physical fitness, and emotional well-being. They shall promote worksite wellness initiatives and may provide opportunities for regular physical activity among employees.

### **Safety and Well-being:**

5. The Board recognizes that fostering a safe and positive school environment is crucial for scholar's physical and mental health. Therefore, the school strictly prohibits bullying and harassment of all scholars, including instances based on weight or health condition.

## **Nutritional Guidelines for Foods Available at School**

### **6. Promotion of Student Health:**

6.1 Compass Charter Schools shall adopt nutritional guidelines for all foods available on campus during the school day. These guidelines will be designed to promote student health and reduce childhood obesity. The school believes that foods and beverages sold or provided to students should align with the health curriculum and contribute to optimal health, considering the needs of students with special dietary requirements.

6.2 Participation in Federal Nutrition Programs: To enhance the provision of nutritious meals and snacks, the school shall actively participate in available federal school nutrition programs, including the National School Lunch Program, maximizing its ability to support student health and wellness.

**6.3 Access to Drinking Water:** Students and staff members will have access to free, safe, and fresh drinking water throughout the school day, provided through water filtration filling stations. Additionally, students are permitted to bring bottled water from home for their convenience.

**6.4 Healthy Fundraising Initiatives:** A coordinator shall promote the use of healthy food items or non-food items for fundraising purposes by school organizations, fostering a culture of wellness and supporting healthy lifestyle choices.

**6.5 Nutritional Quality of Donated Snacks:** School staff shall encourage parents/guardians and volunteers to support the school's education program by prioritizing nutritional quality when selecting snacks to donate for occasional class parties.

**6.6 Portion Size and Nutritional Goals:** School staff shall further encourage parents/guardians and volunteers to support healthy eating habits by providing snacks in portion sizes of 3-4 ounces when possible, aiming for no more than 200 calories per serving and low in fat and sugar content. Any snacks or items intended for classroom celebrations must be approved by the classroom teacher at least 24 hours in advance, ensuring alignment with nutritional guidelines and promoting a healthy school environment.

### **7. School Day Fundraising Programs:**

7.1 From midnight until one-half hour after the end of the official school day, all foods sold or given to students by any entity must adhere to food restrictions. "Sold" refers to the exchange of food for money, coupons, vouchers, or order forms, when any part of the transaction occurs on a school campus.

### **8. Program Implementation and Evaluation:**

8.1 Compass Charter Schools or designee, shall be responsible for preparing and maintaining the necessary documentation and records required for the administrative review of the school's wellness policy by the California Department of Education (CDE) every three years.

#### **9. Notifications:**

9.1 Compass Charter Schools or designee, shall ensure that the public is informed about the content and implementation of the school's wellness policy. The policy and any updates shall be made available to the public on an annual basis. Information dissemination shall be conducted through the most effective communication methods consistent with School practice.

#### **10. Records:**

10.1 Compass Charter Schools or designee, shall retain records documenting compliance with 7 CFR 210.30, including but not limited to, the written student wellness policy and documentation of the administrative review process.

The school's wellness policy, which undergoes an administrative review by the CDE every three years, along with documentation illustrating adherence to community involvement standards, including the obligation to disclose the policy and review outcomes to the public.

**Non-Compliance with Policy:** Failure to comply with this policy by CCS personnel may lead to disciplinary measures in accordance with Board disciplinary policy and administrative regulations.

**Responsibility for Governance:** The Superintendent is accountable for ensuring the school's adherence to the school wellness policy.