

ENCORE



Junior & Senior High School for the Arts

BP 5030

STUDENT WELLNESS POLICY



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The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. Further, improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness. To this end, the Director or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Director or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

Student Wellness Committee

The Director or designee shall encourage parents/guardians, students, Nutrition Service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's student wellness policy. (42 USC 1758b) To fulfill this requirement, the Superintendent or designee may appoint a school health committee whose membership may include representatives of these groups. He/she also may invite participation of other groups as he/she deems appropriate. The Director or designee will receive input offered by members of the public regarding the implementation and effectiveness of the District's student wellness policy.

The Student Wellness Committee shall advise the district on health-related issues, activities, policies, and programs. The committee shall ensure compliance with Encore policies and practices. At the discretion of the Director or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health among students, staff, and/or the community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

Encore's nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program may include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and may be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs as appropriate.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications during the school day, which here shall mean from midnight to thirty minutes after the release of students. Non-nutritious foods are those that do not meet federal and state Smart-Snack guidelines.

The Board may enter into a joint use agreement or memorandum of understanding to make Encore's facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff may include appropriate training to enhance employees' health knowledge and skills.

The Director or designee may disseminate to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites the Student Wellness Policy and/or health information that emphasizes wellness both at home and at school, and shall encourage student wellness by educating students on changes they can make at home as well as at school. Outreach to parents/guardians may emphasize the relationship between student wellness and academic performance.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources. To provide a safe, positive school environment conducive to physical and mental health and wellness, the Board prohibits bullying and harassment of all students, including but not limited to bullying and harassment on the basis of weight, health conditions, or disability.

The Director or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees, including activities that involve physical activity among students.

To encourage student wellness, the Director or designee may develop incentive programs at Encore's campus.

Nutritional Guidelines for Foods Available at School

The Board believes that all foods and beverages sold to students during the school day at Encore, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the Encore for foods and beverages sold through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards. Selling includes any exchange of food or beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on school campus.

For all foods sold on campus during the school day, the Encore shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and state and federal regulations which support the objectives of promoting student health and reducing childhood obesity (42 USC 1758b). All foods sold on campus during the school day shall comply with federal and state Smart-Snack guidelines.

In order to maximize the Encore's ability to provide nutritious meals and snacks, Encore shall participate in available federal school nutrition programs, including, but not limited to, the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, Encore may sponsor available nutrition programs.

The Director or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758. Students' consumption of water shall be encouraged by educating them about the health benefits of water. School organizations shall follow state and federal Smart-Snack guidelines when selling food or beverages for fundraising purposes. The Director or designees shall encourage the use of healthy food and beverages when being given to students as a reward for students' academic performance, accomplishments, or behavior.

Staff, parents, guardians, or other classroom volunteers shall be encouraged to support Encore's nutrition education program by considering nutritional quality or Smart-Snack alternatives when selecting any food items which they may donate for any class parties or events. Class parties or celebrations shall be held after the lunch period when possible. To prevent over-production of meals prepared by Nutrition Services, prior to class parties, celebrations, school-wide events, or reward programs in which food is provided to students, every effort shall be made to notify the on-site cafeteria lead/supervisor.

Program Implementation and Evaluation

The Director designates the individual identified below as the individual responsible for ensuring that Encore complies with the wellness policy. (42 USC 1758b)(7 CFR 210.31)

➔ **Dr. Sabrina Bow, Executive Director**

The Director or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Director or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of Encore's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements.
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program.
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of Encore's wellness activities offered, including the number of students participating, as appropriate

The Director or designee shall invite feedback on district and school wellness activities from appropriate persons such as, but not limited to: food service personnel, school administrators, the Student Wellness Committee, parents/guardians, students, teachers, before and after school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators.

The Director or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus Encore's resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

Encore shall post the Student Wellness policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Non-Discrimination Policy

The District shall abide by the USDA anti-discrimination, as follows:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [How to File a Complaint](#), 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.