



# AMIGOS POR VIDA FRIENDS FOR LIFE

Public Charter School

*An Amigos Por Vida - Friends for Life Housing and Education Corporation School*

## Wellness Policy

This document, referred to as the “wellness plan” (the plan), is intended to implement policy, which has been adopted by the Board to comply with the requirements for a school wellness policy. This Wellness Policy outlines AMIGOS POR VIDA - FRIENDS FOR LIFE PUBLIC CHARTER SCHOOL’s approach to advance student health, reduce childhood obesity, and promote the general wellness of students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The district’s local school health advisory council (SHAC) will work on behalf of the district to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Amigos Por Vida - Friends for Life Public Charter School is committed to the optimal academic and personal development of every student. AMIGOS POR VIDA - FRIENDS FOR LIFE PUBLIC CHARTER SCHOOL believes that for students to have the opportunity to achieve success we need to create positive, safe, health-promoting learning environments throughout the school year.

This policy applies to all students and staff in AMIGOS POR VIDA - FRIENDS FOR LIFE PUBLIC CHARTER SCHOOL.

### Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the district’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

A letter will be sent to the school community via Class Dojo, school website, and will be posted in the front office inviting members of the community to join the wellness committee. Parents, students, food service managers, PE teachers, school health professionals, the school board, school administrators, and the public will be included in the development, implementation, review and update of the wellness policy.

### Responsibility for Implementation / Policy and Plan Evaluation

The district’s local school health advisory council (SHAC) will work on behalf of the district to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law. Every year, SHAC will review the most current national recommendations in reference to school health and will update the wellness policy accordingly.

*Superintendent Freddy Delgado*, is the district official responsible for overall implementation of, including development of this wellness plan and any other appropriate administrative



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procedures, and for ensuring that each campus complies with the policy and plan.

- SHAC meets quarterly throughout the school year.

At least every three years, as required by law, the district will measure and make available to the public the results of an assessment of the implementation of the district's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

- SHAC shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.

## Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the district will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- A copy of this wellness plan, with dated revisions;
- Notice of any Board-adopted revisions.
- The name, position, and contact information of the district official responsible for oversight and implementation of the wellness policy and wellness plan;
- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
- The SHAC's triennial assessment; and
- Any other relevant information.

The district will also publish the above information in appropriate District or campus publication.

## Nutrition / Wellness Promotion

Federal law requires that the district establish goals for nutrition promotion in its wellness policy. The district's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the district.

The district will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

- Marketing on Amigos por Vida – Friends for Life campus will be limited to those products



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that are **allowed** to be sold according to the Smart Snacks nutrition standards.

- Busses, building exteriors, score boards, etc. On and around school property shall be free of brands and illustrations of unhealthy foods.
- All advertising in school publications and school media outlets must be approved by the principal.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

- Amigos por Vida – Friends for Life food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
- Amigos por Vida – Friends for Life shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.
- The district will offer at least one family-focused event supporting health promotion each year
- Amigos por Vida – Friends for Life will collaborate with their current food vendor (where applicable) to provide students with exposure to a variety of fruits and vegetables.
- APV – FFL staff are encouraged to model healthy eating habits and physical activity behaviors.
- APV – FFL strongly recommends staff to use physical activity as a reward when possible.

## Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the district has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

## Measuring Compliance with Nutrition Guidelines

The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

## Nutrition Education

Federal law requires that the district establish goals for nutrition education in its wellness



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policy. State law also requires that the district implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels.

- The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Through Promotion of fruits, vegetables, whole grain products, low-fat / fat-free dairy products, low sodium products, healthy food preparation methods, and health-enhancing nutrition practices.
- The district shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
- Amigos por Vida – Friends for Life shall incorporate lessons that help children acquire skills for reading food labels and menu planning.
- Nutrition topics shall be incorporated within the health education curriculum and taught at every grade level (PK-8).
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

Amigos por Vida – Friends for Life promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

## School Meals

Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

<https://www.fns.usda.gov/nslp>  
<https://www.fns.usda.gov/sbp/school-breakfast-program>

- Amigos por Vida – Friends for Life qualifies for community eligibility; therefore, all students are offered breakfast / lunch free of charge.
- Amigos por Vida – Friends for Life provides breakfast through the USDA School Breakfast Program.
- Once a student sits down with their breakfast in front of them, they will be provided with 10 minutes to eat breakfast.
- Once a student sits down with their lunch in front of them, they will be provided with 20 minutes to eat their lunch.
- A water fountain is available in the cafeteria for students; there are also water filling stations / water fountains throughout the campus.
- To increase participation in meal programs, tutoring, club or organizational meetings will



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not be scheduled during the lunch period unless students are allowed to purchase lunch to be consumed during meetings.

- Student meals are to be served in a clean and pleasant setting.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours
- School meals will not be withheld as punishment
- APV - FFL will provide students access to hand washing stations and will advocate for hand washing before they eat meals or snacks.

## **Nutrition Standards for Competitive and other Foods / Beverages**

APV - FFL will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, APV – FFL will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

<https://foodplanner.healthiergeneration.org>

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

- USDA’s Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in-school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014"
- No competitive foods or beverages may be sold during the school day.
- It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards.
- All fundraisers held during the school day must meet Smart Snacks. There are no exemptions
- There will be no nutrition exemptions for special events. Schools are encouraged to be creative in holding celebrations without food, or solely involving foods that meet the Smart Snacks standards
- The district will not allow exempt fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.



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- Schools will not use food or beverages as rewards for academic, classroom, or sports performances, with the exception of Individual Academic Plans (IAP) or Individual Education Plans (IEP).

## **Foods and Beverages Provided (Birthdays, Holiday Celebrations)**

The district will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

In addition, the district has established the following local standards for other foods and beverages made available to students:

- Elementary school: All food needs to be store bought, individually wrapped, nut-free item.
- Middle/junior high school: All food needs to be store bought, individually wrapped, nut-free item.

## **Physical Education / Physical Activity**

Federal law requires that the district establish goals for physical activity in its wellness policy. In accordance with state law, the district will implement a coordinated health program with physical education and physical activity components.

In alignment with already established state physical education standards, APV – FFL will follow a comprehensive, standards-based physical education curriculum that identifies the progression of skill development in grades PK-8. Physical education curriculum revisions will follow a formally established periodic review cycle.

- Amigos por Vida – Friends for Life shall provide at least 30 minutes of active daily recess to all students (PK-8<sup>th</sup>).
- Students in grades PK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive an average of 135 minutes (about 2 and a half hours)/week of physical education for elementary students, and 225 minutes (about 4 hours) per 2-week period for middle school students.
- The goal of physical education is to teach students the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.
- Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- The district shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
- Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running extra laps or doing extra push-ups)
- Physical activities (PE, recess, etc) will not be withheld from students as a punishment for poor behavior or incomplete class work.

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- The district shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- The district shall make appropriate before-school and after-school physical activity programs available such as athletics, non-competitive physical activity clubs, and/or intramural programs. Every effort will be made by the school to provide ample opportunity and encouragement for students to participate.
- APV - FFL shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- Amigos por Vida – Friends for Life will develop all-inclusive school physical activity programs that address family and community engagement in physical activity and provide an assortment of offerings.
- Amigos por Vida – Friends for Life will partner with local government and community-based agencies to develop and implement a “Safe Routes to School Program” for students who live within a walkable / bikeable distance from campus.
- Amigos por Vida – Friends for Life may not allow students to be exempt from required physical education class time. This does not include exemptions due to disability, religious or medical reasons.

## Health Services

- Clinic Responsibilities. To respect the privacy of students and make the health services team available to respond to emergencies, should any arise at the campus:
- School clinics will be used primarily for the medical attention of students.
- School clinics will operate during school hours. The clinic will be closed daily for a lunch break or may be covered by a back-up staff member.
- If the clinic needs to close for health-related events such as state-mandated screenings, appropriate signage will be posted on the clinic door indicating when the clinic will reopen.
- If the campus health aide or clinic staff member is absent, school administration or hired personnel is responsible for providing staff to manage the clinic.
- School clinic personnel will not administer any over the counter medication without written permission from parents and/or a physician (the student's personal physician).
- School clinics will not provide or administer the treatment for pediculosis capitis, head lice unless included in the school's Standing Orders or provided through a telemedicine partner.
- Only health services staff or an administrator may enter the clinic after hours and in the case of an emergency.

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- Health Services staff will follow exclusionary criteria set forth by the CDC and State Administrative Code.

## Records Retention

AMIGOS POR VIDA - FRIENDS FOR LIFE PUBLIC CHARTER SCHOOL must retain all records that demonstrate compliance with the Wellness Policy requirements, including, but not limited to, stakeholder involvement, development, and implementation of the Wellness Policy, triennial assessments, public notifications, and marketing policy.

In addition, AMIGOS POR VIDA - FRIENDS FOR LIFE PUBLIC CHARTER SCHOOL is required to keep documentation related to school nutrition programs for at least five (5) years.

