

STUDENT WELLNESS POLICY

The Governing Board recognizes the link between student health and learning and is committed to continually provide a comprehensive program promoting healthy eating and physical activity for all Celerity students. The Chief Executive Officer or designee has built a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

School Health Council/Committee

The Chief Executive Officer or designee has appointed a school health council or other committee consisting of stakeholder representatives, including: parents/guardians, students, school food service professionals, school administrators, representatives of the Board, and members of the public. The council or committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The purpose of a school health council or committee is to advise Celerity on health-related issues, activities, policies, and programs. At the discretion of the Chief Executive Officer or designee, the council's charges may include planning and implementing activities to promote health within the school or community. Activities such as dance and yoga are currently included at all Celerity schools.

Nutrition Education and Physical Activity Goals

The Board has implemented the following for nutrition education, physical activity, and other school activity goals – Celerity students participate in dance and yoga as a part of physical activity. Celerity's nutrition education and physical education programs are based on research, consistent with the expectations established in the state's curriculum framework, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education is provided as part of the health education program in Grades K-8 and, as appropriate, the education is integrated into core academic subjects and included in before- and after-school programs.

All K-8 students are provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity are provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities such as yoga and dance.

The Chief Executive Officer or designee encourages staff to serve as positive role models.

Celerity promotes and provides opportunities for regular physical activity among employees.

Professional development include instructional strategies related to student health knowledge and skills, physical education, and are designed to promote healthy behaviors. Furthermore, the Board strongly encourages the use of physical activity as a reward for students when appropriate.

To encourage consistent health messages between the home and school environment, the Superintendent or designee disseminates health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, Celerity's Web site, and other communications. Outreach to parents/guardians emphasizes the relationship between student health and academic performance.

The Board discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Nutrition Guidelines for Foods Available During the School Day

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by Celerity for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, vending machines, or other venues, comply with all applicable state and federal laws with the goal of promoting student health and reducing childhood obesity.

The Chief Executive Officer or designee encourages school organizations to use healthy food items or non-food items for fundraising purposes. He/she also encourages school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff encourages parents/guardians or other volunteers to support Celerity's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Fundraising activities involving food items abide by the same nutritional standards. Finally, class parties or celebrations shall involve non-food items to the extent possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs meet or exceed federal regulations and guidance issued pursuant to 42 USC

1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

In order to maximize Celerity's ability to provide nutritious meals and snacks, all Celerity schools participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

Program Implementation and Evaluation

The Chief Executive Officer or designee has established a plan for measuring implementation of the policy. Additionally, the Chief Executive Officer or designee has designated at least one person at each school (School Principals) who is charged with the operational responsibility for ensuring that the school sites implement Celerity's wellness policy.

The Chief Executive Officer or designee has established quality indicators that are used to measure the implementation of the policy at each Celerity school. These measures include, but are not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside Celerity's meal programs; and feedback from food service personnel, school administrators, school health councils, parents/guardians, students, and any other appropriate persons.

The Chief Executive Officer or designee reports at least every two years to the Board since the implementation of this policy as well other Board policies related to nutrition and physical activity. To the extent possible, this report will be presented at the same time as results from the California Healthy Kids Survey become available.

Posting Requirements

Each school posts Celerity's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

Each school also posts a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 6142.7 - Physical Education)

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical Education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

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