



Forest Ranch Charter School

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Board Policy – Wellness

1. Recitals

- a. Obesity rates have doubled in children and tripled in adolescents over the last two decades; physical inactivity and excessive calorie intake being predominant causes of obesity.
- b. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- c. Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.
- d. Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition, high calorie foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

2. Purpose

- a. The Governing Board recognizes the link between student health, learning and attendance. The purpose of this policy is to ensure that the Forest Ranch Charter School provides a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

3. Policy Goals

- a. To engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- b. To ensure that all students have opportunities, support, and the encouragement to be physically active on a regular basis.
- c. To ensure that all foods and beverages sold or served during school hours will meet or exceed the federal regulations and guidance issued by the United States Department of Agriculture (USDA).
- d. To provide all students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students that will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- e. To ensure that meals are served in clean, safe, and pleasant surroundings allowing adequate time for students to eat.
- f. To maximize the School's ability to provide nutritious meals and snacks by participating in available federal school nutrition programs, including the School Breakfast, National

School Lunch, and After-School Snack Programs, to the extent possible. Participation levels shall be reviewed and reported to the Governing Board on an annual basis.

- g. To provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

4. Responsibilities

- a. The Executive Director shall appoint a Wellness Committee consisting of stakeholder representatives including: parents/guardians, students, food service employees, instructional staff, board members, school administrators and members of the community.
- b. The Wellness Committee shall develop, implement, monitor, review and, as necessary, revise the Wellness Policy and any others that relate to school nutrition and physical activity.
- c. The Governing Board will review and adopt the Wellness Policy and establish goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

5. Goals for Nutrition Education

- a. The School's nutrition education program shall be research-based, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- b. The School's nutrition education program shall integrate current, scientifically accurate nutrition content into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science as well as into the instruction offered in the afterschool program.
- c. The School's nutrition education program shall encourage the incorporation of experiential learning opportunities into instructional strategies. Activities shall attempt to engage family members in reinforcing healthy nutrition behaviors and may include such things as taste testing, cooking demonstrations, visits to farms and farmers markets, and experiences in the school garden.
- d. The School's nutrition education program shall engage students as active participants in developing, advocating, and implementing nutrition-related policies, programs, and services.
- e. The School's nutrition education program shall include opportunities for the professional development of instructional staff that focuses on teaching strategies assessing health knowledge and skills and promoting healthy behaviors.
- f. Joint-use agreements which enhance the nutrition education program and the value of the nutrition program in general shall be encouraged. School facilities shall be made available to community agencies and organizations that offer nutrition programs consistent with and to the benefit of the School's students.

6. Goals for Physical Education

- a. The School's physical education program shall be research-based, consistent with the

expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a physically active lifestyle.

- b. The School's physical education program shall include a minimum of 200 minutes for every 10 school days. At least 50% of this time shall be spent in moderate to vigorous physical activity which includes the participation of all students unless exempted by a temporary medical condition. This section applies to all students, including those with disabilities and/or special health care needs who qualify for modified or adapted physical education program.
- c. The School's physical education program will include the administering of a physical fitness test annually to all students in at least grade 5 and 7 during February, March, April, or May. Students shall receive their individual fitness test results upon completion of the test. Aggregate test results shall be reported to the Board when state testing (PFT Testing) results are released.
- d. The School community shall not use physical activity, such as running laps or doing push-ups, or withhold opportunities for physical activity, such as PE or recess, as punishment.
- e. Joint-use agreements which may enhance the physical education program shall be encouraged. School facilities shall be made available to community agencies and organizations that offer physical education programs consistent with and to the benefit of the School's students.

7. Goals for Physical Activity

- a. The School's physical activity program shall ensure that all students have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to participate in moderate-to-vigorous physical activity with appropriate space and equipment.
- b. The School's physical activity program shall ensure that physical activity is integrated into the classroom. Instructional staff should discourage extended periods (more than two hours) of inactivity. Students are encouraged to take periodic breaks in the classroom allowing moderate physical activity in between sedentary tasks such as state testing.
- c. The School's physical activity program shall ensure that students are offered opportunities for physical activity during the afterschool program and that the space and equipment for moderate-to-vigorous physical activity is available.
- d. The School's physical activity program shall encourage physical activity clubs, intramural programs, and special events that focus on physical activity either on campus or by providing information to families about programs available in the community.
- e. Joint-use agreements which may enhance physical activity programs shall be encouraged. School facilities shall be made available to community agencies and organizations that offer physical activity programs consistent with and to the benefit of the School's students.
- f. Student safety shall be a primary concern during all physical activities. Rules and procedures consistent with existing safety policies shall be established and reinforced

through regular staff training.

- g. Physical activity for health among staff is encouraged in order to improve their personal health and fitness so they can serve as role models and promote the health of others, including students.

8. Nutrition Guidelines for Food and Beverages (Outside the School Meal Programs)

- a. Individual food items sold outside the federal reimbursable meal programs shall meet local, state and federal requirements. Sold items include any food or beverage provided to students on school grounds in exchange for money, coupons, or vouchers. This does not apply to food brought from home for individual consumption.
- b. The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program.
- c. The only beverages that shall be sold are water with no added sweeteners, milk (1% or non-fat unless modification is required for medical reasons), fruit juice that is at least 50% fruit juice with no added sweeteners, or vegetable juice that is at least 50% vegetable juice with no added sweeteners.
- d. Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold. Individually sold dairy items and whole grain foods may be sold if they meet the 35/10/35 guidelines below and do not exceed 175 calories per individual food item. To ensure food items are appropriate for on-campus sale, all food items not part of a reimbursable meal must be approved by the Director or designee prior to sale.
- e. Food or beverages sales during the school day on campus for fundraising may occur after the last lunch period and the end of the school day (defined as the time the last student leaves the afterschool program). These foods must meet the 35/10/35 guidelines and sales may occur only after the last lunch period.
- f. A food item sold individually will have: (35/10/35 Guidelines)
 - i. No more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fats combined;
 - ii. No more than 35% of its weight from added sugars;
 - iii. No more than 230 mg of sodium per serving for snack items;
 - iv. No more than 480 mg of sodium per serving pastas, meats and soups;
 - v. No more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- g. While the school encourages all food or beverages sold for fundraising purposes be healthy and nutritious, those sold off campus or on campus more than 30 minutes after the end of the school day (defined as the time the last student leaves the afterschool program) do not have to meet the 35/10/35 guidelines.
- h. The Director or designee shall ensure that the child nutrition program meets or exceeds all state and federal nutrition standards, uses foods low in sodium and limits sources of trans fatty acids, uses whole, fresh, unprocessed foods whenever possible, and offers

fresh fruits and vegetables whenever possible.

- i. The marketing and advertising of unhealthy food and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, and advertisements in school publications, coupons or other means is prohibited.
- j. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks which they may donate to the School.
- k. School staff is encouraged to hold class parties or celebrations after the last lunch period, to limit celebrations to one party per classroom per month, and to include only one food or beverage per party that does not meet the 35/10/35 guidelines.

9. Nutritional Guidelines for Child Nutrition Reimbursable Meal Programs

- a. Meals served through the National School Lunch and Breakfast Programs will:
 - i. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - ii. Be appealing and attractive to children;
 - iii. Be served in clean and pleasant settings;
 - iv. Offer a variety of fruits and vegetables;
 - v. Serve only low-fat (1%) and fat-free milk; and
 - vi. Ensure that at least half of the served grains are whole grains.
- b. All foods and beverages served during the breakfast or lunch periods shall meet or exceed state and federal nutritional standards, as well as the current US Dietary Guidelines for Americans, such as:
 - i. no more than 30% of total calories from fat, averaged over a week; and
 - ii. no more than 10% of total calories from saturated fat, averaged over a week.
- c. Meal times shall be scheduled such that:
 - i. Students have at least ten minutes to eat after sitting down to breakfast;
 - ii. Students have at least twenty minutes to eat after sitting down to lunch;
 - iii. Meals are served at appropriate intervals compliant with and using safety and sanitation requirements compliant with, current USDA guidelines;
 - iv. Tutoring, clubs or meetings do not conflict with meal times unless they are held in an approved eating area;
 - v. If possible, lunch is scheduled after recess for younger students; and
 - vi. Students have access to hand washing or sanitizing prior to meals.
- d. To avoid any social stigma, food service personnel will ensure that paid meals and free/reduced meals are served in such a way that it is not possible to differentiate between the two.

- e. Nutrition services staff shall be encouraged to participate in professional development that includes safe food handling, nutrition education, and the recognition of the signs, symptoms, and appropriate responses to severe food allergy reactions.

10. Program Implementation, Enforcement and Evaluation

- a. The Director or designee shall develop a plan to ensure that the School implements and measures the implementation of this policy.
- b. The Director or designee shall establish quality indicators that will be used to measure the implementation of the policy at the school. These measures shall include, but not be limited to: student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the school's meal programs; level of integration of nutrition and physical education and activity into the school curriculum, as well as any feedback from food service personnel, school administrators, the school wellness committee, parents/guardians, students and any other appropriate persons.
- c. The Wellness Committee and the Director shall evaluate the results of the School Meals Initiative (SMI) review (conducted once every five years) and report these results and their conclusions to the Board.
- d. The Wellness Committee shall meet at least annually to review this policy and, in conjunction with the Director, prepare a report to the Board regarding implementation and proposing any necessary updates or changes to this policy and any other Board policies related to nutrition and physical activity.
- e. So that decisions affecting the next school year can be made in a timely manner, reports to the Board regarding the Wellness Policy and its implementation shall occur in conjunction with the fitness testing results reporting.
- f. The School's policies and regulations on nutrition and physical activity shall be posted in public view in the cafeteria, at a minimum.

11. Adoption

- a. This board policy was initially adopted by the Forest Ranch Charter School Governing Board on December 13, 2011.
- b. This board policy was recently reviewed by the Forest Ranch Charter School Governing Board on April 16, 2024.
- c. The next annual review will occur on or before April 16, 2025.

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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: 833-256-1665 or 202-690-7442; or
3. email: program.intake@usda.gov

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