

Roberto Clemente Charter School Wellness Policy

(Approved 04-16-19)

The Board of Trustees (“Board”) of the Roberto Clemente Charter School (“School”) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

School Meals

The School is committed to serving healthy meals to children that are moderate in sodium and low in saturated fat to meet the nutrition needs of school children within their calorie requirements. The School is committed to offering foods through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

- All school meals are accessible to all students.
- The School offers reimbursable school meals that meet USDA nutrition standards (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>).
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- The School will schedule meal periods at reasonably appropriate times and will provide students with a minimum of ten (10) minutes for breakfast and twenty (20) minutes for lunch to enjoy their meals. In addition, the School will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.

Other food available at the School

- The foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards at a minimum. (<https://www.fns.usda.gov/sites/default/files/cn/allfoods-flyer.pdf>). This includes, but is not limited to classroom activities, shared food snacks, vending machines, school stores, and food-focused fundraisers.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Fundraising exemptions may be allowed at the discretion of the Chief Executive Officer (“CEO”) or designee, but shall not exceed the State agencies determination of the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards (https://schoolnutrition.org/uploadedFiles/News_and_Publications/News/SmartSnacksFundraisingExemption.pdf).
 - A list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas will be provided.
 - A list of alternative ways to reward children will be provided. (<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>).
 - Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

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Nutrition Promotion

Students and staff will receive consistent nutrition messages in the classrooms, gymnasiums, and cafeterias. The School will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.

- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).
- Promotion of healthy food and beverage choices will meet the nutrition standards through Smarter Lunchroom techniques (<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>).

Nutrition Education

Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.
- Nutrition education may be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Faculty and staff who teach nutrition education will have appropriate training.
- Informational materials, implementation, and updates will be published for the community and provided to students and families to encourage healthy eating in the home.

Health and Physical Education

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

- All students will participate in physical education that meets or exceeds state standards.
 - Elementary students receive at least forty (40) minutes of physical education at least two (2) times per week in addition to fifteen (15) minutes of recess daily.
 - Middle and High School students will receive at least sixty (60) minutes of physical education five (5) times per week.
- All students will be given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical education shall be taught by certified health and physical education teachers.
- Appropriate professional development shall be provided for physical education staff.

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- Teachers will be encouraged to provide short (3-5 minute) physical activities to students during and between classroom time. Ideas will be provided to staff.
- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- Organized physical activity will be encouraged at school-sponsored or school-related events when appropriate.
- To the extent practicable, the School's facilities will be made available to students, faculty, staff and the community for the purpose of offering physical activity and/or nutrition programs.
- Physical activity will not be used or withheld as punishment.

Assessment/Implementation

- The Chief Executive Officer shall be responsible for the implementation and oversight of this policy to ensure the school, programs and curriculum are compliant.
- The School will convene a wellness committee that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness
- The wellness committee membership will represent all school levels (elementary, middle and high schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, chief executive officer, principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.
- The wellness policy will be assessed and updated as indicated at least every three years. This triennial assessment shall be made available to the public in an accessible and clear manner. It will include:
 1. The extent to which each school is compliant with the law and school wellness policies.
 2. The extent to which this policy compares to model wellness policies.
 3. A description of the progress made by the school in attaining the goals of this policy.
- The school shall annually inform and update the public, including parents/guardians, students and other community members, about the contents, updates, and implementation of this policy via the school's website, student handbooks, newsletters, posted notices and/or other efficient communication methods.