

NEW LIFE CHARTER ACADEMY WELLNESS POLICY

Student Wellness

New Life Charter Academy believes that good health fosters student achievement and student attendance. Thus, New Life Charter Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles, physical activity and physical education, and school safety. New Life Charter Academy recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. New Life Charter Academy further recognizes that children need access to healthful foods, opportunities to be physically active, and supported in a nurturing learning community in order to grow, learn, and thrive.

Wellness Policy Development

New Life Charter Academy believes that the participation of the community, school food service professionals, school administrators, physical education and health educators, staff, and students is essential.

Nutrition Education Guidelines

- Nutrition education will be provided each month via printed monthly menus to all parents and students.
- Food and Nutrition will continue to teach nutrition education in the schools as part of their educational program.
- The School will dispense information and engage in activities that promote healthy snack choices and increased physical activity will be offered in the elementary/ secondary schools.
- Students will receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.

Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written test (such as multiple choice, essay and fill in the blank) are given in the area of nutrition.

Health Education

- Health education components to the current class curriculum will give students the opportunity to learn the role that various nutrients have in the body in order to maintain good health and disease protection.
- Students in health education classes will be encouraged to discuss with family members cultural food choices to determine the potential effect on the family's health.
- The knowledge of the value of good nutrition will enable students and families to make positive choices when purchasing food items.

Physical Activity

- Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.

Other School Based Activities

- Support for the health of all students will be fostered by providing healthy meal environments that enable all students to have adequate meal times and expressly prohibit the use of food as a reward/punishment.
- On call school nurses who provide vision, and scoliosis screening at appropriate grade levels, with referral and help to obtain financial assistance for students who are determined to have a problem.
- To monitor physical growth and development, Body Mass Index (BMI) will be calculated by Health Services for appropriate grades and for students who fall outside of normal range for height and weight. Results will be sent home to parent/guardian.
- Programs such as hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades by on call school nurses.
- On call School Nurses will also be available to develop health care plans and offer student health education on a one-to-one basis when needed.

Nutrition Promotion Policy

- The school environment, including the classroom and cafeteria, will provide clear and consistent messages that promote and reinforce healthy eating.
- The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before or after school.”

Assurance

- We assure that the guidelines for reimbursable meals will not be less restrictive than regulations and guidance issued by USDA.

Nutrition Guidelines

- We will meet or exceed the standards of the National School Lunch Program (NSLP).
- Meal servings will consist of 200 or fewer calories per portioned package.
- No more than 35 percent of total calories will be allowed from fat per serving size.
- Zero trans fat per serving
- The total sugar must be at or below 35 percent by weight.
- Sodium must be at or below 480 mg per side dish and at or below 600 mg per main dish/
- All meals served will be consistent with the Dietary Guidelines.
- Our food service program will contribute to developing healthy eating habits for both pupils and parents.

Implementing the Wellness Policy

- Wellness goals and policy updates will be provided to students, parents and staff intermittently. School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentation and through other appropriate means to ensure that the school community is informed and public input is encouraged.

Evaluating and Measuring Goals

- The wellness team will meet quarterly to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

Stake Holder Participation

- At the final board meeting of each year, the wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be considered.
- The school will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

Designate Wellness Policy Monitor

- The Principal, Shirley Brunache will make sure our wellness policy is being met by NSLP guidelines, and will ensure compliance with established school-wide nutrition and physical activity policies. The local school wellness policy will be reviewed annually, as required by K-20 Education Code 1003.453.