



## **School Wellness Policy**

Ednovate's schools are committed to the development of lifelong wellness practices that include healthy eating and the daily exercise essential to maintaining mental and physical fitness. The purpose of this policy is to outline Ednovate's goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness per applicable law.<sup>1</sup> This policy also aims to outline nutrition guidelines for all foods available on campus, with the objective of promoting student health and reducing childhood obesity. Finally, this document provides a plan for measuring implementation and adherence to the wellness policy.

### **Nutrition Education**

The primary goal of nutrition education is to increase students' knowledge regarding healthy eating choices to enable them to adopt healthy eating behaviors. All students shall receive nutrition education that is aligned with the California Health Education Content Standards and current legislation.

Instruction shall be culturally-responsive, based on accurate and current information, and provide the skills and motivation to focus on behavior change. Students shall receive consistent nutrition messages throughout the school campus.

Nutrition education will also be made available to Ednovate families in a variety of formats (i.e. handouts, the parent newsletter, wall or bulletin board posters or banners, postings on the network's website, community presentations, etc.)

### **Nutrition Standards**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations. The Board shall adopt nutrition guidelines for all other foods available on campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Foods and beverages available to students at Ednovate's schools should support the health curriculum and promote optimal health. Nutrition standards adopted by Ednovate's schools for all foods and beverages sold to students during the school day including foods and beverages provided through the school's food service program, fundraisers, and other venues, shall meet or exceed State and Federal nutrition standards.

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<sup>1</sup> Legal background for the school wellness policy can be found in Appendix A.



Ednovate's Student Guide to Thrive encourages students to make nutritious food choices for lunches and snacks brought to school. Recommendations for snacks include yogurt, nuts, fruit, vegetables, and granola bars.

Ednovate shall encourage serving healthy food at school parties. Parents/guardians will be encouraged to support the school's policies by providing healthy treats for students and/or encouraging the use of non-food treats for classroom parties.

Ednovate shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. As an example, a grade-level fundraising project would sell healthy food items or non-food items such as candles, wrapping paper, greeting cards, jewelry, etc.

### **Physical Education and Physical Activity Opportunities**

The primary goal for the promotion of physical activity is to increase students' knowledge and skills to enable them to adopt a physically active and healthful lifestyle. All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, extracurricular programs, after-school programs, and other activities.

Ednovate's schools shall implement a quality physical education program that is aligned with the California Physical Education Content Standards and/or current legislation, keeps all students involved in purposeful activity for a majority of the class period, and provides facilities to implement the curriculum for the number of students served.

At the discretion of individual school sites, other opportunities to promote physical activity may be offered. Teachers may be encouraged to implement physical activity across the curriculum throughout the school day (e.g. Brain Breaks, yoga, stretching), and schools may choose to offer opportunities for physical activity after school and over breaks (e.g. participation in sports teams, 5Ks). Schools are encouraged to offer physical activities for the whole family, such as family/student workout days and participation in community races.

### **Other School-Based Activities Designed to Promote Student Wellness**

Ednovate's schools shall create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, Ednovate's schools shall:

- Provide a clean, safe, enjoyable meal environment for students
- Ensure that students can get water and encourage students to bring water bottles
- Discourage the use of food as a reward or punishment



- Not use physical activity as a punishment, and encourage using physical activity as a reward
- Provide opportunities for ongoing professional training and development and teachers in the areas of nutrition and physical education
- Make efforts to keep school facilities open for use by students outside school hours
- Encourage parents/guardians, teachers, school administrators, students and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians
- Encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs)

### **Implementation and Measurement**

The Ednovate network support team shall report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether this policy is being effectively implemented, the following indicators shall be used:

- Descriptions of the school's nutrition education, physical education, and health education curricula
- Number of minutes of physical education offered at each grade level
- Type of exemptions granted from physical education
- Results of California Department of Education nutrition reviews
- Results of the State's physical fitness test
- Student participation rates in school meal programs
- Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the school's meal programs
- Feedback from school personnel, parents/guardians, students, and other appropriate persons

Every three years, a Coordinated School Health Committee, consisting of, at a minimum, an Ednovate administrator, a classroom teacher, a physical education teacher, and a parent representative, shall review the Wellness Plan to determine to what extent it has been implemented and enforced. The Coordinated School Health Committee with input from the school community at large will critique and revise the plan as needed. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules is encouraged to contact the school principal. The Committee will be led by the Ednovate team member responsible for oversight of the Ednovate School Food Authority (SFA).



## **Appendix A Legal References**

The following laws and regulations have informed Ednovate's School Wellness Policy:

- Federal Child Nutrition and Women, Infants and Children Act of 2004
- Child Nutrition Act of 1996
- California Education Code
- Code of Regulations, Title 5
- United States Code, Title 42
- Code of Federal Regulations, Title 7