

VISION GUIDELINES:

The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

LOCAL SCHOOL WELLNESS POLICY

Vision Charter School strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve¹, this district shall work to provide students with a healthy environment. The goal of the board is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity, and other school-based wellness activities. The district will engage individuals from the district and community to participate in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

DISTRICT WELLNESS COMMITTEE

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district level wellness policy (heretofore referred as "wellness policy").

The DWC membership will represent all school levels (elementary and secondary) and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex. school nutrition director); physical education teachers; health education teachers; school health professionals; and mental health and social services staff; school administrators, school board members; health professionals; and the general public. To the extent possible, the DWC will reflect the diversity of the community.

LEADERSHIP

The Charter Administrator or designee(s) will convene the DWC and facilitate development of the updates to the wellness policy, and will ensure compliance with the policy.

**WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND
COMMUNITY ENGAGEMENT**

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: www.visioncharter.net

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the front office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy.
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the district in meeting wellness goals. This annual report will be published around the same time each year. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the progress in meeting the wellness policy goals;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section 1; and
- Information on how individuals and the public can get involved with the DWC.

The DWC will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Food Service Director.

The DWC, will monitor compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will utilize social facebook and school newsletters to ensure all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual school are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

SCHOOL NUTRITION PROGRAMS

The district's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, à la carte foods, snacks, and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables, and low fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service.

The district will consult with a dietitian to review the menu and ensure that it meets federal guidelines. The Food Service Director shall solicit feedback from students, staff, and parents regarding the offered foods and beverages. Nutritional information such as calories, saturated fat, and sodium content of foods shall be made available in the cafeteria and district website.

Vision Charter will provide adequate time to eat during meal periods. Vision Charter will develop schedules that allow students at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. When possible, lunch will follow the recess period to better support the consumption of healthy foods and improve learning opportunities. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.

The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices are implemented and followed.

To the maximum extent practicable, Vision Charter School will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, and Afterschool Snack Program.

School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state, and federal statutes and regulations.

Free and Reduced Price Meals

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

All Foods and Beverages Sold in Schools

All foods and beverages sold to students on the school campus during the school day will comply with Smart Snack Regulations. This includes food items sold through à la carte lines, vending machines, snack bars, student stores, and fundraising activities. The district will utilize the Alliance for a Healthier Generation's Smart Snack Product Calculator to determine product compliance when considering food items to sell to students during the school day. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that align with the most recent Dietary Guidelines for Americans except for Administratively approved exempted fundraisers.

FUNDRAISING

All foods sold to students must be tracked and compared to Smart Snack standards. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the appointed district administrator. Per Idaho policy, a district may have ten (10) exempted fundraisers per school year per school site. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. A designee of the School Wellness Committee will be available to meet with student fundraising organizations to communicate Smart Snacks standards should case-specific questions arise.

The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

OTHER FOODS AND BEVERAGES IN SCHOOLS

Celebrations and Snacks

Classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage.

Schools will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors. Schools that provide reimbursable snacks through after-school programs will follow the federal guidelines for the Afterschool Snack Program.

The school wellness committee will develop a list of recommended healthy snack and beverage items to provide to teachers, after-school program personnel, and parents. This list will be utilized when planning classroom snacks, school sponsored parties, social events, and school functions.

Food as Rewards

Teachers are discouraged from using food as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee will develop guidelines for appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity or additional recess.

NUTRITION PROMOTION

The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.

Vision Charter School will encourage students to make healthy food choices using a variety of nutrition promotion techniques which may include:

1. Encouraging staff to model healthy eating/drinking behaviors
2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable
3. Sharing nutrient information with students, staff, and parents at the point of service and district website
4. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences
5. Participating in Farm to School activities and/or implementing a school garden

NUTRITION EDUCATION

The wellness policy includes specific/measurable goals for nutrition education using evidence-based strategies

The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences.

1. Curriculum will link nutrition education with the school food environment and focus on behavior-focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods.
2. Classrooms, hallways, gymnasiums, and dining areas will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
4. Schools shall provide families with materials that allow parents and students to apply health and nutrition lessons at home.

PHYSICAL ACTIVITY

This district's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness; reduce sedentary time; and develop and enhance social skills and self-esteem for students of all levels of physical ability.

The physical education curriculum will be aligned with state and national standards for physical education and be taught by a certified physical education teacher. Class sizes will be limited to a maximum of thirty (35) students per instructor and be offered one to two times per week. Waivers, exemptions, and substitutions will be considered on a case by case basis. A student substituting for physical education must demonstrate proficiency of physical education standards.

In addition to physical education, the district will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program plan which may encompass:

1. Active transportation to and from school.
2. Opportunities for physical activity before and after school, by providing intramural programs, interscholastic sports, competitive and non-competitive clubs with a physical activity emphasis.
3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students.
4. Engaging staff, families, and communities to join and support physical activity initiatives.
5. To promote physical fitness for students, parents, and community members, the district may enter into joint or shared-use agreements with governmental entities and community organizations that allow school and/or community-based organizations to use the school facilities for physical activity and recreation programs outside of school hours.

Teachers and other school personnel are prohibited from withholding an entire recess or physical education as punishment.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

District goals regarding other school-based wellness activities shall include some or all of the following:

1. Providing professional development related to health, nutrition, and physical activity to staff
2. Developing and implementing a staff wellness program that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities
3. Sponsoring health fairs, no screen time week, school-supported races or fun runs, family activities
4. Implementing and sustaining a school garden or activities that promote healthy eating via student participation
5. Evaluating the barriers to implementing Safe Routes to School to make it safer and easier for students to walk and bike to school
6. Initiating and sustaining a recycling/environmental stewardship program
7. Providing students, parents, and staff with mental health resources and prevention program information

MONITORING

Building principals or a designee will monitor and ensure adherence to the wellness policy in their school and will report rates of compliance to the superintendent or designee. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the superintendent or designee. The superintendent or designee is responsible for monitoring and ensuring compliance with this policy. Reporting of adherence to the wellness policy shall take place quarterly.

ASSESSMENT

At least once every three years the wellness committee will conduct an assessment and develop a summary report on district compliance. The assessment and report will include the extent to which the charter is in compliance with this policy, the extent to which this charter's wellness policy compares to model local school wellness policies, and the progress made in attaining the measurable goals of this policy. The report will be made available to the public at the district office and posted on the district's website, as well as provided to the

school board, the school wellness committee(s), parent/teacher organizations, school administrators, and school health services personnel in the district. The handbook will direct stakeholders to submit any feedback, comments, or concerns with this policy to the Food Service Director and will include the method of contact.

NOTICE

The district will annually include this policy, and any updates in the student handbook and provide each student and parent/guardian with a copy of the student handbook upon enrolling in classes. The policy and the results of the triennial assessment will also be posted on the school website.

LEGAL REFERENCE:

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

42 U.S.C. § 1751, *et seq.*

42 U.S.C. § 1771, *et seq.*

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