

Summit Public Schools Local Wellness Policy

Summit Public Schools Denali MS
Summit Public Schools Denali HS
Summit Public Schools K2
Everest Public High School
Summit Public Schools Rainier
Summit Public Schools Shasta
Summit Preparatory Charter High School
Summit Public Schools Tahoma
Summit Public School Tamalpais

Introduction

Summit Public Schools is committed to the growth and development of every SPS student. SPS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Summit's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is engaged in supporting the work of SPS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The SPS establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students at SPS. Specific measurable goals and outcomes are identified within sections below.

District Wellness Committee

Committee Role and Membership

Summit Public Schools will convene a representative district wellness committee that meets annually to

establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this policy.

The committee membership will represent all school levels and may include to the extent possible, but not be limited to: parents; students; representatives of the school nutrition program; physical education teachers; school administrators; school board members; and the general public. .

Leadership

The Food Services Director will convene the committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The designated official for oversight

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. This coordinator will be the Dean of Operations at each site.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

SPS 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. Every year, the committee shall review and update the policy. This wellness policy can be found at each school's website.

Recordkeeping

Summit Public Schools will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public via the website;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods SPS uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

SPS will inform families and public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. SPS will make this information available via the school website. Annually, SPS will also publicize the name and contact information of the SPS official(s) leading and coordinating the school wellness committee, as well as information on how the public can get involved with the committee.

Triennial Progress Assessments

At least once every three years, SPS 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 SPS 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 is the Regional Director of Operations whose contact information can be found on our meal programs page on the SPS website
- The committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- SPS post the triennial progress report on their website.

Revisions and Updating the Policy

The committee will update or modify the wellness policy based on the results of the annual review and triennial assessments and/or as SPS 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

SPS is committed to being responsive to community input, which begins with awareness of the wellness policy. SPS will actively communicate ways in which representatives of the committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. SPS 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 NSLP nutrition standards. SPS may use electronic mechanisms, such as email or displaying notices on the school website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that 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. SPS 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 schools are communicating important school information with parents.

SPS will actively notify the public about the content of or any updates to the wellness policy annually, at a

minimum. SPS will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

Nutrition Education

Every year, all students, grades 6-12, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors. Nutrition education shall be integrated into the curriculum and offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Goal: Summit Public Schools aims to implement additional nutrition education into Expeditions and Mentor Blocks by the 2020-2021 school year.

Nutrition Standards

Summit Public Schools shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Summit Public Schools shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Foods and beverages that compete with Summit Public Schools' policy of promoting a healthy school environment shall be discouraged. Any fundraising with food must follow USDA guidelines.

Summit Public Schools shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars and salt, serving an appropriate portion size consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100% fruit or vegetable juice in 4 ounce servings.
- Nonfat, low fat, plain milk and flavored yogurt, nonfat and/or low fat cheese rather than imitation cheese. Offer the following serving sizes: yogurt in 8 ounce servings or less, milk in 8 ounce servings, cheese in 2 ounce servings or less. No chocolate or other flavored milk will be offered.
- Nuts, nut butters, seeds, trail mix and/or soybean snacks in 1 ounce portions or less. No peanuts at any site is acceptable.
- Portions of 2 ounces or less of cooked lean meat, poultry or fish using healthy food preparation techniques shall be offered as a protein in accordance with USDA guidelines per meal.
- Accompaniments (sauces, dressings and dips), if offered in 1 ounce servings or less when appropriate.

SPS shall monitor food service distributors and snack vendors to ensure that they provide healthy food and beverage choices that comply with the policy's purpose in all venues.

Vending sales of soft drinks, artificially sweetened drinks and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that end 30 minutes before the start of school and 30 minutes after the conclusion of the instructional day.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all by:
Implementing evidence-based healthy food promotion techniques throughout the school
Promoting foods and beverages that meet the USDA Smart Snacks in School.

Competitive Foods and Beverages Policy

Summit Public Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.
To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Rewards, Incentives, and Celebrations

Summit Public School recommends that all foods offered/given away on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Each Dean of Operations will receive a list of items to be utilized as rewards or celebrations prior to the event.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be served or sold through fundraisers on the school campus. All items and planned sales must receive prior approval from the Dean of Operations.

Schools will use non-food fundraisers and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.) when possible. The District will make available to parents and teachers a list of healthy fundraising ideas.

Physical Education and Physical Activity Opportunities

Summit Public Schools shall offer physical education opportunities that include the components of a quality physical education program, equipping students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students, grades 6-12, shall have opportunities to be active through sports and activities, such as soccer, dance and yoga, intended to maintain physical fitness and to understand short and long term benefits of a physically active and healthy lifestyle.

As per California Department of Education requirements for physical education for charter schools,

these opportunities are consistent with the individual charters for our schools. These opportunities will be offered through physical education classes, Expeditions and after school programs.

Other School Activities Designed to Promote Student Wellness

The school may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

The school site shall provide:

- A clean, safe and enjoyable meal environment for students.
- Enough space and serving areas to ensure all students have access to school meals with minimum wait line.
- Drinking fountains or bottled water in all schools so that students can get water at meals and throughout the day.
- Encouragement to maximize student participation in school meal programs.
- Overt identification of students who qualify for free and reduced priced meals is strictly prohibited.

Time to Eat

The school site shall ensure:

- Compliant breakfast shall be offered at morning break at each site.
- Lunch time is scheduled as near to the middle of the school day as possible.
- Adequate time for students to enjoy eating compliant healthy foods with friends in schools.
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SPS District Wellness Committee Lead

Dec 04, 2019

Date

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