



**ALTA PUBLIC SCHOOLS
Local School Wellness Policy
2021-2022**

Board Adopted 11/20

Updated In August 2021

WELLNESS POLICY

FOOD SERVICE/ CHILD NUTRITION PROGRAM

Alta Public schools are independent charter schools committed to the optimal development of every student. Alta believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create strength--based, positive, and health--promoting learning environments at every level and in every setting throughout the school year.

Research shows that two components are strongly correlated with positive student outcomes ---- good nutrition and physical activity before, during, and after the school day. For example, Students' participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, inadequate consumption of specific foods (e.g., fruits, vegetables, and dairy products) is associated with lower grades among students. In addition, students who are physically active during recess, physical activity breaks, high--quality physical education, and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

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

- Students at Alta Public Schools 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;
- Students engage in nutrition and physical activity promotion and other activities that promote wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Alta Public Schools in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- Alta Public Schools establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives;
- Alta Public Schools will coordinate the wellness policy with other aspects of school management, including the LCAP and LEA Plan.

Specific measurable goals and outcomes are identified within each section below. Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

School Wellness Committee

Committee Role and Membership

Alta Public Schools will create a district-wide Wellness Committee that meets at least four 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 this wellness policy. The Wellness Committee membership will include teacher representation, as well as students, parents, meal clerks, community liaisons, counselors, and administrators. There will be an effort to reflect the diversity of the community.

Name	School Site	Position	Contact Info.
Ms. Esqueda	AMCS	Head of School	t.esqueda@academiamoderna.org
Mrs.Mendez	Central office	Human Resources	g.mendez@altaps.org
Mr. Reyes	XCentral Office	CEO	x.reyes@altaps.org
Ms. Viviana Matamoros	PTMS	Parent Coordinator	v.matamoros@prepatec.org
Mrs. Cecilia Marquez	PTMS	Head of School	c.marquez@prepatec.org
Ms. Henriquez	PTMS	Meal Coordinator for PTMS	m.henriquez@altaps.org
Mrs. Beltran	AMCS	Meal Coordinator for AMCS	s.beltran@academiamoderna.org
Dr. Glenda Aleman	Central Office	Consultant	g.aleman@altaps.org
Rachel Villalobos	Central Office	Superintendent	r.villalobos@altaps.org
Marissa Rascon	Central Office	EXL Program Manager	m.rascon@altaps.org

Leadership

The committee director will convene the meetings, facilitate development of and updates to the wellness policy, and ensure the school's compliance with the policy. The designated officials for oversight are Ms. Henriquez and Mrs. Beltran. They are the Meal Site Coordinators of Food Services for Alta Public Schools and can be contacted at S.beltran@academiamoderna.org or m.henriquez@altaps.org

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Alta Public Schools 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 related to this Wellness Policy; and includes information about who will be responsible for which areas. There will also be specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, 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. (See attachment A) This assessment will support the creation of an action plan that fosters implementation and generates an annual progress report.

Monitoring

The Wellness Committee will ensure compliance with established Alta Public School's school-wide nutrition and physical activity wellness policies. The Implementation Plan must include annual training for all school staff members, so that all staff are aware of the guidelines and goals of the Wellness Policy. In each school, the principal or designee will ensure compliance with the Wellness Policies in his/her school and will report on the school's compliance to the Wellness Committee. School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, Alta Public Schools will report on the most recent USDA Administrative Review findings and any resulting changes. The Wellness Committee will develop a summary report periodically on Alta Public Schools school-wide compliance with Alta Public Schools established nutrition and physical activity wellness policies, based on input from schools within ALTA Public Schools. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in ALTA Public Schools.

This Wellness Policy, monitoring and progress reports can be found at: <https://altapublicschools.org/>

Recordkeeping

Alta Public Schools will retain records to document compliance with the requirements of the Wellness Policy at the school. Documentation will include but will not be limited to:

- The written Wellness Policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update Alta Public Schools' Wellness Policy; including an indication of who is involved in the update and methods Alta Public Schools uses to make stakeholders aware of their ability to participate on the Wellness Committee;
- 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 Alta Public Schools Wellness Policy has been made available to the public.

Annual Notification of Policy

Alta Public Schools will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. Alta Public Schools will make this information available via the school's website and/or school--wide communications. Alta Public Schools will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to Wellness Policy implementation. Annually, the school will also publicize the name and contact information of Alta Public Schools official leading and coordinating the committee, as well as information on how the public can get involved with the school's Wellness Committee.

Triennial Progress Assessments

At least once every three years, Alta Public Schools will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which Alta Public Schools is in compliance with the wellness policy;
- The extent to which Alta Public Schools' 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 Alta Public Schools' Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is Glenda Aleman, Ph.D., Consultant of Food Services for Alta Public Schools, at g.aleman@altaps.org or 323-629-9665.

The Wellness Committee will monitor the school's compliance with this Wellness Policy.

Alta Public Schools will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The Wellness Committee will update or modify the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as Alta Public Schools' 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

Alta Public Schools is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Alta Public Schools will actively communicate ways in which representatives of the Wellness 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 Alta Public Schools. Alta Public Schools 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. Alta Public Schools will use electronic mechanisms, such as e--mail or displaying notices on the school's 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. Alta Public Schools will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Alta Public Schools is communicating important school information with parents.

Alta Public Schools will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. Alta Public Schools will also use these mechanisms to inform the community about the availability of the annual and triennial report.

Nutrition and NSLP Meal Program

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- calories and sodium will be specific for grade levels
- no more the 10% of total calories from saturated fat, averaged over a week;
- serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that grains are whole grain.^{3, 4}

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information can be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all scholars throughout the school day. Alta Public Schools will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available if a drinking fountain is not present in the serving area.

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Summer Food Service Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals can sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal-Times and Scheduling

Schools:

- will provide students with enough time to consume their meal after it has been served.
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools); when reasonable.
- will encourage students to wash or hand sanitize hands before they eat meals or snacks; and
- should take reasonable steps to encourage the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of Alta Public Schools, it is our responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. We will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Sharing of Foods and Beverages

Schools should monitor students sharing their foods or beverages with one another during meal or

snack times, given concerns about allergies and other restrictions on some children's diets.

Competitive Foods and Beverages

Alta Public Schools is committed to ensuring that all foods and beverages available to scholars on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve scholar health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://foodplanner.healthiergeneration.org/calculator/>

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 or provided to students on the school campus during the school day will meet or exceed the State and 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, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Food and Beverage Sales

- Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

- Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the Smart Snack nutrition and portion size standards:

To qualify as a Smart Snack, a snack or entrée must:

- be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- have as the first ingredient a fruit, vegetable, dairy product or protein food, or
- be a combination food that contains at least ¼ cup of fruit and/or vegetable, and
- meet the following minimum standards for calories, sodium, sugar and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less

Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. Any fundraising activities must occur at least 30 minutes before or 30 minutes after the end of the school day.

The district will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)]. (See Attachment B)

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and Smart Snack guidelines.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Schools are encouraged not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. If smart snack qualified food-based rewards are provided, they cannot be provided by students.

If a non-smart snack qualified food reward is provided, it must occur at least 30 minutes before or 30 minutes after the end of the school day. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. (See Attachment C)

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per quarter. Schools may elect to allow less celebrations than the maximum described previously. It is highly encouraged that each party include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). In addition, food celebration cannot occur during breakfast or lunch mealtime, and should not be served close to those times, so as to not affect the students' appetite during mealtime.

The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#). (See Attachment D)

For classroom snacks brought by parents, the District will provide to parents and staff a list of foods and beverages that meet Smart Snacks nutrition standards. (See Attachment E)

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).

If schools serve or sell food and beverages at school-sponsored events outside the school day (30 minutes before or after the school day), schools are highly encouraged to ensure that the foods and beverages meet the Smart Snack nutrition standards for meals or for foods and beverages sold individually.

Nutrition Education and Food Marketing

Nutrition Education and Promotion

Alta Public Schools will teach, model, encourage and support healthy eating and physical activity among students. Schools will provide nutrition and physical activity education integrated into other subjects, as part of health education and/or offer stand-alone classes at each grade level.

The district will ensure that:

- nutrition and physical activity education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics.
<https://www.cdc.gov/healthyschools/sher/standards/index.htm>
- the curricula used are consistent with the CDC's Characteristics of an Effective Health Education Curriculum. <https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health

It's encouraged that schools provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

All schools within Alta Public Schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out-of-school time and before and after school) and will encourage participation in school meal programs.

The schools will ensure the promotion of healthy food and beverage choices through:

- school announcements, newsletters and website postings
- implementation of the evidence-based marketing and merchandising techniques (see School Meals section of this document)

Communications with Parents

Alta Public Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Alta Public Schools will, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus when available. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

Alta Public Schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include sales of healthy food for fundraisers.

Physical Education and Physical Activity Opportunities

Comprehensive Physical Activity Program

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program* (CSPAP). A CSPAP ensures strong coordination and synergy throughout the school environment to encourage students to be active for at least 60 minutes per day. A CSPAP includes PE, physical activity before, during and after the school day, family and community engagement and staff involvement.

The Wellness Committee will create and implement a CSPAP program for each school, working in collaboration with the Extended Learning Program. The CSPAP program will include all elements discussed in the section below.

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other

activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12
- Schools shall be encouraged to annually administer the physical fitness test designated by the State Board of Education to students in grades 5, 7, and 9.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Classroom physical activity can benefit students by:

- improving their concentration and ability to stay on-task in the classroom
- reducing disruptive behavior, such as fidgeting, in the classroom
- improving their motivation and engagement in the learning process
- helping to improve their academic performance (higher grades and test scores)
- increasing their amount of daily physical activity¹

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Middle and high schools should provide students with a period of daily physical activity in addition to physical education and classroom physical activity.

Schools should follow these guidelines when providing students with recess or other physical activity time:

- provide students with adequate spaces, facilities, equipment and supplies for recess
- ensure that spaces and facilities for recess meet or exceed recommended safety standards
- prohibit the exclusion of students from recess for disciplinary reasons or academic performance in the classroom
- provide staff members who lead or supervise recess with ongoing professional development
- provide strategic inclusion and oversight of opportunities for students with special needs or disabilities to participate
- assess the accessibility of playgrounds and outdoor play areas and make changes to improve access
- provide equipment to allow for inclusion of students with disabilities into activities

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for

long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer, when appropriate, extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools, when appropriate, will offer interscholastic sports programs. Schools will offer, when feasible, a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child-care and enrichment programs when appropriate will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

Alta Public Schools will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, Alta Public Schools will work together with local public works, public safety, and/or police departments in those efforts. Alta Public Schools will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. Alta Public Schools will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Community Partnerships and Staff Wellness

Alta Public Schools will integrate wellness activities across the entire school setting, not just in the cafeteria. Alta Public Schools will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting scholar well-being, optimal development, and strong educational outcomes.

Community Partnerships

Alta Public Schools will enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP--Ed providers and coordinators, etc.) in support of this Wellness Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the Wellness Policy and its goals.

Community Health Promotion and Family Engagement

Alta Public Schools will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school--sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, Alta Public Schools will use electronic mechanisms (e.g., e--mail or displaying notices on the school's website), as well as non--electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school--sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

Alta Public Schools believes that staff health and wellness is critical to the overall health and wellness of the school community. Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of possible strategies include participation in Morning Gathering exercises, activity breaks during Teacher Think Tank Meetings, walking/running cohorts during lunch and after school, etc. Schools will also implement strategies to support emotional and mental health, such as stress reduction activities, employee assistance programs (EAP) and gratitude circles.

Professional Learning

When feasible, Alta Public Schools will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Alta Public Schools staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

WELLNESS POLICY GOALS

Goal# 1 School meal programs are consistent with State and U.S. Department of Agriculture (USDA) requirements and Healthier US Schools criteria.

Activities:

- 1.1 Inform appropriate constituencies (parents, teachers, school administrators, community, etc.) about this key element of the Wellness Policy.
- 1.2 Plan and prepare menus to comply with established nutrition standards.
- 1.3 Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.
- 1.4 Share nutrition information about foods and beverages with school constituencies
- 1.5 Promote participation in and application for locally or nationally recognized awards programs.

Goal# 2 Increase meal participation rates by offering quality, accessible, and appealing meals. Activities:

- 2.1 Provide students an opportunity for input on school menu items.
- 2.2 Feature menus with healthy choices that are flavorful and attractively presented.
- 2.3 Upgrade eating and serving areas to improve function and image of the cafeteria.
- 2.4 Promote the school meal programs to all constituencies.
- 2.5 Conduct regular food tasting activities with students to introduce healthy menu items.

Goal# 3 Vending and a la carte nutrition standards will meet locally- or nationally recognized standards.

Activities:

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Ensure a la carte foods and beverages meet established nutrition standards and support healthy eating.
- 3.3 Ensure that all student-accessible vended foods meet established nutrition standards and support healthy eating.
- 3.4 Promote healthy choices for vended foods and beverages to ensure sustained sales volume .

Goal# 4 Schools will offer and promote staff health and wellness opportunities.

Activities:

- 4.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 4.2 Schools will create staff committees charged with implementing staff health and wellness activities.
- 4.3 Schools will be provided with professional development tools to be used for staff training.
- 4.4 Staff-based meetings and celebrations will maximize the use of nutritionally aligned food whenever possible.

Goal# 5 School parties/celebrations/meetings (PCM) and other school-sponsored events should maximize the use of healthy food choices and only allow one non smart snack aligned food or beverage.

Activities:

- 5.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 5.2 Provide schools with a list of alternatives to food for celebrations.
- 5.3 Establish food standards for school PCM and other school-sponsored events.
- 5.4 Provide recognition or an award to schools for meeting healthful food and beverage options for school PCM and other school-sponsored events

Goal# 6 Schools will use non-food rewards for school accomplishments.

Activities:

- 6.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 6.2 Provide the school system and Parent Teacher Organization (PTO) with alternatives for food rewards.
- 6.3 Provide training to teachers on non-food related incentives.

Goal# 7 School-based organizations should raise funds with non-food options, if at all possible.

Activities:

- 7.1 Inform appropriate constituencies about this key element of the Wellness Policies.
- 7.2 Provide the school system and PTO with alternatives to food fundraisers.
- 7.3 School-based organizations must receive permission from school administrator to implement fundraisers that include food.
- 7.4 If food-based fundraisers are approved, school-based organizations are encouraged to use smart-snack aligned foods.

Goal# 8 Students will have adequate space and time to eat in a pleasant dining environment. Activities:

- 8.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 8.2 Provide facilities that are easy to access and adequate to meet demand.
- 8.3 Provide meal schedules that provide enough time for students to eat; (no less than 30 minutes for lunch) and that there is at least a 2-hour window of time between breakfast or snack, and lunch whenever possible.
- 8.4 Provide recess before lunch whenever possible.

Goal# 9 Students will receive comprehensive health education instruction in all grades

Activities:

- 9.1 School-wide curriculum will reflect nutrition, social-emotional, hygiene and other health related topics based on the National Health Education standards.
- 9.2 Teachers will develop and implement lesson plans in all grade-levels and all subject areas, if applicable.
- 9.3 Teachers will develop correlated assessment and assess student learning
- 9.4 School will provide professional development for teacher learning

Goal# 10 Students will receive 60 minutes of daily physical activity throughout the school day.

Activities:

- 10.1 Schools will develop and implement a comprehensive school physical activity program
- 10.2 Teachers will develop and implement physical activities/breaks on a daily basis.
- 10.3 School will collaborate with extended learning program to provide before and after-school physical activity opportunities, as well as collaborate with yard supervisors for more break and lunch time activity
- 10.4 School will provide equipment necessary to encourage more physical activity
- 10.5 School will provide professional development for staff learning

