

Lighthouse Community Charter Schools

Local Wellness Policy

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students. The Head of Schools or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the Head of Schools or designee may disseminate health information and/or the school's student wellness policy to parents/guardians through the student handbook, school newsletters, handouts, parent/guardian meetings, school web site, and/or other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Head of Schools or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the school's student wellness policy. ([42 USC 1758b](#))

Nutrition and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. ([42 USC 1758b](#))

The school's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through the after-school program. As needed, professional development of staff shall include instructional strategies for promoting healthy behaviors.

The Board discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

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 and recess and may also be provided through school athletic programs, extracurricular programs, after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement to make school facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

The Head of Schools or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote worksite wellness and may provide opportunities for regular physical activity among employees. Professional development may include activities to assess health knowledge and skills and promote healthy behaviors.

Nutritional Guidelines for Foods Available at School

The school shall adopt nutritional guidelines which are consistent with [42 USC 1773](#) and support the objectives of promoting student health and reducing childhood obesity for all federally reimbursable meals provided to students. As a charter school, the school is exempt from [California state regulations](#) regarding competitive food and beverage sales. The school shall comply with California Education Code [Section 49431.7](#) and federal regulations regarding Foods of Minimal Nutritional Value. ([42 USC 1758b](#))

The Board believes that foods and beverages available to students at the school should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. The Board shall encourage the school to meet or exceed state and federal nutritional standards for all foods and beverages sold to students, including foods and beverages provided through the school's food service program, student stores, vending machines, or other venues.

In order to maximize the school's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the school may sponsor a summer meal program.

The Head of Schools or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Head of Schools shall designate one or more school employees, as appropriate, to ensure that the school site complies with this policy. ([42 USC 1758b](#))

The Head of Schools or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. ([42 USC 1758b](#))

To determine whether the policy is being effectively implemented at each school, the following indicators shall be used:

1. Results of the state's physical fitness test
2. Feedback from food service personnel, school administrators, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
3. Any other indicators recommended by the Head of Schools.

Posting Requirements

Each school shall post the school's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. ([Education Code 49432](#))