

**Crispus Attucks Charter School
School Wellness Policy No. 246**

Crispus Attucks Board of Directors

Adopted: October 12, 2006

Revised: December 11, 2014, June 14, 2018

Crispus Attucks Charter School Board of Trustees

Adopted: October 16, 2006

Revised: December 15, 2014, May 21, 2018,
June 27, 2022

246. SCHOOL WELLNESS	
1. Purpose	<p>Crispus Attucks Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	<p>The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Board establishes that the Crispus Attucks Charter School shall provide to students:</p> <ol style="list-style-type: none">1. A comprehensive nutrition program consistent with federal and state requirements.2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
3. Delegation of Responsibility 42 U.S.C.	<p>Crispus Attucks Association, Inc. is the Lead Local Management Agency and shall be responsible to monitor and evaluate the food service program to ensure compliance with the policy and regulations for federal and state laws, including</p>

<p>Sec. 1758b 7 CFR Sec. 210.31</p>	<p>required number of health inspections.</p> <p>The CEO or designee shall be responsible for the implementation and oversight of this policy to ensure the charter school's programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.</p>
<p>7 CFR Sec. 210.31</p>	<p>Staff members responsible for programs related to school wellness shall report to the CEO or designee regarding the status of such programs.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The CEO or designee shall annually report to the Board on the district's compliance with law and policies related to school wellness.</p> <p>The CEO or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:</p> <ol style="list-style-type: none"> 1. The extent to which the charter school is in compliance with law and policies related to school wellness. 2. The extent to which this policy compares to model wellness policies. 3. A description of the progress made by the charter school in attaining the goals of this policy.
<p>7 CFR Sec. 210.31</p>	<p>At least once every three (3) years, the charter school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The charter school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of</p>

SC 1513
Pol. 102, 105

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

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.

Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, cafeteria, homes, community and media.

Physical Activity

The charter school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students through the Mental Toughness Program that begins each school day and several times throughout the school year.

SC 1512.1
Pol. 102, 105

Physical Education

The charter school shall strive to provide opportunities for developmentally appropriate physical activity for students to achieve optimal health, wellness, fitness, and performance benefits through the Mental Toughness program that begins each school day and several additional times throughout the school year.

7 CFR
Sec. 210.10, 220.8

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

42 U.S.C.
Sec. 1751 et seq,
1773

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district

	<p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in the charter school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p>
<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p>	<p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.</p>
<p>7 CFR Sec. 210.11, 220.12a, 210.31</p>	<p><i>Competitive Foods –</i></p> <p>Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.</p>
<p>7 CFR Sec. 210.11, 210.31</p>	<p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p>
<p>7 CFR Sec. 210.11</p>	<p>The school board may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
	<p><i>Fundraiser Exemptions –</i></p>
<p>Pol. 229</p>	<p>Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.</p>
<p>7 CFR</p>	<p>The charter school may allow a limited number of exempt fundraisers as permitted</p>

<p>Pol. 209.1</p>	<p><u>Management of Food Allergies in District Schools</u></p> <p>Crispus Attucks shall establish Board policy and administrative regulations to address food allergy management in the charter school in order to:</p> <ol style="list-style-type: none">1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <p><u>Safe Routes to School</u></p> <p>Crispus Attucks shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>PSBA Revision 2/17 © 2017 PSBA</p>
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