



The Chester Charter School for the Arts

SCHOOL WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

Based on the Model Wellness Policy from The Center for Eco literacy in collaboration with Slow Food USA and Chez-Panisse Foundation

Whereas, a healthy diet is connected to a student's ability to learn effectively and achieve high standards in school;

- Whereas, each day, students and their parents trust that the foods offered at school are wholesome and safe, and that the governing board is responsible for ensuring the safety of foods provided at school;
- Whereas, fresh, seasonal, local, sustainably grown foods are a primary and recommended source of nutrition for growing children, and prepackaged, highly processed foods create a solid waste packaging management problem and expense for the school;
- Whereas, small and midsize farms and America's rural communities are under economic stress, and the public dollars from farm-to-school programs create a steady and reliable source of income for farmers;
- Whereas, the knowledge and skill base for farming, gardening, food preservation, cooking, and the ritual of the table are disappearing from American life;
- Whereas, public school is an excellent place to nurture and preserve America's food traditions through storytelling, recipe swapping, rediscovering food ways, cooking classes, garden and farm-based learning experiences, food served in the cafeteria, and connections to the core curriculum of science, math, language arts, history, geography, and social studies...

Wellness Policy Requirement 1

Include goals for nutrition education, physical activity, and other school-based activities that promote student wellness.

Nutrition Education

To help ensure the health and well-being of each student attending The Chester Charter School for the Arts, and to provide guidance to school personnel in the areas of nutrition, health, physical activity, and food service, the governing board encourages teachers, administrators, and Nutrition Services employees to recognize the lunch period as an integral part of the educational program of the school and to work to implement the goals of this policy.



The governing board will ensure the following:

- No student in CCSA shall go hungry during school.
- An economically sustainable meal program shall make available a healthy and nutritious breakfast, lunch, and after-school snack (during after-school activities) to every student at so that students are prepared to learn to their fullest potential.
- CCSA shall establish an instructional garden (tilled ground, raised bed, container, nearby park, community garden, farm, or lot) of sufficient size to provide students with experiences in planting, harvesting, preparation, serving, and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum, and articulated with state standards.
- Staff shall integrate hands-on experiences in gardens and kitchen classrooms, and enriched activities such as farm field studies, farmers' markets tours, and visits to community gardens, with core curriculum so that students begin to understand how food reaches the table and the implications that has for their health and future.
- Sampling and tasting in school gardens and kitchen classrooms shall be encouraged as part of nutrition education.
- Staff members are encouraged to utilize food from school gardens and local farms in kitchen classrooms and cafeterias based upon availability and acceptability.
- Schools shall use food as an integrator and central focus of education about human events, history, and celebrations, and shall encourage classes to use food and cooking as part of a learning experience that sheds light on the customs, history, traditions, and cuisine of various countries and cultures. Snacks will not be offered as rewards
- Eating experiences, gardens, cooking classes, and nutrition education shall be integrated into the core academic curriculum at all grade levels.
- Schools shall promote food-centered activities that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as contests, promotions, taste testing, farm visits, school gardens, and kitchen classrooms.
- Lunch periods shall be scheduled so that students do not have to eat lunch unusually early or late and, ideally, so that they eat after periods of exercise.
- All school eating areas shall contain free, safe drinking water sources. Vending machines, a la carte and school store snacks are not available to students during the school day.
- At CCSA, students shall play a role in a recycling program that begins with the purchase of recycled products and maximizes the reduction of waste by recycling, reusing, and composting.



- Meals will be attractively presented and served in a pleasant environment with sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners, and respect for others.
- Students will not be involved in the sale of candy, sodas, cookies and sweets at any school-sponsored event or for any fundraising activity. **Snacks will not be offered to students in exchange for good behavior.**

Physical Activity

The governing board recognizes the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a child's education, the school will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity and **provide adequate equipment and resources** to promote and develop the student's physical, mental, emotional, and social wellbeing. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals **and is never restricted as a consequence for misbehavior or a result of making in appropriate behavioral choices.**

The components of the school's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga, or the martial arts. **Students will participate in one of these classes at least twice a week for forty-five minutes each session. In addition, each child in grades kindergarten through sixth will have one recess of twenty minutes per day.**

The governing board will ensure the following:

- The school shall enhance the quality of physical education curricula and increase training of physical education teachers through site-based staff development. **The physical education teacher is highly qualified with a degree in physical education. The physical education teacher will ensure a ratio of 22 to 1 in the lower grades and 24 to 1 in upper grades beginning with fourth.**
- Students shall have opportunities to enjoy physical activity through participation in gardening programs.
- An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.

Physical Activity Exemptions

The school director may grant temporary exemption from physical education under any of the following conditions:



School-Based Learning Experiences

The governing board recognizes that experiential learning activities that assist students to make connections between diet, health, and the environment are critical to the formation of student understanding of personal wellness within a larger context of environmental health. Schools play a crucial role in educating students on environmental issues and preparing them to be the stewards of their natural resources. The quality of life in future generations will depend upon our students' willingness and ability to solve today's environmental problems and prevent new ones from developing.

The governing board desires to offer environmental education that fosters attitudes of personal responsibility toward the environment and provides students with the concepts, knowledge, and the skills needed to contribute meaningfully to decisions involving the environment and its resources. At all grade levels, the governing board urges that environmental facts should be taught as they relate to each other so that students will understand basic ecological principles and appreciate the interrelated nature of living processes, the effect of human activities on ecological relationships, and the interdependence of humanity and nature.

The governing board also recognizes that interactive hands-on experiences with the natural world can empower students to actively investigate the ecological principles that sustain our environment.

Through the use of experiential learning opportunities in school gardens and cooking classes, students can better understand where their food comes from and how the food choices they and their families make impact the health of the larger social and natural communities within which they live.

The governing board will ensure the following:

- Staff shall be encouraged to integrate garden, nutrition education, cooking and eating experiences, and energy and renewable energy experiences into the curriculum for math, science, social studies, and language arts at all grade\ levels.
- Staff shall be encouraged to establish relationships with local farms so that farmers and farm workers will visit school classrooms and students will visit farms.
- Students shall be encouraged to recycle; conserve materials, water, and energy; use biodegradable\ materials when possible; and dispose of wastes in an environmentally sound way at school, in the cafeteria, in the school garden and kitchen classroom, and in all classroom-based activities.
- Food service and teaching staff shall work cooperatively to integrate experiences in cafeterias, instructional gardens, kitchen classrooms, and farm field trips with the formal learning experience of all students.



- School food service will work with school departments and with community partners, and the student health council, to facilitate student understanding and appreciation of fresh, local, sustainably grown food.
- Students shall be offered the opportunity to participate in outdoor education programs that make connections between diet, health, the environment, and the interdependence of living things.

Wellness Policy Requirement 2
Establish nutrition guidelines for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity.

Part of the educational mission of CCSA is to improve the health of the entire community by teaching students and their families ways in which to establish and maintain lifelong healthy eating habits. The mission shall be accomplished over a 12-month period and by the end of 2014 academic year through nutrition education, physical education, garden-based learning experiences, environmental restoration, core academic content in the classroom, and the food served in schools.

The governing board will ensure the following:

- All qualified children will become eligible for free meals, through frequent checking and coordination with county social services.
- Maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan, and by putting systems in place that ensure the elimination of the stigma of accepting “free” lunch.
- Schools shall develop a “healthy snacks” and “healthy parties” policy and provide parents and teachers with a list of healthy, affordable food choices for snacks and parties.
- Foods offered to students and employees of the school during the day as a snack, an incentive, or in school offices, whether provided by parents or staff, shall be consistent with the goals of the policy.
- Schools shall limit celebrations that involve food during the school day to shared monthly birthday celebrations and should discourage serving foods and beverages that do not meet nutrition standards for foods and beverages sold individually.
- The foods used during classes as part of the learning process, for fundraisers that take place at school, for at-school parties, or for school sponsored events



should follow the nutrition guidelines for snacks at school and should be healthy, safe, and delicious.

- Parents and staff are encouraged to provide party snacks that are consistent with the goals of the policy and to ensure that such items are served after the lunch hour whenever possible.

Wellness Policy Requirement 3

Provide assurance that guidelines for school meals are not less restrictive than those set at the federal level by the Secretary of Agriculture.

- The Child Nutrition Services director will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or state law.

Wellness Policy Requirement 4

Establish a plan for measuring the impact and implementation of the local wellness policy.

In conjunction with the adoption of a school wellness policy, CCSA shall establish a standing wellness committee, or student health council, to remain actively engaged with food service in monitoring the implementation of the wellness policy and in presenting recommendations to the governing board.

The following guidelines pertain to the duties and responsibilities of standing wellness committees and food service to work cooperatively in evaluating success.

The standing wellness committee shall present to the governing board an annual report on the status of meeting the wellness policy goals. The report shall

- contain a review and comment on the director's annual report, profit and loss statement, marketing plan, and business plan;
- contain recommendations for improving the delivery and cost effectiveness of food services;
- make periodic reports, as the student health council deems necessary;
- establish rules for decision-making;
- ensure that the full complement of students as specified in the policy is represented on the student health council.

Wellness Policy Requirement 5

Involve parents, students, and representatives of the school authority, the school board, school administrators, and the public in development of the local wellness policy.

The wellness committee is a working group of the school and instrumental in drafting the wellness policy. The wellness committee is responsible for



addressing food-related topics of concern to the school community and making wellness-policy recommendations to the board of education.

The board shall initiate a process to establish a wellness committee as a working group of the school.

The wellness committee shall draft a wellness policy, facilitate its adoption by the governing board, and oversee regular review, revision, and updating of the policy. The process to form the wellness committee shall be openly announced, accessible, equitable, and inclusive. The wellness committee shall be a diverse and inclusive working group representative of the demographics of the school as a whole.

The following guidelines pertain to the wellness committee.

The recommended membership of the working group shall be as follows:

- CEO.
- A teacher, appointed by their employee organization.
- Two students
- Two community/parent representatives appointed by the Board of Trustees

The wellness committee shall meet at least two times a year at hours convenient for public participation and for sufficient time to conduct the group's business.

Public Policy

The school board will work cooperatively with school boards throughout the state and the nation to advance goals of wellness by advocating to local, state and federal governing bodies for support of programs that increase physical activity, nutrition knowledge and quality of school foods for children.

TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, AND/OR THE CHARTER APPLICATION OR ADOPTED CHARTER, THE APPLICABLE STATE AND/OR FEDERAL LAWS AND/OR THE CHARTER APPLICATION OR ADOPTED CHARTER CONTROL.

Date Adopted: _____

President

Secretary