

Darnall Charter School
Board Policy
#5004
Student Wellness

Background

Local educational agencies (LEAs) that participate in the National School Lunch Program and the School Breakfast Program are required by federal law to establish a Local School Wellness Policy. School Wellness Policies are an important tool for parents and LEAs in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Darnall Charter School believes that good health fosters student achievement and student attendance. Thus, Darnall Charter School is committed to providing a school environment that promotes and protects student health, well-being, and their ability to learn. This environment will be achieved by teaching, supporting, and modeling healthy eating habits and lifestyles; physical activity and physical education; and school safety. Darnall Charter School recognizes that students need access to healthful foods, opportunities to be physically active, and to be supported in a nurturing learning community in order to grow, learn, and thrive.

Introduction

This policy outlines Darnall Charter 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. The overall goal of the Student Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. 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 campus) in accordance with Federal and state nutrition standards and that the school promotes student wellness. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school, and the school strives to engage the community in creating continuity between the school and other settings for students and staff to practice lifelong healthy habits. To this end, Darnall Charter School will establish and maintain an infrastructure for management, oversight, implementation, communication about, and monitoring of this policy and its established goals and objectives.

Wellness Committee

Darnall Charter School will form a Wellness Committee (with the option to work within the existing safety 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 policy. Darnall Charter School is committed to offering school meals through meal agreement services aligned to National School Lunch Programs,

School Breakfast Programs, and other applicable Federal child nutrition programs, that ensure all students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. The school's nutrition program will accommodate the diversity of the student body in meal planning and will provide clean, safe, and pleasant settings and adequate time for students to eat.

The Wellness Committee will oversee goal achievement through quarterly progress monitoring, annual surveys, and data collection across all wellness areas. Assessment methods will include student fitness evaluations, nutrition program participation tracking, academic performance correlation analysis, and community feedback collection. Progress reports will be published annually and made available to the school community through the school website and board meetings.

Competitive Food and Beverages, Marketing, and Fundraising

Darnall Charter School is committed to ensuring that all foods and beverages available to students on campus during the school day support healthy eating. Foods and beverages that are both served and sold to students on campus during the school day (including the period from the midnight before to 30 minutes after the end of the official school day) and served outside of the school's meal programs (e.g., "competitive" foods and beverages) will meet guidelines listed in the Code of Federal Regulations sections 210.11, 220.12; California Health and Safety Code (HSC), Section 109025, at a minimum. These standards will apply in all locations and through all services where foods and beverages are served and sold during the school day, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts. Only foods and beverages that meet guidelines listed in the Code of Federal Regulations sections 210.11, 220.12; California Health and Safety Code (HSC), Section 109025 may be sold through fundraisers on the campus during the school day. The school day is defined as the midnight before to 30 minutes after the end of the school day.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed guidelines listed in the Code of Federal Regulations sections 210.11, 220.12; California Health and Safety Code (HSC), Section 109025 such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. Food and beverage marketing is defined as advertising and other promotions that include oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container; displays such as on vending machine exteriors; corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards or backboards; corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the school;

advertisements in school publications or school mailings; and free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

As Darnall Charter School will review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable guidelines established by this Wellness Policy.

Policy Coordination

The Executive Director or designee of Darnall Charter School is designated as the primary Wellness Policy Coordinator, responsible for ensuring school compliance with this wellness policy, chairing Wellness Committee meetings, coordinating with relevant staff, monitoring policy compliance, and serving as the primary liaison with the California Department of Education. Supporting officials include the Food Service Coordinator, who ensures nutritional compliance and vendor adherence to policy requirements, and the School Health Technician, who manages health-related wellness activities and coordinates with community health partners.

Updates, Progress, and Annual Notification of Policy

A comprehensive triennial assessment will evaluate policy comparison against model wellness policies and implementation compliance across all policy areas. Data collection methods may include student health and fitness assessments, nutrition program evaluations, physical activity measurements, academic performance analysis, staff implementation surveys, and parent and community feedback. Based on assessment findings, the Wellness Committee will update goals and implementation strategies, enhance school partner engagement, recommend policy revisions, and develop any necessary staff professional development plans.

Darnall Charter School 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 via the school's Annual Notifications and by postings on the school's website.

Board Approval Date: