



SCHOOL WELLNESS POLICY

The Board of Directors of University Preparation School (“Charter School”) recognizes the link between student health and academic achievement. It is the goal of University Preparation Charter School to promote the health of its students by supporting wellness, good nutrition and regular physical activity as vital components of the complete learning environment. In furtherance of this goal, the University Preparation School Board of Directors adopts this School Wellness Policy.

INVOLVEMENT OF SCHOOL AND COMMUNITY STAKEHOLDERS

The University Preparation Charter School Wellness Committee (“Committee”) will implement, monitor, review and as necessary, revise the School Wellness Policy. The Committee is comprised of University Preparation Charter School administrators, teachers, staff, parents, and students.

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

SCHOOL MEALS:

As a sponsor of the USDA’s National School Lunch Program, the University Preparation Charter School will ensure that 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;

Adopted/Ratified: 11/18/13

Revision Date: 3/23/2018, 2/25/22, 4/26/2024

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- Offer a variety of fruits and vegetables;
- alternatives (to be defined by USDA); and

The School Wellness Committee will attempt to engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, parents and students will have access to information about the nutritional content of meals.

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:

- University Preparation Charter School will, to the extent possible, operate the School Breakfast Program.
- University Preparation Charter School will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, which may include breakfast during the morning break or recess.
- University Preparation Charter School will notify parents and students of the availability of the School Breakfast Program.
- University Preparation Charter School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials and other means.

SNACKS:

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. The charter school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The charter school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, the charter school will pursue receiving reimbursements through the National School Lunch Program for snacks provided through after-school programs.

Adopted/Ratified: 11/18/13

Revision Date: 3/23/2018, 2/25/22, 4/26/2024

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FREE AND REDUCED PRICE MEALS:

The National School Lunch Program is a Federal and State funded program designed to assist those families in need of financial assistance in providing nutritious meals to their children. The charter school 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.

MEAL TIMES AND SCHEDULING:

In an effort to support nutrition, good eating habits and social interaction, the charter school shall, as practical:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Will allow students to eat lunch during scheduled tutoring, club meetings, or other organizational meetings or activities at mealtimes.
- Will encourage students to properly clean their hands before they eat meals or snacks.

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF:

Qualified Child Nutrition professionals will administer the University Preparation School meal programs. As part of the charter school's responsibility to operate a high quality Child Nutrition program, it will provide continuing professional development for all Child Nutrition professionals in the cafeteria. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility in areas including safe food handling, food preparation, and service.

SHARING OF FOODS AND BEVERAGES:

University Preparation Charter School shall discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

INDIVIDUAL FOOD SALES:

Adopted/Ratified: 11/18/13

Revision Date: 3/23/2018, 2/25/22, 4/26/2024

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For all foods available on each campus during the school day, the charter school shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

FUNDRAISING ACTIVITIES:

To support children's health and school nutrition-education efforts, fundraising activities which sell food and beverages and occur one hour before the start of school to one hour after school ends must meet the above nutrition and portion size standards for foods and beverages sold individually. All fundraising activities which sell food and beverages must comply with the University Preparation Charter School Fundraising Policy and must receive prior written approval from the school at least four weeks in advance of the fundraising activity. University Preparation Charter School strongly encourages the sale of non-food items for fundraising.

CAMPUS & CLASSROOM ACTIVITIES:

The University Preparation Charter School community is encouraged to consider the following recommendations with respect to campus and classroom-based activities:

Rewards/Punishment:

The charter school will not use food or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.

Celebrations & Events:

University Preparation Charter School encourages the consumption of healthy foods and beverages at school celebrations and events (including classroom parties). Teachers should limit celebrations that involve food during the school day to no more than one part per class per month. University Preparation Charter School will disseminate a list of healthy party ideas to parents and teachers. It is strongly recommended that any type of classroom or school sponsored activity which will serve food or beverages take place after the lunch meal period, in order to avoid interference with the lunch program.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

NUTRITION EDUCATION AND PROMOTION:

Adopted/Ratified: 11/18/13

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UNIVERSITY PREPARATION CHARTER SCHOOL aims to teach, encourage, and support healthy eating by students. UNIVERSITY PREPARATION CHARTER SCHOOL shall provide nutrition education pursuant to University Preparation School's curriculum content standards. In addition, University Preparation Charter School shall:

- Integrate nutrition education into classroom instruction in academic subjects;
- Promote developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- Teach media literacy with an emphasis on food marketing; and
- Include nutrition education training for teachers and other staff.

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 skill, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education should 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 should be encouraged to be incorporated into other subject lessons; and
- Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

COMMUNICATIONS WITH PARENTS:

University Preparation Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. University Preparation Charter School may send home nutrition information, post nutrition tips on the University Preparation Charter School website, and provide nutrient analyses of school menus. University Preparation Charter School shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that

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do not meet the nutrition standards stated in the School Wellness Policy for individual foods and beverages. University Preparation Charter School will provide parents a list of foods that meet University Preparation Charter School's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, University Preparation Charter School will provide opportunities for parents to share their healthy food practices with others in the school community.

University Preparation Charter School 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. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

FOOD MARKETING IN SCHOOLS:

University Preparation Charter School marketing shall be consistent with nutrition education and health promotion. As such, University Preparation Charter School shall limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for food and beverages sold individually as stated in the School Wellness Policy. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

NUTRITION PROMOTION:

University Preparation Charter School will make efforts to promote proper nutrition during meal times. These efforts will include, but not be limited to, labeling, posters, and special promotions.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

DAILY PHYSICAL EDUCATION (P.E.):

All secondary students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week) for the entire school year. 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.

DAILY RECESS:

Adopted/Ratified: 11/18/13

Revision Date: 3/23/2018, 2/25/22, 4/26/2024

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University Preparation Charter School discourages 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, University Preparation Charter School, as practical, shall give students periodic breaks during which they are encouraged to stand and be moderately active.

PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL:

University Preparation Charter School shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. University Preparation Charter School, as appropriate, shall offer interscholastic sports programs. University Preparation Charter School shall offer 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 childcare and enrichment programs 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.

MONITORING AND POLICY REVIEW

MONITORING:

The Executive Director or designee will assist with the implementation and monitoring of the School Wellness Policy. University Preparation Charter School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Executive Director. In addition, University Preparation Charter School will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

University Preparation Charter School will develop a summary report every two years on University Preparation Charter School compliance with the School Wellness Policy. That report will be provided to the Board of Directors and also distributed to all interested individuals and groups.

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