

Health and Wellness Policy for Yu Ming Charter School

Wellness Policy

Yu Ming Charter School recognizes the fundamental connection between healthy food and a student's ability to learn effectively. Research supports the clear connection between health, learning, and attendance. Healthy children are more successful in school, have better attendance, are more attentive and more likely to graduate from high school and go to college. Healthy students not only excel academically, but are also more likely to positively engage in social, community, and extracurricular activities.

Yu Ming strives to support every child's potential to achieve high standards in school. As written in the charter, Yu Ming aims "to develop young people with... a sense of responsibility for the community and the environment." The following goals and food policies are written with these values in mind.

Objectives

To ensure the collective health of the community by encouraging students, families, and staff to establish and maintain life-long healthy eating habits. This aim will be accomplished through a nutritious food program served in school, clear snack and refreshments guidelines, nutrition education, and a garden maintained by the school community.

Goals

- Every student will have a meal at lunchtime.
- A nutritious and delicious lunch will be available to every student with additional items like breakfast or snacks as resources permit.
- The nutritional value of the school meals provided will meet or exceed USDA dietary guidelines.
- Fresh, locally grown foods will be offered when available and feasible. Snacks served during the school day or in after school care or enrichment will emphasize fruits, vegetables and water. Food served as part of instructional activities (science, gardening, math activities) will offer healthy choices.
- Serve foods that minimize potentially harmful food additives, like bovine growth hormone, genetically modified foods, artificial coloring and flavoring.
- Serve meals in a pleasant environment with sufficient time for eating. Students will be seated for a minimum of 15 minutes to eat lunch. Students are asked to not share food/beverages.
- Foster good eating habits and manners.
- Maximize waste reduction by recycling, reusing, composting, and purchasing recycled materials.
- Encourage parents who pack their child(ren)'s lunch to minimize waste.
- Foods and/or beverage, especially those not meeting nutritional standard will not be used as rewards for academic performance or good behavior and will not be withheld as punishment.
- Provide trainings, as necessary, to staff and parents to help enforce the above principles.

Recommended Snacks and Drinks

Whenever possible, choose fresh fruits and vegetables and understand where they originate. Yu Ming will do its best to support educators and families as they reinforce the foods that research has shown are the most beneficial, e.g. as close to their natural, unprocessed state (ex: organic, pesticide-free, hormone-free, antibiotic-free, no additives, uncanned).

The following is a list of **healthy snack ideas** for Yu Ming lunches, snacks, birthdays, or school meetings:

- Water, sparkling water, or natural fruit-flavored water
- Herbal teas, iced and hot

- Whole, fresh fruit, local and seasonal if possible; or fresh fruit salad, raisins and other dried fruit (ideally without any additives like sulfur or sugar)
- Applesauce
- Low-sodium Seaweed
- Fresh vegetable cuts
- Fruit juice smoothies
- Tortilla chips, pretzels, pita chips and popcorn (avoid microwavable popcorn)
- Vegetable chips
- Granola bars (low fat)
- Mini wraps: chicken, tuna, cream cheese and cucumber
- Quesadillas
- Bagels and cream cheese
- Fruit smoothies with no added sugars
- Whole grain, low sugar cereals

Please refrain from bringing to school (packed for children, or for school events):

- Candy and chewing gum
- Sodas or other sugary beverages (read the labels for sugar content, fructose)
- Cookies, cakes, pastries, donuts, or sugary snacks
- Ice cream
- Fast food, ex. McDonald's, KFC, Burger King
- Deep-fried, highly-processed chips – such as Doritos, Cheetos, etc.

***** In the event that a student is found with one of the above Parent/Guardian will be contacted via email or phone. Snack and/or meals may be replaced by healthier alternatives with a potential school lunch fee.***

Nut Policy

Yu Ming adheres to a Peanut-Free/Nut Aware policy. This policy is intended to keep children safe while offering clear guidelines for the use of nuts on campus. We ask that all families and students in our community, partner with us to monitor the use of nuts in their snacks and lunches. Specifically:

1. Nuts or nut products are not permitted in food that is brought to campus to share for group activities such as all school events, class parties, advising group snacks or any other classroom or afterschool food-related events.
2. Peanuts and peanut products are not permitted at any time at school.
3. Students may bring nut products for lunch/snacks; however, these items must be kept safely contained in lunchboxes.
4. Students must not share any food from their lunches or snacks and must carefully wash their hands after eating any item that contains nuts.
5. Families of students with severe allergies should adhere to the following protocol:
 - Inform the school prior to the start of school about any severe allergies;
 - Families of children who, historically, have suffered any anaphylactic reaction to any foods must provide the school with an up-to-date food allergy action plan, signed by their treating doctor every school year, and communicate any changes in a student's needs throughout the year.

Families with students with food allergies:

- Notify the school of the child’s allergies by providing the school with an up-to-date food allergy action plan, signed by their treating doctor every school year.
- Work with staff to develop a plan that addresses the child’s needs schoolwide.
- Educate the child in the self-management of her/his food allergy including understanding safe and unsafe food; strategies for avoiding exposure to unsafe food; symptoms of allergic reactions.

Students with Allergies:

- Do not share or trade food with others.
- Do not eat anything with unknown ingredients or known to contain any allergen.
- Notify an adult immediately if s/he eats something s/he believes may contain the food to which s/he is allergic.

Families of All Students:

- Inform children not to share or trade food with others.
- Comply with the “peanut-free/nut aware” nut policy.
- Include severely allergic children in all activities possible.

Our goal is to provide a safe environment for all children, and we appreciate families being sensitive to the needs of students with food and nut allergies. Please refer to the Yu Ming Nut Policy on the Parent Portal for further details on Yu Ming’s peanut-free/nut aware policy.

Birthdays

Birthdays are exciting events for students and can be excellent opportunities for building a sense of community in the classroom. Yu Ming supports celebrations and requests that if a student wishes to celebrate a birthday and would like to bring something to share with classmates, instead of sugary treats, feel free to bring a small, non-food gift (such as stickers, pencils or erasers) for each child in his/her class. If a student wishes to bring a birthday snack, please refer to the above list of recommended healthy snack options and remember, Nut products are not permitted in food that is brought to campus to share for group activities

Yu Ming also asks that the parent or guardian abide by the following: (1) Please notify the classroom teacher at least 3 days in advance, (2) Bring enough snacks for each child in the class, and (3) Provide items that are ready to serve and do not require extensive clean-up that will burden the teachers.

If you have any questions about these Wellness Guidelines, please email lunch@yumingschool.org or bmavila@yumingschool.org. Here’s to a healthy and active Yu Ming School Community!

Health Care and Medications at School

Physical exam requirement

All Yu Ming students must have their physical exam on file before they start school.

- If children are starting kindergarten, the physical exam must be completed after February 13th, 2019. (If they had their exam before February 12th, 2019, they will need another physical exam before they start first grade.)
- If children are starting first grade, and they did not attend kindergarten, the physical exam must be completed after February 12th, 2018.

Your physician must complete the school’s physical exam report form. The report form may be obtained from the school office or on the parent portal. The completed form must be submitted to the office before the first day of school.

Dental exam requirement

Yu Ming students must have a dental exam on file by May 31st, 2020.

- If children are starting kindergarten, a dental exam may be completed as early as 1 year before they start kindergarten or by May 31st, 2020, at the latest.
- If children are starting first grade, and they did not attend kindergarten, a dental exam may be completed as early as 1 year before they start first grade.

Your dentist must complete the school’s dental exam report form. The report form may be obtained from the school office or on the parent portal. The completed form must be submitted to the office before the first day of school or by May 31st, 2020 at the latest

Vaccination Requirement

Under a new law known as SB 277, beginning January 1, 2016 exemptions based on personal beliefs, including religious beliefs, will no longer be an option for the vaccines that are currently required for entry into child care or school in California.

Students are not allowed to come to school until they have had all of the required vaccinations (or a medical exemption). If your child has not had all of the required vaccinations, you can still enroll your child at Yu Ming Charter School. However, *until your child has had all of the required vaccinations*, your child cannot come to school. If you can’t find your child’s vaccination records, contact the doctor’s office or clinic and ask them to mail the child’s vaccination records directly to the school.

Vaccinations (also called “immunizations”) help protect children from getting serious diseases. This section lists all school required vaccinations for students from Kindergarten through grade 12:

GRADE	NUMBER OF DOSES REQUIRED OF EACH IMMUNIZATION ¹²³
K-12 Admission	4 Polio ⁴ 5 DTaP ⁵ 3 Hep B 2 MMR ⁶ 2 Varicella
7th Grade Advancement	1 Tdap ⁷ 2 Varicella ⁸

DTaP/Tdap = diphtheria toxoid, tetanus toxoid, and acellular pertussis vaccine

Hep B = hepatitis B vaccine

MMR = measles, mumps, and rubella vaccine

Varicella = chickenpox vaccine

¹ Requirements for K-12 admission also apply to transfer pupils.

² Combination vaccines (e.g., MMRV) meet the requirements for individual component vaccines. Doses of DTP count towards the DTaP requirement.

³ Any vaccine administered four or fewer days prior to the minimum required age is valid.

⁴ Three doses of polio vaccine meet the requirement if one dose was given on or after the fourth birthday.

⁵ Four doses of DTaP meet the requirement if at least one dose was given on or after the fourth birthday. Three doses meet the requirement if at least one dose of Tdap, DTaP, or DTP vaccine was given on or after the 7th birthday. One or two doses of Td vaccine given on or after the seventh birthday count towards the requirement.

⁶ Two doses of measles, two doses of mumps, and one dose of rubella vaccine meet the requirement, separately or combined. Only doses administered on or after the first birthday meet the requirement.

⁷ For 7th-12th graders, at least one dose of pertussis-containing vaccine is required on or after the seventh birthday.

⁸ The varicella requirement for seventh grade advancement expires after June 30, 2025

To learn about recommended ages the vaccinations listed above, visit the website for the CDC (Centers for Disease Control and Prevention) at <http://www.cdc.gov/vaccines/schedules/ind ex.html>

Taking Medication at School

For the safety of students, it is recommended that medication be given at home whenever possible. For example, medication prescribed three times a day can be given before school, after school and at bedtime. If your child needs to take medication at school or during any school field trips (including overnight trips), the school must have the authorization for medication form signed by the child's doctor and parent or guardian indicating the medication needs to be taken by the child during school hours (or school trips). The completed form must be submitted to the school before your child needs to take the medication.

- These rules apply to all prescription medications (including inhalers, epi-pens, and pills).
- These rules also apply to all non-prescription ("over-the-counter") medications. This includes cough and cold medicine, cough drops, eye drops, etc.

The authorization for medication form may be obtained from the school office or on the parent portal. The completed form must be submitted to the office.

Medication Administration Guidelines

1. When there is a continuing need for the student to take medication, forms must be completed again each academic school year.
2. Medication must be brought to school in the original container labeled by the pharmacy. The following information must be on the label:
 - Child's full name
 - Name and dosage of medication
 - Time and directions for administration
 - Licensed Prescriber's name
 - Current date
3. When the medication is no longer needed, a parent or guardian must pick it up. If the medication is taken daily, the parent or guardian must pick it up at the end of the school year.
4. Mixed dosages in a single container will not be accepted for use at school (for example, 5 mg and 10 mg tablets in the same bottle).
5. All medication administered at school will be kept in a locked drawer, cabinet or file (except when a student has permission to carry their medicine with them. See #11 below).
6. A new medication consent form is required:
 - When the dosage or time of administration is changed
 - At the beginning of each school year
 - If discontinued medication is restarted
7. Unless the school has received medication forms signed by the doctor and parent or guardian, students are not allowed to have any prescription or non-prescription medication in their

possession at school. If they do, school staff will take the medication away and contact their parent or guardian.

8. If parents or guardian wish for their child to possess and/or self-administer medication while at school, the following two additional requirements must be met:
 - A doctor’s note stating it is necessary for the student to keep/carry the medication.
 - A parental letter accepting all responsibility in the event the medication is lost or misused.

These rules apply for any school trips. Students who have not turned in medication authorization forms before field trips will not attend if medication is authorized to be taken during time of trip.

Epi-Pens

All students with potentially life-threatening allergies should have an EpiPen at school for emergency use. If your child has been diagnosed with allergies that require the use of an EpiPen, there is always a chance that emergency treatment might be needed –even if your child has never experienced an anaphylactic reaction and allergies are well controlled.

The doctor must complete the Authorization for Medication form and Food Action Plan for your child with potentially life threatening allergies and turn it into the school. A copy of the form may be obtained from the school office or on the parent portal.

If you decide you do not want your child to have an EpiPen at school, before a parent can decline for their student, a written letter from their health care provider explaining they were informed about the importance of EpiPens at school will be required.

Asthma “Quick Relief” Inhalers

All students with asthma should have a “quick relief” inhaler at school for emergency use. If your child has been diagnosed with asthma, there is always a chance that emergency treatment might be needed –even if your child’s asthma is well controlled. The doctor must complete the Authorization for Medication form and Asthma Action Plan for your child with asthma and turn it into the school. A copy of the form may be obtained from the school office or on the parent portal.

A “quick-relief” inhaler is sometimes called a “rescue” inhaler. It’s the type of inhaler that is used for relief of coughing, wheezing (a whistling sound), and breathing difficulty that happens during an asthma episode (also called an “asthma attack”).

If you decide you do not want your child to have a rescue inhaler at school, before a parent can decline for their student, a written letter from their health care provider explaining they were informed about the importance of rescue inhalers at school will be required.

If you decide you want your child to carry the quick- relief inhaler at school, the following two additional requirements must be met:

- A doctor’s note stating it is necessary for the student to keep/carry the medication.
- A parental letter accepting all responsibility in the event the medication is lost or misused.

If you and your doctor decide that it’s *not* okay for your child to carry the quick-relief inhaler, then the inhaler will be kept in a locked cabinet or closet in the front office or nurse’s office.