

Board Policy #: [INSERT]

Adopted/Ratified: [INSERT]

Revision Date: [INSERT]

Health and 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."

Objectives/Goals

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 and clear snack and refreshments guidelines. This Policy outlines Yu Ming's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this Policy establishes goals and procedures to ensure that:

- Every student will have a meal at lunchtime, in accordance with federal nutrition standards
- 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 will offer healthy choices.
- Yu Ming serves foods that minimize potentially harmful food additives, like bovine growth hormone, genetically modified foods, artificial coloring and flavoring.
- Yu Ming serves 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.
- Students foster good eating habits and manners.

- Students minimize waste by recycling, reusing, composting, and purchasing recycled materials.
- Foods and/or beverages, especially those not meeting nutritional standards, will not be used as rewards for academic performance or good behavior and will not be withheld as punishment.
- Students have opportunities to be physically active before, during and after the school day.
- Yu Ming engages in nutrition and physical activity promotion and other activities that promote student wellness.
- Yu Ming establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of this Policy and its established goals and objectives.

This Policy applies to all students and staff in Yu Ming. Specific measurable goals and outcomes are identified within each section below.

I. Charter School Wellness Committee

Committee Role and Membership

Yu Ming will convene a representative Charter School Wellness Committee (“Well-Com”), or work within an existing school health committee, that meets at least one (1) time 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.

The Well-Com membership will represent all grade/school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health services manager, school administrators (e.g., principal, vice principal); school board members; health professionals; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (“SNAP-EDEDSNAP-Ed”). To the extent possible, the Well-Com will include representatives from each school building and reflect the diversity of the community.

Leadership

The Chief Operating Officer or designee(s) will convene the Well-Com and facilitate development of and updates to the Policy and will ensure each Charter School’s compliance with the Policy. The designated official for oversight of the Well-Com is:

Emily Wood

Chief Operating Officer

ewood@yumingschool.org

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Using the steps outlined below, Yu Ming will ensure the Charter School meets legal obligations regarding implementation of this Policy. This Policy and the progress reports can be found at:

[INSERT WEBSITE LINK TO POLICY.]

Recordkeeping

Yu Ming will retain records to document compliance with the requirements of this policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written Policy.
- Documentation demonstrating that the Policy has been made available to the public.
- Documentation to demonstrate compliance with the annual public notification requirements and community involvement requirements.
- Documentation of the triennial assessment of the Policy.
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public.

Annual Notification of Policy

Yu Ming 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. Yu Ming will make this information available via the Charter School website and/or Charter School-wide communications. Yu Ming will provide as much information as possible about the Charter School nutrition environment. This will include a summary of Charter School's events or activities related to Policy implementation.

Annually, Yu Ming will also publicize the name and contact information of the Charter School official(s) leading and coordinating the Well-Com, as well as information on how the public can get involved with the Well-Com.

Triennial Progress Assessments

At least once every three years, Yu Ming will evaluate compliance with the wellness policy to assess the implementation of the Policy and include:

- The extent to which the Charter School is in compliance with this Policy;
- The extent to which the Charter School's Policy compares to model wellness policies; and

- A description of the progress made in attaining the goals of the Charter School's Policy.

The position/person responsible for managing the triennial assessment and contact information is:

Emily Wood

Chief Operating Officer

ewood@yumingschool.org

The Well-Com/COO will monitor the Charter School's compliance with this Policy. Yu Ming will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

Yu Ming will update or modify this Policy as appropriate based on the results of the annual Charter School Health Index and triennial assessments and/or as Charter School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. This Policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

Community Involvement, Outreach and Communications

Yu Ming is committed to being responsive to community input, which begins with awareness of the Policy. Yu Ming will actively communicate ways in which representatives of Well-Com and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. Yu Ming will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in Charter School nutrition standards.

Yu Ming will use electronic mechanisms, such as email or displaying notices on the Charter School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to this Policy, as well as how to get involved and support the Policy. The Charter School will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that other local schools are communicating important school information with parents.

The Charter School will actively notify the public about the content of, the implementation of, and any updates to the Policy annually, at a minimum. Yu Ming will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

Charter School Meals

Yu Ming participates in USDA child nutrition programs, including the National School Lunch Program (“NSLP”), the School Breakfast Program (“SBP”). The Charter School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (The Charter School offers reimbursable school meals that meet USDA nutrition standards).
- Promote healthy food and beverage choices using some of the following Smarter Lunchroom techniques:
 - Fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers, and when possible white milk is the only beverage served
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Yu Ming will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Charter School is committed to ensuring that all foods and beverages available to students on the Charter School campus during the school day support healthy eating. The foods and beverages 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 Charter School meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable School meal programs that are sold to students on the School campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

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, e.g., McDonald's, KFC, Burger King
- Deep-fried, highly-processed chips – such as Doritos, Cheetos, etc.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Charter Schools nutrition standards may be sold through fundraisers on the Yu Ming campus during the school day. Yu Ming will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Yu Ming will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques described above; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in Charter School nutrition standards.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

As the CEO or designee reviews existing contracts and considers new contracts, equipment and

product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this Policy.

IV. Physical Activity

The Charter School has the following specific goals for physical activity to promote student wellness, consistent with this Policy:

- Students have opportunities to be physically active before, during and after the school day.
- Students build good habits around being physically active every day

In developing these goals, the Charter School reviewed and considered evidence-based strategies and techniques and parent input. Yu Ming will work toward achievement of these goals by:

- Ensure the school schedule allows ample time for play, physical education, and other physical activity
- Offer extracurricular activities that include physical activity, such as dance or organized sports
- Encourage physical activity outside of school
- Conduct Physical Fitness Testing as required by the CA Department of Education

Other Activities that Promote Student Wellness

Yu Ming will integrate wellness activities across the entire Charter School setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Yu Ming will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of this Policy, including but not limited to ensuring the involvement of the Well-Com and/or parents and the community.

All Charter School-sponsored events will adhere to this Policy's wellness guidelines. All Charter School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Yu Ming will develop and maintain relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators) in support of this Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with this Policy and its goals.