

# Community Day Charter Public Schools Wellness Policy

CDCPS is committed to providing a school environment that supports and promotes the health and well-being of its students. CDCPS will pursue this goal through the guidelines set forth in the Wellness Policy, which has been developed in accordance with Section 204 of Public Law 108-265: Child Nutrition and WIC Reauthorization Act.

## **Nutrition Education**

CDCPS aims to teach, encourage, and support healthy eating by students and families. To this end, CDCPS will provide nutrition education that:

1. Is supported by classroom and physical education teachers, coaches, and school administrators;
2. Is aligned to the physical health strand of the **Massachusetts Comprehensive Health Framework**;
3. Is integrated into all areas of the curriculum;
4. Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities;
5. Includes information to be shared with both families and students;
6. Emphasizes the importance of a diet that includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products; and
7. Teaches healthy food preparation methods and health-enhancing nutrition practices

## **Physical Activity**

CDCPS aims to encourage children to be physically active during their childhood and to develop a physically active lifestyle. Toward that end:

1. Physical activity will be integrated throughout the school day.
2. In physical education classes, students will learn, practice and be assessed on developmentally appropriate motor skills, social skills, and knowledge of various physical activities.
3. Physical education class will have a student/teacher ratio similar to other CDCPS classes.
4. Physical education will include instruction of individual as well as team sports.
5. Adequate equipment will be available for students to participate in Physical education.
6. Time allotted for physical activity will be consistent with state standards: all elementary school students will have at least 30 minutes of supervised time for physical activity each day (recess or physical education). All students will have at least two physical education classes each week.
7. Physical activity will not be used as a punishment (e.g. running laps, pushups), and CDCPS will discourage the withholding of opportunities for physical activity as a punishment.
8. The school will provide a physical and social environment that is safe and enjoyable for all students.
9. The school will encourage students and families to participate in physical activity.

### **Nutrition Guidelines**

CDCPS aims to provide nutritious, appealing, and healthy foods for all CDCPS students. Food services at CDCPS will meet the following guidelines:

1. All foods provided by CDCPS will comply with USDA Dietary Guidelines in nutritional content, portion size, and quality.
2. All foods served at CDCPS, including snacks, provided by CDCPS will be nutritionally balanced, appealing to children, and offer a variety of fruits and vegetables.

### **Eating Environment**

1. Adequate time to eat breakfast, snack and lunch will be provided.
2. All foods served at CDCPS will be served in clean and pleasant settings.
3. CDCPS will limit food and beverage marketing and avoid the display of logos or trademarks on food served in the school.
4. Meals will be scheduled at an appropriate time during the day.
5. Cafeterias will schedule lunches appropriately in order to avoid long lines for students.
6. CDCPS will discourage the use of food as a reward or punishment.

### **Food Safety and Security**

1. Food service employees will follow food safety and sanitation regulations at all times.
2. Food service employees will not prepare or serve food when ill.
3. The Food service operation will be limited to nutrition staff and authorized personnel.

### **Other School Activities**

1. CDCPS will encourage physical activity through extracurricular physical activity programs, such as physical activity clubs, intramural, or interscholastic sports programs.
2. The school will participate in health screenings, including vision, hearing, and postural screenings.
3. The school will encourage parents to enroll children and families in health insurance programs

### **Development and Monitoring**

1. The CDCPS Wellness Policy will be published each year in the student and family handbook and will be available for review by the Parent Advisory Board and the Asociación de Padres en Acción.
2. The Head(s) of School will assume operational responsibility, monitoring the CDCPS Wellness Policy and ensuring its faithful implementation.
3. The Head(s) of School will conduct regular reviews of the Wellness Policy to

evaluate its effectiveness, and will revise the policy as needed, with input from the Parent Advisory Board and Asociación de Padres en Acción.

4. The CDCPS focus group designed to get input from staff of school lunch and service will meet a minimum of four times annually. Starting in FY15 student input will be included by the collection of surveys.
5. The CDCPS Wellness Policy will be reviewed and approved by the Board of Directors on or before January 1 of each year.

## **SCHOOL FOOD PROGRAM**

We are committed to working with our families to help students enjoy rich, rewarding, and healthy lives. We are working to educate our students about healthy eating habits, and how to avoid the pitfalls and dangers of an unhealthy diet. We firmly believe our healthful food policy will go a long way toward ensuring we meet these goals. CDCPS is a nut free school. Parents should not deliver any fast food and/or fried foods for their child.

### **BREAKFAST AND LUNCH**

School lunch and breakfast are served daily at no cost to families. The menu features low fat, low salt, whole grain foods and fresh fruits and vegetables.

### **SNACKS**

Students should not bring snack foods to school. All morning and/or afternoon snacks will be provided by the school. The school will serve healthful and nutritional snacks only. Families should not send in birthday cakes and other food treats to be eaten during the school day, including on holidays.

### **SCHOOL LUNCH BOX AND BAG SUGGESTIONS**

For children bringing lunches which include highly perishable food, please pack little ice bag coolers which can be purchased at local stores. Parents should not bring or have delivered to students fast food and/or fried food lunches and/or soft drinks during the school day. Students should refrain from bringing cakes, candy, and other “junk foods” in their school lunches. Whole grain breads and fresh fruit and vegetables make lunches nutritious and healthy for growing children.

## **PARENT INVOLVEMENT**

### **PARENT ADVISORY BOARD**

The Parent Advisory Board meets regularly, giving parents an opportunity to plan programs which encourage parental involvement in the school. The PAB addresses a range of issues from academics and curriculum to fundraising. The PAB seeks to represent the concerns of parents of all children at the school, special needs, at-risk, limited English proficient and high achievers. Appointed Board members assume responsibility for setting and implementing the PAB agenda, but all parents may vote. Meetings are open to all parents as well as to the general public. Spanish translation is provided at all meetings. The Parent Advisory Board includes representation across grade levels and programs. The Parent Advisory Board Sub-Council on Special Education (PAC) ensures parent participation in the planning, development and evaluation of the school’s special education program as mandated by the laws that govern special education. The Association of Parents in Action (APA) is a support group for Spanish-speaking parents. Discussions focus on topics of concern to parents. English translation is provided.