



WELLNESS POLICY

Revised: October 8, 2025

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VISION ACADEMY CHARTER SCHOOL BOARD WELLNESS POLICY

PREAMBLE

Vision Academy Charter School (hereafter referred to as “the School”) is committed to the optimal development of every student. The School recognizes that, in order for students to achieve personal, academic, developmental, and social success, we must provide positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research consistently demonstrates that two key factors—good nutrition and regular physical activity before, during, and after the school day—are strongly correlated with positive student outcomes. For example, participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is linked to higher grades, improved standardized test scores, reduced absenteeism, and stronger performance on cognitive tasks. Conversely, inadequate consumption of fruits, vegetables, and dairy products is associated with lower academic performance. Likewise, students who are physically active—through active transportation to and from school, recess, physical activity breaks, quality physical education, and extracurricular programs—tend to perform better academically.

This policy establishes the School’s comprehensive approach to ensuring environments and opportunities that promote healthy eating and physical activity throughout the school day, while minimizing commercial distractions. Specifically, the policy sets forth goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day—both through reimbursable school meals and other food offerings available on campus—in accordance with federal and state nutrition standards.
- Students receive quality nutrition education that equips them with lifelong healthy eating habits.
- Students are provided with opportunities for physical activity before, during, and after school.
- The School actively promotes nutrition, physical activity, and other wellness initiatives that support student success.
- School staff are encouraged and supported in modeling healthy nutrition and physical activity behaviors in and out of school.
- Families and the broader community are engaged as partners in fostering continuity between school and home, reinforcing lifelong healthy habits for students and staff.
- The School establishes and maintains infrastructure for the management, oversight, implementation, communication, and monitoring of this policy and its goals.
- The School coordinates the wellness policy with other aspects of school management, including the School Improvement Plan, as appropriate.
- Relevant local or state data and statistics supporting the need for this policy will be included and reviewed as part of ongoing evaluation.

This policy applies to all students, staff, and programs within the School.

SCHOOL WELLNESS COMMITTEE
COMMITTEE ROLE AND MEMBERSHIP

The School will convene a representative School Wellness Committee (SWC)—or utilize an existing school health committee—that meets at least four times per year to establish goals and oversee health and safety policies and programs. This includes the development, implementation, periodic review, and updating of the School’s wellness policy.

The SWC will include representation from all school levels (elementary and secondary) and, to the extent possible, consist of:

- Parents and caregivers
- Students
- School nutrition staff (e.g., nutrition director)
- Physical education and health education teachers
- School health professionals (e.g., nurses, physicians, dentists, health educators, allied health staff)
- Mental health and social services staff (e.g., counselors, psychologists, social workers, psychiatrists)
- School administrators (e.g., superintendent, principal, vice principal)
- School board members
- Health professionals from the community (e.g., dietitians, doctors, nurses, dentists)
- Members of the general public

Whenever possible, the SWC will include representatives from each school building and reflect the diversity of the community it serves.

LEADERSHIP

The CEO or designee(s) will convene the School Wellness Committee (SWC), facilitate the development and update of the wellness policy, and ensure each school’s compliance with the policy. The designated individuals serving in this role are listed below:

Name	Title	Email Address	Role
Ms. Sandra Dahl	Director of Student Services	dahl@vacharter.org	Member
Ms. Vee	Administrative Assistant	secretary@vacharter.org	Member
Dr. Thomas Coll	Principal	coll@vacharter.org	Member
Dr. Adam Kenz	CEO	adam@vacharter.org	Member
Mr. Dave Peter	Teacher	peter@vacharter.org	Member
Mr. Chris Eggleston	Culture & Climate	eggleston@vacharter.org	Member
Mrs. Lalanya King	Culture & Climate	king@vacharter.org	Member
Mr. Nicholas Smith	PE Teacher	smith@vacharter.org	Member
Mr. Doug Carpenter	Culture & Climate	carpenter@vacharter.org	Member
Ms. Laurie Harriott	Curriculum & Instruction	harriott@vacharter.org	Member
Ms. Jen Hill	School Counselor	hill@vacharter.org	Member
Ms. Jacqueline Walker	School Counselor	walker1@vacharter.org	Member
Mr. Ahmadou Njimoke	Safety	njimoke@vacharter.org	Member
Mr. Ali Ozatalay	Business Manager	bm@vacharter.org	Member
Ms. Dianne Munn	Lunchroom Coordinator	munns@vacharter.org	Member

Vision Academy CS will also designate Director of Student Services the School Wellness Policy Coordinator who will ensure site-level compliance with the policy. A complete list of school-level coordinators is provided in *Appendix A*.

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

IMPLEMENTATION PLAN

The School will develop and maintain an implementation plan to manage and coordinate the execution of this wellness policy. The plan will clearly define roles, responsibilities, actions, and timelines for each School. It will include: who is responsible for making specific changes, the scope of those changes, the location, and the timeline. The plan will also establish measurable goals and objectives for:

- Nutrition standards for all foods and beverages available on the school campus
- Food and beverage marketing
- Nutrition promotion and education
- Physical activity and physical education
- Other school-based activities that promote student wellness

It is recommended that the School use the [Healthy Schools Program online tools and Local School Wellness Policy Implementation Tools and Resources](#) to conduct a school-level assessment based on the CDC's *School Health Index*, create an action plan to support implementation, and generate an annual progress report.

This wellness policy, along with the annual progress reports, will be available on our website.

RECORDKEEPING

The School will retain records to document compliance with the requirements of the wellness policy at the main office and/or on the main office computer. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

ANNUAL PROGRESS REPORTS

The School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the School in meeting wellness goals. This annual report will be published around the same time each year July, and will include information from each school within the School. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated School policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the SWC or SWC.

The annual report will be available in the business office.

The School will actively notify households/families of the availability of the annual report. The SWC, will establish and monitor goals and objectives for the School's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

TRIENNIAL PROGRESS ASSESSMENTS

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

- The extent to which schools under the jurisdiction of the School are in compliance with the wellness policy;
- The extent to which the School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the School's wellness policy.
- The position responsible for managing the triennial assessment and contact information is: Mr. Ali, Business Manager, at bm@vacharter.org

The SWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as 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. *The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.*

Community Involvement, Outreach, and Communications

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of SWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that School. The School 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 School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the 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 the wellness policy, as well as how to get involved and support the policy. The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School and individual schools are communicating other important school information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

NUTRITION

SCHOOL MEALS

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). 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 school offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

1. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
2. Sliced or cut fruit is available daily
3. Daily fruit options are displayed in a location in the line of sight and reach of students
4. All available vegetable options have been given creative or descriptive names
5. Daily vegetable options are bundled into all grab and go meals available to students
6. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
7. White milk is placed in front of other beverages in all coolers
8. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
9. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
10. Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
11. Student artwork is displayed in the service and/or dining areas
12. Daily announcements are used to promote and market menu options

STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

WATER

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The school will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

COMPETITIVE FOODS AND BEVERAGES

The School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Foods and beverages sold or served outside of the USDA school meal programs (i.e., “competitive” foods and beverages) will meet, at a minimum, the [USDA Smart Snacks in School nutrition standards](#). These standards are designed to improve student health and well-being, increase consumption of healthful foods during the school day, and foster an environment that supports lifelong healthy eating habits. A summary of the Smart Snacks standards and related resources is available here: [USDA Smart Snacks: Tools for Schools](#). The [Alliance for a Healthier Generation](#) also provides tools to assist schools in implementing Smart Snacks.

To further promote healthy food choices and support student well-being, all foods and beverages sold outside the reimbursable school meal programs—on the school campus during the school

day* and during the extended 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, including but not limited to:

- À la carte options in cafeterias
- Vending machines
- School stores
- Snack or food carts

CELEBRATIONS AND REWARDS

All foods offered on the school campus will meet or exceed the **USDA Smart Snacks in School nutrition standards**, including through:

1. Celebrations and parties.
The School will provide parents and teachers with a list of healthy party ideas, including non-food celebration alternatives. Examples of healthy party ideas can be found from the Alliance for a Healthier Generation and the USDA.
2. Classroom snacks brought by parents.
The School will provide parents with a list of foods and beverages that meet the USDA Smart Snacks nutrition standards.
3. Rewards and incentives.
The School will provide teachers and other relevant staff with a list of non-food alternatives to reward children. Foods and beverages will not be used as a reward, nor withheld as punishment for any reason, including performance or behavior.

FUNDRAISING

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The School will make available to parents and teachers a list of healthy fundraising ideas [*examples from the Alliance for a Healthier Generation and the USDA*]

NUTRITION PROMOTION

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The School 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; and

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the School and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

NUTRITION EDUCATION

The School aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

ESSENTIAL HEALTHY EATING TOPICS IN HEALTH EDUCATION

The School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate <http://www.choosemyplate.gov>
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast

- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

FOOD AND BEVERAGE MARKETING IN SCHOOLS

The School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on School property that contains messages inconsistent with the health information the School is imparting through nutrition education and health promotion efforts. It is the intent of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the School's wellness policy.

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.

Food advertising and marketing is defined as an oral, written, or graphic statement 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 the following:

- 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 (Note: immediate replacement of these items are not required; however, Schools will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the School.
- Advertisements in school publications or school mailings.

- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

PHYSICAL ACTIVITY

Children and adolescents should engage in at least 60 minutes of moderate-to-vigorous physical activity every day. A substantial portion of this activity can be provided through a Comprehensive School Physical Activity Program (CSPAP), which includes physical education, recess, classroom-based activity, active transportation (walking and bicycling to school), and out-of-school time activities. The School is committed to offering these opportunities as additions—not substitutes—for physical education (see “Physical Education” subsection). To support this work, all schools are encouraged to participate in the Active Schools initiative, a national program that helps schools implement and strengthen CSPAPs: www.activeschoolsus.org.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. The School will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

PHYSICAL EDUCATION

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All School **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

The School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

ESSENTIAL PHYSICAL ACTIVITY TOPICS IN HEALTH EDUCATION

The School will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process

- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

RECESS (ELEMENTARY)

School offers at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or School must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

PHYSICAL ACTIVITY BREAKS (ELEMENTARY AND SECONDARY)

The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The School will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

ACTIVE ACADEMICS

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

AFTER SCHOOL ACTIVITIES

The School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The School will encourage students to be physically active after school by clubs, physical activity in aftercare.

ACTIVE TRANSPORT

The School will support active transport to and from school, such as walking or biking. The School will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to school
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Walking school buses are used
- Documentation of number of children walking and or biking to and from school
- Creation and distribution of maps of school environments (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The School 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.

School staff are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School's curriculum experts.

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 the wellness policy, including but not limited to ensuring the involvement of the SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

COMMUNITY PARTNERSHIPS

The School will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

COMMUNITY HEALTH PROMOTION AND ENGAGEMENT

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the School will use electronic mechanisms (such as email or displaying notices on the 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 opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

STAFF WELLNESS AND HEALTH PROMOTION

The SWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

The School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

PROFESSIONAL LEARNING

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing School reform or academic improvement plans/efforts.

GLOSSARY:

Extended School Day – time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus – areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

APPENDIX A: SCHOOL LEVEL CONTACTS

<https://www.vacharter.org/staff-info/>