

S-35 Wellness Policy

Adopted on 2/25/2020, 11/10/2021
Revised and Adopted on 1/18/2022

Northern United Charter Schools recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Northern United Charter Schools' students. The Northern United Charter Schools' School Director or designee shall coordinate and align School efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Northern United Charter Schools' School Director or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Northern United Charter Schools' School Director or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the Northern United Charter Schools' student Wellness Policy. (42 USC [1758b](#); 7 CFR [210.30](#))

To fulfill this requirement, the Northern United Charter Schools' School Director or designee may appoint a school wellness council or other school committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Northern United Charter Schools' School Director or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the Charter School on health-related issues, activities, policies, and programs. At the discretion of the Northern United Charter Schools' School Director or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Northern United Charter Schools' Board of Directors shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC [1758b](#); 7 CFR [210.30](#))

Northern United Charter Schools' nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the

benefits of healthy eating for learning, disease prevention, weight management, and oral health.

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All Northern United Charter Schools' students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Northern United Charter Schools' Board of Directors may enter into a joint use agreement or memorandum of understanding to make the Charter Schools' facilities or grounds available for recreational or sports activities outside the school day, and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, Northern United Charter Schools may provide access to health services at or near school locations and/or may provide referrals to community resources.

The Northern United Charter Schools' Board of Directors recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Northern United Charter Schools' School Director or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the School shall adopt nutrition guidelines which are consistent with 42 USC [1758](#), [1766](#), [1773](#), and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

In order to maximize the Charter School's ability to provide nutritious meals and snacks, all School locations shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the Charter School may sponsor a summer meal program.

The Northern United Charter Schools' School Director or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Northern United Charter Schools' Board of Directors believes that all foods and beverages sold to students at the School, including those available outside the School's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the Charter School for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Northern United Charter Schools' School Director or designee shall encourage school organizations to use healthy food items or non- food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Northern United Charter Schools' staff shall encourage parents/guardians or other volunteers to support the School's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the Charter School's nutrition education program, the Northern United Charter Schools' Board of Directors prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR [210.30](#))

Program Implementation and Evaluation

The Northern United Charter Schools' School Director designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the School's wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

Shari Lovett - School Director
(707) 445-2660 x110
slovett@nucharters.org

The Northern United Charter Schools' School Director or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC [1758b](#); 7 CFR [210.30](#))

The assessment shall include the extent to which Northern United Charter Schools is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC [1758b](#))

The Northern United Charter Schools' School Director or designee shall invite feedback on the Charter School and charter school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Northern United Charter Schools' Board of Directors and the Northern United Charter Schools' Director or designee shall establish indicators that will be used to measure the implementation and effectiveness of the Charter School activities related to student wellness. Such indicators may include, but are not limited to:

- Descriptions of the Charter School's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
- An analysis of the nutritional content of school meals and snacks served in all Charter School programs, based on a sample of menus and production records
- Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
- Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
- Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
- Results of the state's physical fitness test at applicable grade levels
- Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
- A description of the Charter School's efforts to provide additional opportunities for physical activity outside of the physical education program
- A description of other school wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of the Charter School data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Northern United Charter Schools' School Director or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the Northern United Charter Schools' Wellness Policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both Northern United Charter Schools and state evaluations shall be submitted to the Northern United Charter Schools' Board of Directors for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus school resources and efforts on actions that are most likely to make a positive impact on student health and achievement

Notifications

The Northern United Charter Schools' School Director or designee shall inform the public about the content and implementation of the Northern United Charter Schools' Wellness Policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the Charter School's progress towards meeting the goals of the Wellness Policy, including the availability of the triennial School assessment. (Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.30](#))

The Northern United Charter Schools' School Director or designee shall distribute this information through the most effective methods of communication, including school or school newsletters, handouts, parent/guardian meetings, School web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance. Each Northern United Charter Schools' location may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Northern United Charter Schools' School Director or designee shall retain records that document compliance with 7 CFR [210.30](#), including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the Wellness Policy for each Charter school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR [210.30](#))

COVID-19

Northern United Charter Schools follow guidelines related to COVID-19 hazards and prevention controls set forth by the California Public Health Department, Humboldt and Siskiyou County Public Health Departments, Cal/OSHA, and the CDC. Staff and students are screened using non-contact thermometers and by answering a list of COVID-19 Screening Questions upon arrival each day. Masks are worn indoors at all times by both staff and students. Masks are provided, when necessary. If an employee or student has a medical exemption for a mask, a face shield with a drape will be used. When masks are removed while eating, staff and students maintain six feet of physical distancing. While masks are worn, six feet of physical distancing is maintained, where possible. Solid partitions, reducing the numbers of people within rooms, workstations and desks facing the same direction are all engineering controls implemented. Additionally, windows and doors are kept open to the extent possible. Ventilation systems are properly maintained and adjusted, by replacing the filter with MERV-13 filters as often as recommended. Air purifiers are used in each class or office space. Staff and students are instructed in the proper use of masks. Staff, students and parents are informed of signs and symptoms of COVID-19 and reminded to stay home when sick. Staff and students are also instructed in proper handwashing and sanitizing procedures. All facilities are cleaned and disinfected frequently, with special attention to frequently touched surfaces. All employees and volunteers who do not show proof of being fully vaccinated against COVID-19 are tested on a weekly basis or prior to volunteering. All of the public health measures mentioned above will be taken as long as Humboldt County and Siskiyou County have a high or substantial transmission rate and threats of both the Delta and Omicron variants are high.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#) (PDF), (AD-3027) found online at: [How to File a Complaint](#)

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: 202-690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

