



Long Valley Charter School

A Non-Profit Public Benefit Corporation

Student Wellness Policy		
Approved by: Board of Directors	Adopted July 11, 2017 Revised: 4/29/21; 10/12/23; 3/19/25, 5/21/25, 8/19/26	Number: 6014

Long Valley Charter School (LVCS) is a nonprofit public benefit corporation that operates two individual charter schools: Long Valley School and Thompson Peak Charter School. This policy applies to both schools equally and the schools are collectively referred to as “Charter School.”

The Long Valley Charter School is committed to the optimal development of every student. As a school, we believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Whereas, each day, students and their parents trust that the foods offered at school are wholesome and safe, and that the governing board is responsible for ensuring the safety of foods provided at school.

This policy outlines the Long Valley Charter School’s approach to ensuring environments and opportunities for all students that promote healthy eating and regular physical activity as well as access to nutritious foods for all students’ wellness as described here.

I. Parent/ Guardian Involvement

LVCS encourages parental involvement in the establishment, implementation and monitoring of this policy. To assure regular review, the Advisory Council of each of the Charters will conduct an annual review at their fall meeting. Additionally, the school will post the policy for all families to access and invite their feedback.

The Executive Director/ Superintendent will facilitate the development of and updates to the policy as well as compliance with the policy. The designated contact for information on this policy is El Roper, Business Services Manager at 530-827-2395 or eroper@longvalleycs.org.

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

Implementation Plan

Using the steps outlined below, LVCS will ensure the Charter School meets legal obligations regarding implementation of this Policy.

This Policy and the progress reports can be found at:

<https://www.longvalleycs.org/Governance/Board-Policies--Documents/index.html>.

Recordkeeping

LVCS 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

LVCS 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. LVCS will make this information available via the Charter School website and/or Charter School-wide communications. LVCS 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.

Triennial Progress Assessments

At least once every three years, LVCS 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: El Roper, Business Services Manager at 530-827-2395 or eroper@longvalleycs.org.

The Executive Director/Superintendent will monitor the Charter School's compliance with this Policy.

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

Revisions and Updating the Policy

LVCS will update or modify this Policy as appropriate based on the results of the 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

LVCS is committed to being responsive to community input, which begins with awareness of the Policy. LVCS will actively communicate ways in which representatives of the Advisory Committee, the Charter School and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. LVCS 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.

LVCS 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 LVCS will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

Charter School Meals

LVCS participates in USDA child nutrition programs, including the National School Lunch Program (“NSLP”) and 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 at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut 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.
 - 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. LVCS 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.

Energy Drink Guidelines

To promote student health, safety, and learning, the school will regulate the possession and consumption of energy drinks during the school day. Energy drinks are beverages marketed as “energy,” “performance,” or “focus” drinks that contain high levels of caffeine and/or other stimulants, such as ginseng, taurine, or guarana. This includes, but is not limited to, Alani, Red Bull, Monster, Bang, Celsius, PRIME Energy, GHOST, and Starbucks Iced Energy. Energy drinks are not permitted on school property during the school day or at school-sponsored activities occurring during the school day due to potential health and learning concerns associated with high levels of caffeine and other stimulants. These concerns may include increased heart rate and blood pressure, anxiety, dehydration, and interference with attention and learning. Energy drinks may pose additional risks for children and adolescents, particularly when consumed in large amounts or by individuals with underlying health conditions. For additional information regarding caffeine and energy drinks, families may consult the American Academy of Pediatrics. Water is encouraged as a healthier beverage choice and supports hydration, energy levels, concentration, physical activity, nutrient transportation, waste removal, and body-temperature regulation.

Students may not bring, possess, provide, distribute, or consume energy drinks on school grounds or at school-sponsored activities during the school day. Energy drinks found on campus may be confiscated. Students will be asked to dispose of opened energy drinks. Parents or guardians may retrieve unopened energy drinks before the end of the school day; otherwise, the items will be discarded.

Celebrations and Rewards

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

Celebrations and parties. LVCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

1. Classroom snacks brought by parents. LVCS will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
2. Rewards and incentives. LVCS will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Charter Schools nutrition standards may be sold through fundraisers on the LVCS campus during the school day. LVCS will make available to parents and teachers a list of healthy fundraising ideas. A special exemption may be allowed for the purpose of an infrequent fundraiser. The frequency is limited by the State agency and may not be sold in competition with school meals in the food service area during the meal service.

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.

Nutrition Promotion

LVCS 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 at least ten 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.

Procedures:

I. Nutrition Education and Promotion Goals

The Long Valley Charter School will teach, model, encourage and support healthy eating for all students by:

- Providing students with the knowledge and skills necessary to promote and protect their health;
- Foods and beverages sold or served at school will meet the nutrition recommendations of the USDA
- Promoting fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and accurate portion sizes
- Increasing student access to healthy breakfast and lunch meals
- Encouraging students to choose balanced and nutritious meals
- Giving all students K-12 the opportunity to be physically active on a daily basis
- Making the school eating area contain free, safe drinking water sources and facilities for washing hands
- Offering nutrition education in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers
- Including nutrition education training for teachers and other staff

II. Health Education

- The Long Valley Charter School will include in the health education curriculum the following essential topics on healthy eating:
- Reading and using FDA's nutrition fact 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
- Importance of water consumption · Importance of eating breakfast · Reducing sodium intake ·
- The Dietary Guidelines for Americans
- Food safety · Preparing healthy meals and snacks

III. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

School Meals: The Long Valley Charter School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

Part of the educational mission of the Long Valley Charter School is to improve the health of the students by teaching them to establish and maintain lifelong healthy eating habits. The mission shall be accomplished through nutrition education, physical education, garden-based learning experiences, core academic content in the classroom and the food served in the school. The governing board will ensure school meals will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Long Valley Charter School offers reimbursable school meals that meet USDA nutrition standards.

In addition, the following standards are in place:

- Parents/guardians and staff are encouraged to provide snacks that are consistent with the goals of the policy and to ensure that such items are served after the lunch hour

- Students are served lunch at an appropriate time of day
- No unhealthy food or beverage item may be advertised on school grounds, and fast food and “branded” food items shall not be offered for sale as part of any school meal program
- All cafeteria staff will have the knowledge of the USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take
- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Meals will be served in a clean and pleasant setting and under appropriate supervision; Rules for safe behavior will be consistently enforced
- Will encourage hand washing and provide students access to hand washing facilities, preferably with warm water before they eat meals or snacks
- Discourage students from sharing of foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.
- Participation in school meal programs will be promoted. Parents/guardians will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced or free meals. The Long Valley Charter School will use nontraditional breakfast service to increase participation, such as Second Chance Breakfast.
- Competitive Foods and Beverages:
- All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods”. Competitive foods include items sold for in-school fundraisers. Competitive foods will only be available before school and 30 minutes after school is concluded for the day.

IV. Physical Education

The Long Valley Charter School shall meet or exceed that mandated minutes required by the State of California and shall meet or exceed the California State Content and Performance Standards for Physical Education.

The governing board will ensure the following:

- Provide quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment
- Provide adequate space to maximize practice opportunities for each student
- Provide adequate equipment for all students to be actively engaged individuals
- Provide adequate student preparation for Physical Fitness Testing, to all 5th, 7th and 9th grade students
- Provide classroom and physical education teachers’ professional development that includes: scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the Physical Fitness Testing

V. Physical Activity

All students will be provided equal opportunity to participate in physical education classes. The Long Valley Charter School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The governing board will ensure the following:

- All Long Valley Charter School students in each grade will receive opportunities for daily physical activity
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions. An appropriate alternative shall be provided for students with a physical disability that may restrict excessive physical exertion
- Daily Recess: All students will have an opportunity for daily-supervised recess, preferably outdoors, during which staff would encourage moderate to vigorous physical activity verbally

and through the provision of space and equipment. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

- The Long Valley Charter School shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

VI. Community Health Promotion and Family Engagement

The Long Valley Charter School will promote to parents/guardians/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, invited to participate in school-sponsored activities, and will receive information about health promotion efforts.

[Updated April 17, 2025](#)

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mail:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;

fax:

202-690-7442; or

email:

Program.Intake@usda.gov.

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