# ALDER GROVE

## CHARTER SCHOOL

# School Wellness Policy

**Revised 12/2025**

# Table of Contents

Preamble……2

School Wellness Committee……2

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement……3

Nutrition……5

Physical Activity……8

Other Activities that Promote Student Wellness……9

Glossary……10

Endnotes……10

Non-Discrimination Statement……11

# Preamble

Alder Grove Charter School (hereto referred to as the School) is a personalized learning public charter school operating as an LEA. Students enrolled in the School receive educational instruction in a variety of settings including but not limited to the home and school campus.

The School is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create and promote positive, safe, and health-promoting learning environments throughout the school year.

Research shows that good nutrition and physical activity are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.[1,2,3,4,5,6,7] Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.[8,9,10] In addition, students who are physically active through physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.[11,12,13,14.] Finally, there is evidence that adequate hydration is associated with better cognitive performance.[15]

This policy outlines the School's approach to promoting environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students on the school campus have access to healthy foods through reimbursable school meals that meet state and federal guidelines;
- Students and their families have access to nutrition education and are encouraged to develop lifelong healthy eating behaviors;
- Students and their families have access to physical fitness education and are encouraged to be physically active each day;
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and programs in the School. Specific measurable goals and outcomes are identified within each section below.

## I. School Wellness Committee

***Committee Role and Membership***

The School will convene a representative School Wellness Committee (hereto referred to as the SWC), that works within the Leadership Team, and meets at least four times per year. The SWC will establish goals for, and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this school-level wellness policy (heretofore referred to as "wellness policy").

The SWC membership will represent all school levels (K-12) and include (to the extent possible), but not be limited to: guardians and caregivers; students; representatives of the school nutrition program; teachers and other

school support staff; school health professionals, and mental health and social services staff; school administrators, 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 SWC will include representatives that reflect the diversity of the community.

***Leadership***

The Director or designee(s) will convene the SWC and facilitate the development of and updates to the wellness policy and will ensure the school's compliance with the policy.

The designated official for oversight is the School Meal Compliance Manager, Jenni SanGiovanni. See table below.

| Name | Title / Relationship to the School | Email Address |
|---|---|---|
| **Tim Warner** | Superintendent/Executive Director | tim.warner@aldergrovecharter.org |
| **Jenni SanGiovanni** | School Meal Compliance Manager | jnni.sangiovanni@aldergrovecharter.org |
| **Jen Burtram** | Director of Secondary Programs | jen.burtram@aldergrovecharter.org |
| **Stefani Gambrel** | Principal/Director of Operations | stefani.gambrel@aldergrovecharter.org |
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| **Nichole Dollarhide** | Director of Special Services | nichole.dollarhide@aldergrovecharter.org |
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| **Alana Assam** | Parent | drawsoutsidethelines@yahoo.com |
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## II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

***Implementation Plan***

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school; and includes information about who will be responsible to make what change, by how much, where, and when; as well as specific 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 promotion and education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: aldergrovecharter.org

***Recordkeeping***

The School will retain records to document compliance with the requirements of the wellness policy at the School's Administrative Office (school campus). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the School uses to make stakeholders aware of their ability to participate on the SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the Local School Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

***Annual Notification of Policy***

The School 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. The School will make this information available via the school website and/or school-wide communications. The School will provide as much information as possible about the school nutrition environment. This will include a summary of the School's and school campus's events or activities related to wellness policy implementation. Annually, the School will also publicize the name and contact information of the School officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

***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 the school campus under the jurisdiction of the School is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the School's wellness policy.

The SWC, in collaboration with the school campus, will monitor compliance with this wellness policy. The School will actively notify households/families of the availability of the triennial progress report.

***Revisions and Updates to the Policy***

The SWC will update or modify the wellness policy based on the results of 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 appropriate means. The School will also inform families 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 and non-electronic mechanisms, such as email or notices on the website and on bulletin boards on the school campus, 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 in which the school communicates information with parents.

## III. Nutrition

***School Meals***

The School is committed to serving healthy meals to children, with plenty of fruits, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving (nutrition label or manufacturer's specification); and meet the nutritional needs of school children within their calorie requirements. The school meal program aims 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 School Breakfast Program (SBP) and the National School Lunch Program (NSLP). The School is committed to offering school meals through the SBP and NSLP 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.)

***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 the 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* on the school campus* ("school campus" and "school day" are defined in the glossary). The School will make drinking water available where school meals are served during mealtimes, and the school will encourage families to provide refillable water bottles for their students.

***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. The foods and beverages sold and served outside of the 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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at: https://www.fns.usda.gov/tn/guide-smart-snacks-school. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at https://foodplanner.healthiergeneration.org/.

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 or offered 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.

***Celebrations and Rewards***

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

1. Celebrations and parties. The School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.

2. Classroom snacks brought by parents. The School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.

3. Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children.

***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* in accordance with school policy for fundraising. The School will make available to parents and teachers a list of healthy fundraising ideas.

***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 the school campus. 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, 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 the SBP and NSLP. This promotion will occur through at least:

- Encouraging foods and beverages promoted to students that meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the School and individual student centers may use are available at https://foodplanner.healthiergeneration.org/.
- Notifying families and encouraging participation in the SBP and NSLP through monthly newsletters sent electronically and/or by mail.
- Encouraging students who are on campus to participate in the meal program.

***Nutrition Education***

The School will encourage and support healthy eating by all students. The School 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities;
- Promotes healthy food choices and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Provides funding for nutrition education training for teachers and staff.
- Provides food waste education to staff, students, and family.

***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 health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold at student centers, consistent with the School's wellness policy.

Any foods and beverages marketed to students on the school campus*during the school day* will meet or exceed the USDA Smart Snacks in School nutrition.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements 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.[15] 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.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other foodservice 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 for a product, or free samples displaying advertising of a product.

As the School Administration reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the School wellness policy.

## IV. Physical Activity

***Physical Education***

The School will provide students with physical education information and standards. 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. The curriculum will support the essential components of physical education.

- All students will be provided personalized opportunities to participate in physical education activities based on their needs and abilities.
- All elementary students in each grade (K-8) will be encouraged to participate in physical education and/or health activities for at least 60-89 minutes per week throughout the school year.
- All students will be encouraged to engage in physical activity for 60 minutes each day.
- All secondary students (high school) are required to take at least the equivalent of two academic years (20 credits) of physical education.

***Classroom and at Home Physical Activity Breaks***

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. The School's personalized learning structure allows for students to take physical activity breaks between on-campus classes and throughout the week as needed. Families will be encouraged to provide physical activity breaks throughout the school day.

The School will provide resources and links to resources, tools, and technology with ideas for physical activity breaks throughout the day. Resources and ideas are available through Action for Healthy Kids.

***Before, During, and After School Activities***

The School will promote physical activity before and after the school day by encouraging participation in various community physical education programs, such as martial arts, swimming, and recreational sports teams. The school will promote community partners who provide physical education and activity services.

The School will engage in at least two school-sponsored physical education activities each year. This can include but is not limited to walk-a-thons, on-campus or off-campus field days, or other physical activity events.

The school will encourage participation in school sponsored sports including, but not limited to, cross country, track and field, volleyball and basketball. The school will create and maintain an area where parents and staff can drop off gently used sporting clothing and equipment including soccer cleats, baseball gloves and sports shoes, for families to check out for student use in community sports activities. The school will provide a way for students to apply for assistance for the purchase of equipment related to school sports activities.

When feasible, the School will provide on-campus physical education and/or activity classes for students including but not limited to dance, yoga, or other activities. The School will ensure that all facilities and equipment are safe for student use.

***Active Transport***

The School will encourage active transport to and from school by securing storage facilities for bicycles and helmets and providing a free lock to all students who ride their bikes to school.

## V. Other Activities that Promote Student Wellness

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 guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Community Health Promotion and Family 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 (e.g., email, newsletters, or the school’s website), as well as non-electronic mechanisms, (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.

***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 for all students.

## Glossary*

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, 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** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

## Endnotes

[1] Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, Journal of Adolescent Health. 2013; 52(5):523–532.

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[3] Murphy JM. Breakfast and learning: an updated review. Current Nutrition & Food Science. 2007; 3:3–36.

[4] Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. Archives of Pediatrics and Adolescent Medicine. 1998;152(9):899–907.

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[6] Rampersaud GC, Pereira MA, Girard BL, Adams J, Metzl JD. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. Journal of the American Dietetic Association. 2005;105(5):743–760, quiz 761–762.

[7] Taras, H. Nutrition and student performance at school. Journal of School Health. 2005;75(6):199–213.

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[9] Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. Journal of Nutrition Education. 1997;29(1):12–20.

[10] Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. Preventive Medicine. 1996;25(5):497–505.

[11] Centers for Disease Control and Prevention. The association between school-based physical activity, including physical education, and academic performance. Atlanta, GA: US Department of Health and Human Services, 2010.

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[13] Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väisto J, Leppänen P, Laaksonen D, Lindi V, Lakka T. Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children. PLoS ONE, 2014; 9(9): e107031.

[14] Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. Effects of the FITKids randomized control trial on executive control and brain function. Pediatrics 2014; 134(4): e1063-1071.

[15] Change Lab Solutions. (2014). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds. Retrieved from http://changelabsolutions.org/publications/district-policy-school-food-ads.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, 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.

## Where to File a Complaint

To file a program or Civil Rights complaint, please contact one of the following agencies listed below:

Child Nutrition Programs

Civil Rights and Program Complaint Coordinator
California Department of Education
Nutrition Services Division
1430 N Street, Room 4503
Sacramento, CA 95814-2342
916-323-5264
Email: cnpcomplaints@cde.ca.gov

Or

USDA, Director, Office of Adjudication
1400 Independence Avenue, Southwest
Washington, D.C. 20250-9410
866-632-9992

Federal Relay Service 800-877-8339 (English) or 800-845-6136 (Spanish)

Note: The USDA will investigate and process complaints alleging discrimination.
All program complaints filed with the NSD are resolved at the state level. The NSD Complaint Coordinator logs the complaint, refers it first to the district for handling and if not resolved, then to the appropriate program or Field Services Unit, and tracks it through resolution. The NSD reserves the right to conduct unannounced site visits to determine the validity of all allegations.

**This institution is an equal opportunity provider.**