

The Language Academy of Sacramento

Health and Wellness Policy

Original Adopted Date: 04/30/2026

Last Revised Date: 04/30/2026

Last Reviewed Date: 04/30/2026

Statement of Responsibility

The Language Academy of Sacramento recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can promote student achievement and lifelong commitment to wellness.

Statement of Responsibility

The Board adopts the Local Student Wellness Policy based on the recommendations of the appointed Health and Wellness Committee and in accordance with federal and state laws and regulations.

The Executive Director and/or designee shall be *responsible* for the implementation and oversight of this policy to ensure the school, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations

The Executive Director and/or designee shall *annually* report to the Board on the school's compliance with law and policies related to student wellness.

The Executive Director and/or designee and the established Health and Wellness Committee shall conduct an *assessment* at least every three (3) years on the contents and implementation of this policy. This *triennial* assessment shall be made available to the public in an easily accessible manner.

The school shall *annually* inform and update the public, including parents/guardians, students and others in the community, about the contents, updates, and implementation of this policy via the school's website, student handbooks, newsletters, posted notices, and/or other efficient communication methods. This annual notification shall include information on how to access the Local School Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation, and periodic review and update of the Local School Wellness Policy; and a means of contacting the Health and Wellness Committee leadership.

Guidelines

To ensure the health and well-being of all students, the Board establishes that the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state regulations (*nutrition education/ nutrition promotion*)
2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines (*meal regulations/ smart snacks /food provided but not sold/ marketing*)
3. Physical education courses and opportunities for developmentally appropriate physical

activity during the school day. (*physical activity/ education*)

Recordkeeping

The school shall retain records documenting compliance with the Local School Wellness Policy.

Health and Wellness Committee

The Board shall appoint a Health and Wellness Committee comprised of at least one (1) of each of the following: School Board member, school administrator, teacher, student, parent/guardian, school health professional, physical education teacher, and member of the public. Other members of the Health and Wellness Committee may include: school counselor, coach, support staff, dietician, health professional, or other individuals.

The Health and Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating the Local Student Wellness Policy that complies with the law to recommend to the Board for adoption.

The Health and Wellness Committee shall review and consider evidence-based strategies and techniques in establishing future goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement and lifelong health habits.

Nutrition education lessons and activities shall be age-appropriate. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning and reading nutrition labels.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The school shall develop standards for such training and professional development.

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.

Schools shall promote nutrition through the implementation of activities where possible. Activities may include, but not be limited to, the maintenance of the school garden, taste-testing of local products in the cafeteria or classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

Consistent nutrition messages shall be disseminated and displayed throughout the schools classrooms, cafeterias, and community.

The school shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Age-appropriate physical activity opportunities such as outdoor and indoor recess, after school programs, during lunch, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

The school may partner with parents/guardians and community members to institute programs that support lifelong physical activity.

Physical activity shall not be used or withheld as a form of punishment.

The school may promote physical activity through encouragement of walking or biking as a means of transportation to and from school.

Students, their families, and the community shall have access, with permission or approval, to physical activity facilities through supervised activities.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. Students must participate in a physical education program.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice, and are assessed on developmentally appropriate skills for lifelong, health-enhancing physical activity.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for Health, Safety, and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Local assessments shall be implemented to track student progress on Health, Safety, and Physical Education academic standards.

Other physical activities include but are not limited to, field days, jog-a-thons and recess.

Safe and adequate equipment, facilities, and resources shall be provided for physical education courses.

Certified health and physical education teachers shall teach physical education.

Appropriate professional development shall be provided for physical education staff.

Other School-Based Activities

Drinking water shall be available and accessible to students, without restriction, and at no cost to the student, at all meal periods and throughout the school day.

The school shall provide a clean, safe, and adequate space for eating and serving school meals.

Students shall be provided adequate time to eat, and meal time shall be scheduled appropriately.

Students shall have access to hand washing or sanitizing before meals and snacks.

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

The school shall provide appropriate training to all staff on the components of the Local Student Wellness Policy.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

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Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards under the USDA meal pattern and dietary guidelines.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives.

Competitive Foods –

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser –

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards.

The school shall establish administrative regulations to implement fundraising activities, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established USDA Smart Snacks in School.

Non-Sold Competitive Foods include:

- (1) Foods and beverages given as a reward or an incentive
- (2) Classroom Parties and Celebrations
- (3) Shared Classroom Snacks
- (4) Classroom Donations

Marketing/Contracting –

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Management of Food Allergies in School

The school shall address food allergy management in the school in order to:

- Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
- Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

The Language Academy of Sacramento will continue to monitor and maintain a positive environment for students outlined in the Local Student Wellness Policy.

Non-Discrimination Statement:

USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the program or incident.

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) 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; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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