Marchus School – Local School Wellness Policy

Local School Wellness Policy (CDE-Compliant)

LOCAL SCHOOL WELLNESS POLICY

Marchus
Adopted: January, 20, 2025
Last Updated: February 19, 2026

Food Director: Christie Quinn

Participants: Stephanie Richards(admin) Elisa

Marchus is committed to creating a healthy learning environment that supports the physical, emotional, and academic well-being of all students. This policy outlines our approach to nutrition, physical activity, and overall wellness.

Key components of the policy include:

- **Physical Safety**: Utilizing best practices to secure the physical safety of students and staff. (see attached safety plan)
- **Mental Health and Wellness**: Prioritizing mental health, healthy meals, and wellness practices for social-emotional safety.
- **Inclusive Campuses**: Ensuring inclusive campuses for all students.
- **Restorative Practices**: Implementing restorative practices to assist in positive beha vior intervention systems (PBIS) and student discipline.
- **Community Engagement**: Collaborating with the community to develop and updat e the local school wellness policy.
- **Public Notification**: Annually informing and updating the public about the local sch ool wellness policy and its compliance with model policies.

I. Purpose and Authority
Marchus School recognizes the link between student health and wellbeing with academic achievement and adopts this Local School Wellness Policy in compliance with:
- The Healthy, Hunger-Free Kids Act of 2010
- USDA regulations at 7 CFR Parts 210 and 220
- California Education Code (EC) 49430–49431.7
- California Code of Regulations, Title 5
This policy applies to all schools within the District participating in the National School Lunch Program and/or School Breakfast Program.

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II. Wellness Policy Leadership
The Administrator or designee is designated as the County Wellness Policy Coordinator and is responsible for ensuring school-wide compliance, overseeing implementation, coordinating triennial assessments, and maintaining documentation.

III. Wellness Committee and Public Involvement
The County permits participation from parents/guardians, students, school food service professionals, physical education teachers, school health professionals, school administrators, school board members, and the general public.
Participation will be solicited for development, implementation, review, and policy updates.
Public notices will be posted via the County website and community communication channels.

IV. Wellness Goals (Evidence-Based & Measurable)
A. Nutrition Promotion
- Promote healthy choices using signage and placement strategies.
- Ensure free drinking water is available during meals.
- Conduct at least one nutrition promotion event per school per year.
Measurement: Annual school reports.

B. Nutrition Education
- Provide standards-based nutrition education aligned with California Health Education Framework.
- Integrate nutrition concepts across subject areas.
- Offer annual staff training.
Measurement: Curriculum and training documentation.

C. Physical Activity
- Meet California PE requirements: 200 minutes/10 days (elementary), 400 minutes/10 days (secondary).
- Include activity breaks.
- Provide equitable extracurricular activity opportunities.
- Prohibit withholding activity as punishment.
Measurement: Master schedules and administrative review.

D. Other School-Based Wellness Activities
- Support mental health, SEL, staff wellness, and safe routes to school.
Measurement: Annual committee review.

V. Nutrition Standards
A. Reimbursable School Meals
Meals shall meet USDA and California standards.
Applies from midnight before school day to 30 minutes after dismissal.

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B. Competitive Foods and Beverages
All foods/beverages sold during the school day must meet:
- USDA Smart Snacks standards
- California Competitive Food & Beverage Standards

Includes vending, student stores, a la carte, and fundraisers.

C. Foods and Beverages Not Sold
Standards apply to snacks, rewards, celebrations, and non-sale food available during the school day.
Guidelines:
- Encourage non-food rewards.
- Encourage healthy celebration options.
- Discourage foods of minimal nutrition value.

D. Marketing
Only Smart Snack–compliant items may be advertised on campus.
Includes signage, publications, vending fronts, and digital items.

VI. Annual Public Notification
The County will annually inform the public regarding:
- Policy content
- Updates
- Participation opportunities
- Progress toward goals

VII. Evaluation and Triennial Assessment
At least once every three years:
- Assess compliance
- Compare to model policies
- Measure goal progress

Reports will be posted publicly.

VIII. Recordkeeping
The County will maintain:
- Current policy
- Public involvement records
- Annual notifications
- Triennial assessment results
- Documentation of nutrition compliance

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IX. Non-Discrimination Statement

Full 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, 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 program or incident.

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 state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027 (PDF), 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.

This institution is an equal opportunity provider.