

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 behavior intervention systems (PBIS) and student discipline.
- **Community Engagement:** Collaborating with the community to develop and update the local school wellness policy.
- **Public Notification:** Annually informing and updating the public about the local school 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

Marchus School – Local School Wellness Policy

Lunch Program and/or School Breakfast Program.

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

Marchus School – Local School Wellness Policy

Meals shall meet USDA and California standards.

Applies from midnight before school day to 30 minutes after dismissal.

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. Public Involvement and Annual Public Notification

The County is committed to ensuring broad and meaningful stakeholder participation in the development, implementation, review, and periodic updating of the Local School Wellness Policy (LSWP). Each year, the County will actively solicit participation through a variety of outreach methods, including public postings on the County website, emails to families and staff, school-site newsletters, printed flyers placed in front-office areas, and announcements at school and County Board meetings. Recruitment materials will clearly outline the role of the Wellness Committee, expectations for membership, and upcoming meeting dates. The Wellness Committee—open to parents/guardians, students, school administrators, food service personnel, teachers, school health professionals, community partners, and members of the public—will meet at least three times per year. Agendas, minutes, and committee rosters will be posted online to ensure transparency and sustained engagement. Draft revisions to the LSWP will be publicly posted for community review, with a designated window for written or electronic feedback.

In addition to stakeholder recruitment, the County will provide an Annual Public Notification that communicates:

- **The content of the LSWP**
- **Any updates made during the year**

Marchus School – Local School Wellness Policy

- Opportunities for stakeholder participation
- Progress toward meeting wellness goals

This annual notification will be disseminated through multiple channels, including the district/County website, parent newsletters, email announcements, student/parent handbooks, front-office postings, and presentations at public Board meetings. This multi-platform communication approach ensures accessibility for all families, including those who may not routinely access digital information.

VII. Evaluation and Triennial Assessment

To ensure accountability and continuous improvement, the County will implement both annual internal monitoring and a comprehensive triennial assessment of the LSWP.

Annual Monitoring Procedures:

Each school site will complete a yearly LSWP Implementation Checklist that documents compliance with nutrition standards, physical activity requirements, food and beverage marketing restrictions, and school wellness initiatives. Food service staff will conduct Smart Snacks compliance reviews of vending machines, student stores, classroom food practices, and fundraisers. The County Wellness Coordinator will compile these findings and identify areas needing targeted support.

Triennial Assessment Procedures:

At least once every three years, the County will complete a full evaluation of:

- Compliance with LSWP requirements across all school sites
- Comparison to a model wellness policy using a recognized tool such as WellSAT 3.0
- Progress toward stated wellness goals, measured through tools such as the CDC School Health Index, Action for Healthy Kids assessments, or internally developed monitoring instruments

The triennial assessment will include comprehensiveness and strength scores, detailed site-level compliance documentation, and measurable data regarding nutrition promotion, nutrition education, physical activity, and overall wellness efforts. Upon completion, the full triennial assessment report will be posted publicly on the County website, shared with families through newsletters or email, and presented at a public County Board meeting.

Marchus School – Local School Wellness Policy

VIII. Recordkeeping

The County will maintain accurate and complete documentation to demonstrate full compliance with LSWP requirements. Records will be stored centrally by the Wellness Coordinator and will include:

- The current Local School Wellness Policy
- Documentation of public involvement, including recruitment materials, meeting agendas, minutes, rosters, and public comment records
- Copies of Annual Public Notifications, including website postings, email communications, newsletters, and Board reports
- Triennial Assessment results, including WellSAT evaluations, School Health Index findings, and site implementation checklists
- Evidence of compliance with nutrition standards, including Smart Snacks reviews, USDA program audit results, meal program documentation, and any corrective action plans

These records will be retained in accordance with federal and state requirements and made available during monitoring visits or upon public request.

IX. Non-Discrimination Statement

Full Statement:

In accordance with federal civil rights law and USDA civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

To file a complaint, submit USDA Form AD-3027 as instructed by federal guidance.

Abbreviated Statement:

This institution is an equal opportunity provider.