



San Diego Cooperative Charter School Local Wellness Policy

I. Wellness Policy Goals

Goals for Nutrition Promotion:

San Diego Cooperative Charter School aims to promote healthy eating by offering nutritious meals and encouraging good nutrition habits and teaching kids how to grow fresh, organic foods. We will partner with families and the community to raise awareness about healthy food choices and create a school culture that supports nutritious eating, including using locally sourced foods from our garden and celebrating nutrition through school events.

Goals for Nutrition Education:

We will integrate nutrition education into the curriculum to help students understand the importance of healthy eating for their well-being and academic success. Students will engage in lessons and activities that teach the benefits of balanced diets, including hands-on experiences like gardening and healthy cooking demonstrations.

Goals for Physical Activity:

Our goal is to provide students with daily opportunities for physical activity through recess and physical education. We will offer a variety of activities that encourage movement, from team sports to individual fitness, and promote lifelong active habits, including walking or biking to school when possible.

Goals for Other School-Based Activities that Promote Student Wellness:

We are committed to supporting students' mental, emotional, and social health through initiatives such as mindfulness practices and social-emotional learning. We will also encourage family involvement and community partnerships to foster a well-rounded approach to wellness.

II. Nutrition Standards

School Meals

The school meal programs aim 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.

- a. *SDCCS participates in the National School Lunch Program.*
- b. *All meals will, at a minimum, meet the New Meal Pattern requirements.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
 - I. *We will provide healthy snacks for students to ensure they have food at all times during the day when they are hungry.*

Celebrations and Rewards

California Law states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

- a. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

San Diego Cooperative Charter School (SDCCS) follows comprehensive standards for all foods and beverages provided, but not sold, to students during the school day. These standards align with state and federal guidelines for student wellness and nutrition and support the school's commitment to health and sustainability. Key aspects include:

1. ***Nutritional Quality:*** *Foods and beverages must meet or exceed nutritional requirements, emphasizing whole, minimally processed foods, low in added sugars, sodium, and unhealthy fats.*
2. ***Allergen Awareness:*** *Care is taken to avoid common allergens or ensure alternatives are available, ensuring a safe environment for all students.*
3. ***Cultural Inclusivity:*** *Food offerings reflect the diversity of the student body, respecting cultural preferences and dietary restrictions.*
4. ***Sustainability:*** *SDCCS encourages eco-friendly practices by minimizing packaging waste and incorporating sustainable, locally sourced ingredients when possible.*
5. ***Accessibility:*** *Foods and beverages provided are equally accessible to all students, ensuring no barriers due to financial or other constraints.*
6. ***Hydration:*** *Drinking water is readily available throughout the day to promote hydration and overall health.*

These standards aim to promote a healthy lifestyle, support student learning, and reflect the school's progressive values.

Fundraising

- a. *Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate: San*

Diego Cooperative Charter School (SDCCS) maintains a policy for food and beverage-related fundraisers sold to students on campus during the school day that aligns with California and federal nutritional standards and supports the school's mission of promoting health and wellness. Key elements of the policy include:

1. **Nutritional Compliance:** All food and beverage items sold during fundraisers must meet the Smart Snacks in School standards, emphasizing nutritious, minimally processed options.
2. **Exempt Fundraisers:** In compliance with state guidelines, SDCCS permits a limited number of exempt fundraisers where foods or beverages do not meet the Smart Snacks standards. These are restricted to a specific number of days per school year, ensuring they do not undermine the overall wellness policy.
3. **Frequency and Duration:** Fundraisers involving food or beverages are limited in frequency and scheduled to minimize disruption to the school day and regular meal times. Typically, these events are brief and do not occur during instructional periods.
4. **Non-Food Fundraising Encouraged:** SDCCS actively promotes non-food-based fundraisers as a healthier alternative, encouraging activities that align with the school's values of sustainability, creativity, and community building.
5. **Oversight and Approval:** All food-related fundraising activities must receive prior approval from school administration to ensure compliance with policy and wellness objectives.

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

a. Describe your policies for food and beverage marketing:

b. Describe any additional policies for foods and beverages marketed to students:

San Diego Cooperative Charter School (SDCCS) strictly adheres to policies ensuring that all food and beverage marketing on campus aligns with its commitment to student health and wellness. Key aspects include:

1. ***Compliance with Smart Snacks Guidelines:***
Any foods or beverages marketed on campus must meet or exceed the USDA's Smart Snacks in School nutrition standards. This applies to posters, banners, vending machines, digital advertisements, or any other forms of marketing visible to students.
2. ***Approval Process:***
All food and beverage marketing materials must be pre-approved by school administration to verify compliance with nutritional and school policies.
3. ***Educational Alignment:***
Marketing materials should reinforce healthy eating habits and align with the school's wellness curriculum, emphasizing nutritious choices and sustainable practices.

4. **Scope of Marketing:**

The policy applies to all areas of the school, including classrooms, common spaces, athletic facilities, and during school-sponsored events.

b. Additional Policies for Foods and Beverages Marketed to Students

1. **No Endorsement of Non-Compliant Products:**

SDCCS prohibits the marketing of foods or beverages that do not meet the Smart Snacks standards, even if they are available outside school grounds or hours.

2. **Prohibition of Branding on Educational Materials:**

Educational tools, such as lesson plans, classroom materials, or supplies, must not feature branding of non-compliant foods or beverages.

3. **Non-Commercial Environment:**

SDCCS prioritizes a non-commercial learning environment. The school discourages excessive branding or corporate partnerships that could overshadow its focus on education and health.

4. **Transparency and Community Involvement:**

Parents, staff, and students are invited to provide feedback on marketing policies through wellness committees or public meetings to ensure they align with community values and expectations.

5. **Promotion of Sustainable Choices:**

SDCCS encourages marketing that supports sustainable and environmentally friendly food practices, reflecting the school's commitment to environmental stewardship.

III. School Wellness Committee

Committee Role and Membership

SDCCS will convene a representative district wellness committee to establish goals for and oversee school health and safety policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy.

a. *Describe the frequency of meetings: The committee will meet annually before school starts.*

b. *Description of who the LEA permits to participate in the wellness policy process: Anyone who would like participate in the committee is invited*

c. *Description of how the public is notified that their participation is permitted: Public will be notified on our website.*

Leadership

SDCCS has designated one or more school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

a. *The designated official for oversight of implementation at each school is: Sarah Saluta*

b. *The designated official for convening the wellness committee is: Sarah Saluta*

c. *The person designated for informing the public about the wellness policy is: Sarah Saluta*

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

Implementation of the Wellness Policy

- a. Describe the SDCCS's plan for implementation to manage and coordinate the execution of this wellness policy.

Triennial Progress Assessments

At least once every three years SDCCS will assess our wellness policy. To accomplish this, the District will evaluate compliance with its wellness policy and assess progress toward meeting the goals of SDCCS's Wellness policy. Additionally, USDA requires that SDCCS will compare its policy to the Alliance for a Healthier Generation's model wellness policy.

- a. SDCCS will assess compliance and progress of their local wellness policy at least once every 3 years:

i. Assessment of Progress in Attaining Wellness Policy Goals

SDCCS will evaluate its progress toward achieving the goals outlined in the wellness policy through the following measures:

1. **Annual Review:**
 - Conduct a comprehensive review of wellness initiatives and activities implemented at the school.
 - Track key metrics such as student participation in meal programs, adherence to nutritional standards, physical activity offerings, and health education outcomes.
2. **Stakeholder Engagement:**
 - Use surveys and feedback forms from students, parents, and staff to measure satisfaction and identify areas for improvement.
3. **Wellness Committee Report:**
 - The SDCCS Wellness Committee will prepare an annual report summarizing accomplishments, challenges, and recommended actions to meet wellness goals.

Person Responsible: Sarah Saluta

ii. Assessment of Compliance with Wellness Policy Sections I-IV

SDCCS will ensure compliance with all sections of its wellness policy through the following steps:

1. **Internal Audits:**
 - Conduct regular reviews of school practices, including compliance with nutrition guidelines, physical activity standards, and the integration of health education.
2. **Documentation Maintenance:**

- Maintain records of menus, physical activity schedules, and wellness-related activities to document adherence to policy requirements.
- 3. **Annual Compliance Report:**
 - Develop an annual compliance report that details SDCCS's adherence to all sections of the wellness policy.

Person Responsible: Sarah Saluta

Comparison with Model Wellness Policies

b. Assessment of Policy Alignment with Model Wellness Policies

SDCCS will compare its wellness policy to model policies, such as those recommended by the Alliance for a Healthier Generation or USDA, using the following process:

1. **Benchmarking:**
 - Conduct a detailed comparison of the SDCCS policy with established model wellness policies to identify gaps and opportunities for improvement.
2. **Expert Review:**
 - Consult public health experts or organizations specializing in school wellness policies to assess alignment and recommend enhancements.
3. **Implementation of Best Practices:**
 - Update the SDCCS wellness policy based on best practices identified during the benchmarking process.

Person Responsible: Sarah Saluta

This approach ensures that SDCCS's wellness policy is robust, effective, and aligned with recognized standards to support the health and well-being of its students.

Revisions and Updating the Policy

SDCCS will update or modify the wellness policy as appropriate.

- a. Describe how often the LEA will update or modify the wellness policy:

SDCCS will update or modify the policy as needed.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

a. How SDCCS Will Make the Wellness Policy Available to the Public

SDCCS will ensure the wellness policy is readily accessible to the public by:

1. **Website Publication:**

- The wellness policy will be prominently posted on the school's official website at www.sdccs.org under a dedicated Wellness Policy section.
2. **Parent Communication:**
- Families will be informed about the policy through regular communication channels, including newsletters, emails, and parent meetings.
3. **On-Site Access:**
- A printed copy of the wellness policy will be available in the school office for review by parents, staff, and community members upon request.
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b. Location of Annual Progress Reports and Updates

The annual progress reports and updates on the wellness policy will be made available:

- **Online:** Published on www.sdccs.org in the Wellness Policy section.
 - **Community Meetings:** Shared during school board meetings or wellness committee updates, with summaries included in meeting minutes.
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c. Location of the Triennial Assessment

The Triennial Assessment, which evaluates compliance with the written wellness policy and identifies areas for improvement, will be made available:

- **Online:** Posted on www.sdccs.org alongside the wellness policy and annual updates.
- **School Office:** A physical copy will be accessible for review upon request.
- **Community Meetings:** Presented at school board or wellness committee meetings for public transparency.

This approach ensures that families, staff, and the broader community stay informed and engaged with SDCCS's wellness policy and its implementation.

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