

*Star Christian School and
Child Care Center*

Health
& Wellness
Policy

Star Christian School and Child Care Center Health and Wellness Policy on Physical Activity and Nutrition

Introduction

Our school plays an important role in the overall health of children. Our students typically spend 6 to 7 hours a day for up to 7 years in our school. Schools have been identified as one of the most effective settings in the community to address preventable health problems, such as childhood and teenage obesity.

Schools can give children more chances to:

- Consume nutritious meals, snacks, and beverages.
- Get regular physical activity.
- Learn about the importance of lifelong healthy behaviors.

Researchers have found a link between healthy eating and physical activity, as well as better academic performance and classroom behavior, including increased concentration, attentiveness, and time-on-task.

For example, eating a healthy breakfast has been linked to improvements in memory, mood, and academic performance, as well as a reduction in absences from school.

School-based physical activity has been linked to improved academic achievement, including higher grades and standardized test scores, as well as enhanced cognitive skills, positive attitudes, and improved academic behavior.

It is essential that Star School continues to offer health services and programs that support overall student wellness and academic success. Students in optimal health are more likely to attend school regularly and perform well socially and academically.

Additionally, research shows that providing recess breaks throughout the day can improve students' classroom behavior and attentiveness. Students can accumulate up to 40 percent of their total daily physical activity during recess. Furthermore, students who are obese or at increased risk for obesity are least likely to have recess. Therefore, schools should protect recess time from disciplinary measures and any school activities that would impinge upon it.

Participation

Community participation is essential to the development and implementation of successful school wellness policies.

The school will create, strengthen, or work within the existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

The council will also serve as a resource to the school site for implementing those policies.

The Star School Health Council comprises a group of individuals representing the school and community, including parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

Thus, Star Christian School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Star School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades K-5 will have opportunities, support, and encouragement to be physically active regularly.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our schools will participate in available federal school meal programs (School Nutrition Program and Child and Adult Care Food Program).

Schools will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity and will establish connections between health education and school meal programs, as well as with related community services.

ACHIEVING OUR GOALS

Nutritional Quality of Foods and Beverages Served on Campus.

Nutritional Standards

The Food Services Division adheres to mandated laws and policies governing school nutrition. As a school, we are continually driven to not only meet the standards but to exceed them to benefit the students in our communities.

The Food Services Division menus comply with federal, state, and local regulations and are developed with student input. Menus provide the appropriate combination of foods to promote good health associated with improved academic performance.

Meals served under the provisions of the following programs must comply with nutrition standards mandated by the USDA, which include breakfast and lunch meals that provide the Recommended Dietary Allowances consistent with the US Dietary Guidelines for Americans.

Special Diets for students with allergies and/or disabilities

The USDA's nondiscrimination regulation, as outlined in *The Code of Federal Regulations, 7 CFR, Part 15b*, as well as the rules governing the NSLP and SBP, require substitutions or modifications in school meals for children whose disabilities restrict their diets.

The Food Services Division modifies menus as necessary to meet the special dietary needs of students once it receives a signed medical statement from a licensed physician verifying a student's disability and the need for a special diet. Information needed to submit a Special Diet Request can be found in the following documents:

1. Special diet form
2. Request form for soy milk

Meals served through the School Nutrition Program (SNP) and Child and Adult Care Food Program (CACFP) will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- offer a variety of fruits and vegetables.

- Serve only low-fat (1%) and fat-free milk¹ and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that the served grains are whole grains

Star School should engage students through taste tests of new entrees. Additionally, the school should provide parents and students with information about the nutritional content of meals. Such information could be made available on menus, on the website, on cafeteria menu boards, and on all school bulletin boards.

Breakfast

To ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will encourage participation in making breakfast available every day in the cafeteria and in their classrooms.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. To achieve this, schools may utilize system identification. Promote the availability of school meals to all students.

Mealtimes and Scheduling

School should schedule meal periods at appropriate times; for example, lunch should be scheduled between 11:30 a.m. and 1:30 p.m.

- You should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule lunch periods to follow recess periods (in elementary schools).
- Will provide students with access to hand washing or hand sanitizing before they eat meals or snacks and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs tailored to the levels of responsibility of child nutrition directors and cafeteria workers.

Sharing of Foods and Beverages

Schools should discourage students from sharing their food or beverages during meal or snack times, given concerns about allergies, viruses, and other dietary restrictions affecting some children.

Beverages

Allowed: water, fruit and vegetable juices, and fruit-based drinks that contain 100% fruit juice, unflavored or flavored low-fat or fat-free fluid milk, and nutritionally equivalent nondairy beverages (to be defined by USDA)

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; and beverages containing caffeine.

Snacks: Snacks served during the school day, in after-school care, or in enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The school will assess when to offer snacks based on the timing of school meals, children's nutritional needs, their ages, and other relevant considerations.

The school will disseminate a list of healthy snack items to teachers, after-school program personnel, and parents.

Celebrations

Schools should limit celebrations that involve food during the school day to one party per class per month. The school will provide a list of healthy party ideas to parents and teachers.

School-sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals and drinks (such as, but not limited to, athletic events, festivals, or performances).

Nutrition Education and Promotion

Star School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- It is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- It is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Links with school meal programs, other school foods, and nutrition-related community services.
- Includes training for teachers and other staff.

Communication with Parents

The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy snacks

and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and drinks.

The school will provide parents with a list of foods that meet the school snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Additionally, the school will offer opportunities for parents to share their healthy food practices with others during school community meetings.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, as well as special events and physical education homework assignments.

Staff Wellness

Star Christian School highly values the health and well-being of every staff member and plans. It implements activities and policies that support staff members' personal efforts to maintain a healthy lifestyle. We maintain a staff wellness committee composed of at least one staff member, a school health council member, a board member, an administrator, and a principal.

The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input from school staff. It should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council on an annual basis.

Standards to promote health on our campus

Immunizations / Disease Prevention

Current and up-to-date immunizations are a vital aspect of maintaining a safe and healthy school environment. To protect the well-being of our Star Christian School and Child Care Center students and staff, the school is required to comply with the requirements outlined.

<https://www.cdc.gov/vaccines/schedules/index.html>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/laws.aspx>

As with many other laws and regulations, these requirements are subject to change. Schools are strongly encouraged to consult with the school administration regarding any questions or concerns related to immunization requirements by calling (213) 758-0337.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-5

All students in grades K-5, including those with disabilities, special healthcare needs, and those in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week) for the entire school year.

Recess

All elementary school students will have at least 20 minutes of supervised recess a day, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of suitable space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two hours or more) of inactivity. When activities, such as mandatory school-wide testing, necessitate students remaining indoors for extended periods, schools should provide students with periodic breaks during which they are encouraged to stand and engage in moderate physical activity.

After-school childcare and enrichment programs will provide and encourage, both verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, push-ups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as a form of punishment.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities should also be available to community agencies and organizations offering physical activity and nutrition programs. School policies regarding safety will always be in effect.

Policy Monitoring

Monitoring

The principal and administrator will ensure compliance with established nutrition and physical activity wellness policies. At Star School, the principal will ensure compliance with these policies within their school and report on the school's compliance to the school district.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or, if done at the school level, to the school principal). Additionally, the school district will report on the most recent findings from the USDA School Meals Initiative (SMI) review and any resulting changes. If the district has not received an SMI review from the state agency within the past five years, the district will request that the state agency schedule an SMI review as soon as possible.

The principal will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and distributed to all school health councils, parent-teacher organizations, school principals, and district school health services personnel.

Resources

Wellness Centers and School-Based Health Centers

Community clinic providers operate them and are open to students, families, and the community. Staff and faculty on Wellness Center campuses are required to participate in an orientation to the Wellness Center system at the beginning of the school year.

Each Wellness Center offers a range of physical and mental health services, and some also provide oral health services. Most of the mandated health assessment requirements can be met by referring students directly to the Wellness Center.

CLINIC	LOCATION	PHONE
CENTRAL PTA	1000 Venice Blvd., Los Angeles 90015	(213) 745-5090
COLUMBUS CLINIC	22250 Elkwood St., Canoga Park 91304	(818) 702-1270
DIEGO RIVERA LEARNING COMMUNITY IMMUNIZATION CLINIC	6100 S. Central Ave., Los Angeles 90001	(323) 846-2001
HOLLYWOOD HS CLINIC	1521 N. Highland Ave., Los Angeles 90028	(323) 993-2355
HOLMES ES CLINIC	5108 Holmes Ave., Los Angeles 90058	(323) 587-3638
KENNEDY HS CLINIC	11254 Gothic Ave., Granada Hills 91344	(818) 271-2547
LAWRENCE MS CLINIC	10100 Variel Ave., Chatsworth 91311	(818) 678-7965
MARK TWAIN MS IMMUNIZATION CLINIC	2224 Walgrove Ave., Los Angeles 90066	(310) 305-3100
MICHAEL GODFREY CLINIC at MURCHISON ES	1501 Murchison St., Los Angeles 90033	(323) 222-0148 ext. 116
ROOSEVELT HS	456 S. Mathews St., Los Angeles 90033	(323) 780-4575
SAN MIGUEL HEALTHY START CLINIC	9801 San Miguel Ave., Southgate 90280	(323) 566-8269
SCHOOL MENTAL HEALTH CLINIC	6651 Balboa Blvd., Van Nuys 91406	(818) 758-2300
2 nd STREET ES/FLOAT	1942 E. 2 nd St., Los Angeles 90033	(323) 264-1926
S.E.P.A CENTER @ Plasencia ES	1339 Angelina St., Los Angeles 90026	(213) 482-1301
TELFAIR CLINIC	10911 Telfair Ave., Pacoima 91331	(818) 899-6113
WELLNESS CLINIC ZELZAH SITE	6505 Zelzah Ave., Reseda 91335	(818) 654-1670

Overview

Our schools will support parents' efforts to provide daily physical activity for their children. The schools are encouraged to provide information about physical education and other school-based physical activity opportunities before, during, and after the school day, and to support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support can include sharing information about physical activity and physical education through a website, newsletter, or take-home materials, as well as special events and physical education homework.

Star Christian School recognizes the importance of parent involvement in a child's education and wellness. When parents are involved, students attend school more

regularly, complete their homework more consistently, and exhibit more positive behaviors.

Parents play a significant role in shaping their child's diet and daily routine, which also impacts the child's ability to succeed academically. Hence, parent involvement directly affects a child's health and academic success.

The implementation of the policy in our school will be monitored annually by the Health and Human Services Division. The designee from this Division will report annually to the Board's Health and Safety Committee and periodically to the public regarding the implementation and status of the policy in our school. In addition, the policy will be assessed annually to make necessary changes for its effectiveness and to ensure that it continues to address the wellness of Star Christian School's students, families, communities, and staff.

Contact Information

For further assistance, please contact:

Food Services Division
Physical Education Information
Health Education

Star Christian School and Child Care Center
213-758-0337

Wellness Plan Committee Facilitators:

Mrs. Silvia Santis
Mrs. Cynthia Cadena

Email: starschool@att.net
Website: star-school.org/