



## Dr. Lewis Dolphin Stallworth Charter Schools, Inc.

*(Fully Accredited by the Accrediting Commission for Schools, Western Association of Schools and Colleges)*

### **Student Wellness Policy Adopted 1/04/2022**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

### **School Wellness Council**

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before-and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community

### **Goals for Nutrition, Physical Activity, and Other Wellness Activities**

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

### **Nutrition Guidelines for All Foods Available at School**

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the foodservice area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

### Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31)

Alice Stallworth

(Principal)

(209) 948-4511

(Phone Number)

[alice@stallworthcharter.org](mailto:alice@stallworthcharter.org)

(Email Address)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An Analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years. The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

### **Notifications**

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

### **Records**

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7CFR210.31)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#) (PDF), (AD-3027) found online at: [How to File a 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  
Washington, D.C. 20250-9410;
2. Fax: 202-690-7442; or
3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

### **State References Description**

5CCR15500-15501 Food sales by student organizations  
5CCR15510 Mandatory meals for needy students  
5CCR15530-15535 Nutrition education  
5CCR15550-15565 School lunch and breakfast programs  
Ed.Code33350-33354 CDE responsibilities re: physical education Ed.Code 38086 Free fresh drinking water  
Ed.Code49430-49434 Nutrition standards  
Ed.Code 49490-49494 School breakfast and lunch programs  
Ed.Code49500-49505 School meals  
Ed.Code49510-49520 Duffy-MosconeFamilyNutritionEducationandServicesActof1970 Ed.Code49530-49536 Child Nutrition Act  
Ed.Code49540-49546 Child care food program  
Ed.Code49547-49548.3 Comprehensive nutrition services  
Ed.Code49550-49562 Meals for needy students  
Ed.Code49565-49565.8 California Fresh Start pilot program  
Ed.Code49570 National School Lunch Act  
Ed.Code51210 Areas of study  
Ed.Code51210.1-51210.2 Physical education, grades 1-6  
Ed.Code 51210.4 Nutrition education  
Ed.Code51220 Areas of study, grades 7 to 12  
Ed.Code51222 Physical education  
Ed.Code51223 Physical education, elementary schools  
Ed.Code51795-51798 School instructional gardens  
Ed.Code51880-51921 Comprehensive health education

### **Federal References Description**

42 USC1751-1769j National School Lunch Program  
42USC1758b Local wellness policy  
42 USC1771-1793 Child nutrition  
42USC1773 School Breakfast Program  
42USC1779 Rules and regulations, Child Nutrition Act 7CFR210.1-210.33 National School Lunch Program  
7CFR210.31 Wellness policy  
7CFR220.1-220.22 National School Breakfast Program

### **Management Resources References Description**

California Department Education Publication 01-05 Guidelines for Piloting Textbooks and Instructional Materials,rev. January 2015

CaliforniaProject LeanPublication Policy in Action: A GuidetoImplementingYourLocalSchoolWellness Policy, October 2006

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Center for Collaborative Solutions

ExemplaryPracticesinHealthyEating,PhysicalActivityandFoodSecurity,

Centers for Disease Control & Prevention Publication Jan 2015

Acute Concussion Evaluation (ACE) Care Plan, 2006

Court Decision A.M. v. Albertsons, LLC, (2009) Cal.App.4th 455 CSBA Publication A Governance Perspective: Interviews with School Board Members from theNine LinkedLearning Initiative SchoolDistricts, March2014

FederalRegister 70 Fed. Reg. 29727 Constitution Day andCitizenship Day (2005)

National Assoc of State Boards of Education Pub Fit, Healthy and Ready to Learn, rev. 2012

U.S.DepartmentofAgriculturePublication AccommodatingChildrenwithSpecialDietaryNeeds intheSchoolNutrition Programs: Guidance for School Food Service Staff, 2001

Website AASA The School Superintendents Association -

<https://simbli.eboardsolutions.com/SU/MOaF8AO8cslshSlfGc13QQoEQ==>

### Cross References Description

0200 Goals For The School District <https://simbli.eboardsolutions.com/SU/pXGcAV8yiQAz7ES7Po6dQw==>

0460 Local Control And Accountability Plan -

<https://simbli.eboardsolutions.com/SU/slshfDWk9wfAe10YSECslshj9O2g==>

0460 Local Control And Accountability Plan -

<https://simbli.eboardsolutions.com/SU/PEslshgQJE4jtXRE8Smlv1dzw==>

1220 Citizen Advisory Committees -

<https://simbli.eboardsolutions.com/SU/0WSjTLZKDbFqsvGfGFOH0w==>

1220 Citizen Advisory Committees -

<https://simbli.eboardsolutions.com/SU/juOYEK7pluslYSlefUmpNc65w==>

1230 School-Connected Organizations -

<https://simbli.eboardsolutions.com/SU/V2lQRzqcfOqK1lHWHf6Xlw==>

1230 School-Connected Organizations -

<https://simbli.eboardsolutions.com/SU/BJtlIWKkU5E1zH1slshwRuQ0A==>

1260 Educational Foundation -

<https://simbli.eboardsolutions.com/SU/aE7HDgkqBIC2Yslsh3N8V4OFA==>

1325 Advertising And Promotion -

<https://simbli.eboardsolutions.com/SU/ILqe0U4a9YnwClMkPWVUg==>

1330.1 Joint Use Agreements -

<https://simbli.eboardsolutions.com/SU/bmOGV9SSCzbBPZB9CYO5sw==>

1400 RelationsBetweenOtherGovernmentalAgenciesAndTheSchools

- <https://simbli.eboardsolutions.com/SU/2slshOddASNpRgaSFRbxqwJpQ==> 1700 Relations Between Private Industry And The Schools - <https://simbli.eboardsolutions.com/SU/hwBikl8KlgbB1ULvO9d32A==>
- 3000 Concepts And Roles - <https://simbli.eboardsolutions.com/SU/f0mslshlv9lr5HtGcDplusJAZnoA==>
- 3290 Gifts, Grants And Bequests - <https://simbli.eboardsolutions.com/SU/gM2mSIbbdy7sE9JELMVAw==>
- 3312 Contracts - <https://simbli.eboardsolutions.com/SU/Xrjuibfnt9vHXHRbfd2oWA==> 3452 Student Activity Funds - <https://simbli.eboardsolutions.com/SU/viplusdo0TplusQHXGslshBIS7WXVgw==>
- 3513.3 Tobacco-Free Schools - <https://simbli.eboardsolutions.com/SU/SfFgXhkTaOaxWQUBi30Kzg==>
- 3513.3 Tobacco-Free Schools - <https://simbli.eboardsolutions.com/SU/UNNP33JIQq13F4UY0frvcw==>
- 3513.4 Drug And Alcohol Free Schools - <https://simbli.eboardsolutions.com/SU/NjNas6YslshVrD5emvU2inQpA==>
- 3550 Food Service/Child Nutrition Program - <https://simbli.eboardsolutions.com/SU/xEpGyVq1KFauAWCcbwbauw==>
- 3550 Food Service/Child Nutrition Program - <https://simbli.eboardsolutions.com/SU/pD66NjFKTU99Ny01seebGA==>
- 3551 Food Service Operations/Cafeteria Fund - <https://simbli.eboardsolutions.com/SU/aisVslsh4OOSAbOO07WMI8Wyg==>  
Food Service Operations/Cafeteria Fund - <https://simbli.eboardsolutions.com/SU/vw1wzKbKplus6OhDkGTOEFI1A==>
- 3551
- 3552 Summer Meal Program - <https://simbli.eboardsolutions.com/SU/Eb9DTv3OAhStfxNzbJPD5A==>
- 3552 Summer Meal Program - <https://simbli.eboardsolutions.com/SU/RV9zackBdrplussNEIZJih3VA==>
- 3553 Free And Reduced Price Meals - <https://simbli.eboardsolutions.com/SU/mOvWjal1W0RdkyFnOVpluspUA==>
- 3553 Free And Reduced Price Meals - <https://simbli.eboardsolutions.com/SU/YbNpqRvc9g4URAABCG8ncQ==>
- 3554 Other Food Sales - <https://simbli.eboardsolutions.com/SU/5Pslshyr94U8O7AqOy7k6r40Q==>
- 3554 Other Food Sales - <https://simbli.eboardsolutions.com/SU/U2HZmL6jrKEINP3BRU2jGw==>
- 3555 Nutrition Program Compliance - <https://simbli.eboardsolutions.com/SU/lzac5ETxGRqSFslshoIFrJdqA==>
- 3555-E(1) Nutrition Program Compliance - <https://simbli.eboardsolutions.com/SU/L7Hi9slshFHUdmLPBS20kxm1Q==>



4131 Staff Development -

<https://simbli.eboardsolutions.com/SU/mplusJtQCJn0ArH43NKz32QQ==>

4231 Staff Development -

<https://simbli.eboardsolutions.com/SU/YX9IZdvUEZNtp9AuLVbcSw==>

5113.1 Chronic Absence And Truancy -

<https://simbli.eboardsolutions.com/SU/tzmVJAfkUOosP2UDsrUIPA==>

5113.1 Chronic Absence And Truancy -

<https://simbli.eboardsolutions.com/SU/j8uFtXcXDX6cQgYzsHk67g==>

5113.12 District School Attendance Review Board -

<https://simbli.eboardsolutions.com/SU/ese7Lplus5TELXCZ8xF0plusCQA==>

5113.12 District School Attendance Review Board -

<https://simbli.eboardsolutions.com/SU/TDg0OBetEmg5slshaDOxFMAPQ==>

5131.2 Bullying -

<https://simbli.eboardsolutions.com/SU/tDboCINOVoslshQiptfXslshzJmA==>

5131.2 Bullying - <https://simbli.eboardsolutions.com/SU/f2cYyaJzLvsvMmt1BZQC0Q==> 5131.6 Alcohol And Other Drugs -

<https://simbli.eboardsolutions.com/SU/ehwaVjHFsKfboxMDjfETjQ==>

5131.6 Alcohol And Other Drugs -

<https://simbli.eboardsolutions.com/SU/xzplusi2SplusKSeQu0AFVCplusJC5g==>

5131.61 Drug Testing -

<https://simbli.eboardsolutions.com/SU/ARCWn46hjEQmqQslsh9xdI71g==>

5131.62 Tobacco -

<https://simbli.eboardsolutions.com/SU/2vF029vq0Uv5YBeMplusFEpsA==>

5131.62 Tobacco - <https://simbli.eboardsolutions.com/SU/LJ5eEslshit6MN64f1uKjIwgg==> 5131.63 Steroids -

<https://simbli.eboardsolutions.com/SU/zF0yQ3OHOppluswqlf3dD8wYg==>

5131.63 Steroids - <https://simbli.eboardsolutions.com/SU/TUcs37QLzgrnBsHJOft9lg==> 5137 Positive School Climate -

<https://simbli.eboardsolutions.com/SU/jRjgplusopnUd0uMgyHO1dvGw==>

5141 Health Care And Emergencies -

<https://simbli.eboardsolutions.com/SU/jBuNCsiUislsh2HEvakqQPHvA==>

5141

Health Care And Emergencies -

<https://simbli.eboardsolutions.com/SU/3kRQYo1qgPRDQdnVRVeBlw==>

5141.22 Infectious Diseases -

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5141.22 Infectious Diseases -

<https://simbli.eboardsolutions.com/SU/qtbslsha4seX9VQt9pLslkq9A==>

5141.23 Asthma Management -

<https://simbli.eboardsolutions.com/SU/nmhQPdInxLZZnPbhPuKX3A==>

5141.23 Asthma Management -

<https://simbli.eboardsolutions.com/SU/IY1ORbajcZU1g413QROWkA==>

5141.27 Food Allergies/Special Dietary Needs -

<https://simbli.eboardsolutions.com/SU/Vt1ujFXuzj9YZCIMH8u0Dw==>

5141.27 Food Allergies/Special Dietary Needs -

<https://simbli.eboardsolutions.com/SU/YxlplusX993qMgY4CvyH6ukUg==>

5141.3 Health Examinations -

<https://simbli.eboardsolutions.com/SU/Xv9kl7q4xkrgB9Pl6g5FDg==>

5141.3 Health Examinations -

<https://simbli.eboardsolutions.com/SU/hPTWuOZnrceIn9trVdaMrg==>

5141.31 Immunizations -

<https://simbli.eboardsolutions.com/SU/XmLzDfSw7GwNslshR9qpluslyK8Q==>

5141.31 Immunizations -

<https://simbli.eboardsolutions.com/SU/y0TyDdKGXiBBuOzn9JHwYw==>

5141.32 Health Screening For School Entry -

<https://simbli.eboardsolutions.com/SU/3vi1YpnFW8anZE54wbDnQQ==>

5142.2 Safe Routes To School Program -

<https://simbli.eboardsolutions.com/SU/X2PHvVMMJn6Q9OHYC2kslshjg==>

5142.2 Safe Routes To School Program -

<https://simbli.eboardsolutions.com/SU/LVM4ExDBJAWGr36I4oLgQA==>

5144 Discipline - <https://simbli.eboardsolutions.com/SU/NeIGsSBfK38zfyEdNCJZQg==> 5144 Discipline -

<https://simbli.eboardsolutions.com/SU/8MDWgUMN3YISslshWRlad7akA==>

5145.3 Nondiscrimination/Harassment -

<https://simbli.eboardsolutions.com/SU/3RLPKjNPsN7ZGURJ4LNGYw==>

5145.3 Nondiscrimination/Harassment -

<https://simbli.eboardsolutions.com/SU/CUCON6Qd8nkjOdIjoQgkAQ==>

5145.6 Parental Notifications -

<https://simbli.eboardsolutions.com/SU/4cHxLdg4slshoGIsnHthCslshbfQ==>

5145.6-E (1) Parental Notifications -

<https://simbli.eboardsolutions.com/SU/1jjU8DgBkLxH11wb8eJDWw==>

5146 Married/Pregnant/Parenting Students -

<https://simbli.eboardsolutions.com/SU/ZsZwJAXCs9U07wvqBsZBPQ==>

5147 Dropout Prevention-

<https://simbli.eboardsolutions.com/SU/5slshlocUoqkPMIZKaslshvuNZPg==>

5148 Child Care And Development-

<https://simbli.eboardsolutions.com/SU/FVFRXRWBWhWKEQXSypslshgWA==>

5148 Child Care And Development-

<https://simbli.eboardsolutions.com/SU/cAY5xhOugslshYvLWdu8XZbKg==>

5148.2 Before/After School Programs -

