



NORTH OAKLAND COMMUNITY CHARTER SCHOOL

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SFA Wellness Policy

North Oakland Community Charter School as an SFA is dedicated to providing students access to healthy foods and opportunities to be physically active to grow, learn and thrive. NOCCS is committed to creating a school environment that promotes and protects students health, well-being and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of NOCCS SFA that:

- The school will engage students, parents, teachers, food service professional, health professionals, and other interested community members in developing, implementing, monitoring and reviewing NOCCS SFA school-wide nutrition and physical activity policies.
- All students grade K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet nutrition recommendations of the National School Lunch Program (NSLP) from the California Department of Education (CDE) and the United States Department of Agriculture (USDA).
- Only qualified child nutrition vendors will provide meals ensuring students access to a variety of affordable, nutritious, and appealing foods that meet health and nutrition needs of students; will accommodate religious, ethnic, and cultural diversity of the student body in meal planning; and will provide a clean, safe, and pleasant setting and adequate time for students to eat.
- To the maximum extent practicable, NOCCS SFA will participate in available federal school meal programs.
- The school will encourage lifelong habits of healthy eating and physical activity.

Goals for Nutrition, Physical Education and Activity, and Nutrition Promotion

Nutrition

It is the goal and policy of North Oakland Community Charter School to provide delicious and nutritious lunch for students. NOCCS also promotes the physical and intellectual well being of its students through healthy nutrition. We are committed to giving our students the opportunity and instruction to develop an understanding of their own personal nutrition. We will work to encourage parents, guardians, staff, and the community to serve as positive role models for nutrition education. Our goal is for our students to become healthy, active adults that can build and strengthen our community. To encourage consistent nutrition messages between home and school environments, we shall provide nutrition information to students, parents, guardians, staff, and the community. Outreach shall emphasize the relationship between student health and academic performance. NOCCS encourages the marketing of nutritious foods and beverages through signage.

Physical Education and Physical Activity

NOCCS is acutely aware that a sedentary lifestyle combined with unhealthy eating habits negatively affect student's behavior, academic performance and overall health. NOCCS shall adopt standards and goals for physical education and physical activities based on current health data and expectations found within California's curriculum framework. School staff will receive training designed to help create consistent, quality physical activity and nutritious choices to enhance student health, behavior, attendance and academic performance. All students in grades K-8 shall be provided with opportunities to be physically active on a regular basis. Students will also receive information about sports, exercise and dance opportunities in our community. To encourage consistent physical educational messages between the home and school environment, we will communicate physical fitness test results and other skill and knowledge assessment information to students, parents, guardians, staff and the community. Communication shall emphasize the relationship between physical fitness and academic performance; as well as the relationship between physical fitness, motor skill and knowledge and performance in life's activities. We shall encourage parents, guardians, staff and the community to serve as positive role models for physical education and physical activity. Parent outreach and education will be provided through a number of various channels, such as e-newsletters, all-school meetings and Family Teacher Organization (FTO) meetings.

Nutrition Promotion

NOCCS shall work with outside agencies, such as its food vendor, to support nutrition education as part of its Health Education Curriculum. All school nutrition curriculum shall utilize available materials and service learning (such as Community Dinners) to examine the root causes of hunger, food and insecurity in students' communities. We will continue to support food education by growing vegetables in our school garden. We will work to conduct healthy fundraisers and celebrations, while also refraining from the advertisement of unhealthy foods and beverages.

Nutritional Guidelines for Foods Available at School

NOCCS believes that access to high quality, nutritious meals has been shown to improve eating habits and overall health. NOCCS will offer healthy foods for school meals that meet the standards set by the National School Lunch Program. All food and beverages served or sold outside the federal meal program will also meet or exceed Senate Bill 19 Guidelines:

- No more than 35% of its calories from fat
- No more than 10% of its calories from saturated fat
- No more than 35% sugar by weight
- The only beverages that may be provided to students are milk, water, or juice that has at least 50% fruit juice.

School staff, students and parent groups will be encouraged to refrain from using candy and snacks of minimal nutritional value as rewards to students, during school-sponsored events, and/or fundraisers. We will also ensure that all students have access to free, fresh drinking water.

Guidelines for Reimbursable Meals

Food and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance.

Program Involvement, Implementation and Evaluation

NOCCS will establish a Health Advisory Committee to work with community groups to monitor the school's compliance with this policy and to suggest improvements to the health and fitness of its students. The Health Advisory Committee will consist of at least four people, drawn from the following groups: parents/guardians, teachers, administrators and/or students. The Head of School will designate a staff member to ensure that the school is in compliance with the wellness policy. The assessment of progress will include an evaluation of the program against program goals outlined here. This representative will represent the committee at parent meetings, and other school organizations in order to maintain health goals in all school activities. The Health Advisory Committee shall meet yearly to evaluate the wellness policy, progress made in attaining the goals, measure outcomes, and give updates to the NOCCS Board.

Posting Requirements

Each school shall post the school policies and regulations on nutrition and physical activity in public view within the school office, cafeterias or any other central eating areas (Education Code 49432). This Wellness Policy will also be posted on the NOCCS website.