

# School Wellness Policy Building Annual Progress Report

## 2021-2022

New Horizons Charter Academy | LWP Contact: Naheem Rashid, Coordinator

This tool is to document the school's progress in meeting the expectations of the district's wellness policy. NHCA should document the steps that have or will be taken. The items that are completed at the school site level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language (add more lines for goals as needed and change goal titles based on local policy language)	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and or barriers of implementation	List next steps that will be taken to fully implement and/or expand on the goal.
<b>Nutrition Education and Promotion Goals</b>					
1. NHCA website promotes amount and types of food to be eaten for nutritional health. Examples- "My Tray" and "Breakfast and Lunch meal patterns".		X		"My Plate" have been placed in ALL eating areas.	Each classroom will place a "My Plate" poster in each classroom to promote Breakfast and Lunch Website will promote all activities related to healthy living and schools LWP.
2. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.	X			"My Plate" is the only posting in ALL eating areas.	Placed new posters in the eating area that promote fruits, vegetable, and healthy eating.
<b>Physical Education and Physical Activity Goal</b>					
1. Is for all students in grades K-12 for the entire school year	X				
2. Is taught by a certified physical education teacher	X				

3. Includes students with disabilities, students with special health care needs may be provided in alternative educational settings	X				
4. Engages students in moderate to vigorous activity during at least 50% of physical education class time	X				
<b>Daily Recess</b>					
5. Elementary school (K-5) should provide recess for students that is at least 30 minutes a day and can include PE class.	X				
<b>Physical Activity</b>					
6. Grades 6-12 shall engage in physical activity for a minimum of 120 minutes per week in which there are at least 5 days of school and can include PE classes, activities at recess/advisory or during class time and before-or-after school activities.	X				
7. Encourages moderate to vigorous physical activity through the provision of space and equipment.	X				
8. Discourages extended periods (2 or more hours) of inactivity.	X				
9. Discourages withholding opportunities for physical activity as punishment.	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
<b><i>Meals served through the National School Lunch and Breakfast Program</i></b>					
1. Be appealing and attractive to children		X			Working with vendors to create new food items.
2. Be served in a clean and welcoming setting	X				
3. Meet, at a minimum, nutrition requirements established by state and federal law.	X				
4. Offer a variety of fruits and vegetables and whole grains.	X				
5. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).	X				

<b>School District will:</b>					
6. Share information about the nutritional content of meals with parents and students on an as needed (requested) basis.	X				
7. Nutritional binder available in the kitchen in each building.	X				
<b>Breakfast</b>					
8. To ensure all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, school will operate the breakfast program to the extent possible	X				
9. Notify parents and students of the availability of the School Breakfast Program.		X		School Breakfast Program (SBP) Announcement is sent to all families at the beginning of school and toward the middle of school as a reminder.	School will post LWP on website and provide updates as needed.
<b>Free and Reduced-Priced Meals</b>					
10. The school district 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 meals. Toward this end, the school district may utilize electronic identification and payment systems		X		NHCA will be applying for a provision that is more viable for the schools financial status and meet the requirements of the Universal Meals food program.	
11. Promote the availability of meals to all students.		X		NHCA will promote the food program on the schools website.	
<b>Meal Times and Scheduling</b>					
12. Students are provided with at least 10 minutes to eat after sitting down for breakfast and at least 20 minutes after sitting down for lunch	X				
13. Should schedule meal periods at appropriate times, etc, lunch should be scheduled between 11am and 1pm, any activities planned during mealtimes should allow students to eat during these activities.	X				

14. Will provide students access to handwashing or hand sanitizing before they eat meals or snacks.		X		Fairs handwashing sink is being repaired to ensure we have a washing station with hot water.	Repair will be completed by LAUSD by end of June 2022.
<b>Qualifications of Food Service Staff</b>					
15. Qualified nutrition professional will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all nutrition professionals	X				
16. Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.	X				
<b>Sharing of Food</b>					
17. The school district discourages students from sharing non-pre-packaged foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.	X				
<b>Beverage and Food: Sold outside the NSLP and NSBP</b>					
18. All food/beverages sold to students outside the NSLP and NSBP during the school day will meet the standards outlined in the USDA "All Foods Sold in Schools", also known as "Smart Snacks". This includes vending, a la carte and in-school fundraising items sold from midnight the night before, to 30 minutes after the end of the official school day. These items will be entered into a nutrition calculator to verify that the product meets "Smart Snacks" standards. Food and beverages sold to students outside the school day (as defined by law) need not comply with the USDA "Smart Snacks".	X			A list of all approve items for fundraising sales is provided to each teacher, staff, and administrator at NHCA.  Sales are prohibited during school hours, per NHCA's internal policies and procedures.	
<b>Fundraising Activities Snacks</b>					

<p>19. To support children’s health and nutrition education efforts, food based school fundraising activities conducted in-school during the school day (as defined by law) must meet USDA “Smart Snacks” and cannot be sold in competition with school meals. The district encourages out-of-school fundraisers to also meet the “Smart Snacks”. The district encourages fundraising activities that promote physical activity.</p>	X				
<b>Snacks</b>					
<p>20. Snacks served during the school day will make a positive contribution to children’s diets and health, with an emphasis on serving snacks from the healthy snack list and water or milk that follow the nutritional guidelines. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, personnel and parents.</p>	X				
<b>Rewards</b>					
<p>21. The school district recommends not using food or beverages as a reward. If the school uses beverages or food as a reward for academic performance or good behavior, it is recommended that the food or beverage conform to the nutritional guidelines in this policy. Schools will not withhold beverages or food as a part of punishment or disciplinary measures, inside and outside the NSLP and NSBP.</p>	X				
<b>Celebrations</b>					
<p>22. Each school will evaluate their celebration practices that involve food and beverages during the school day, taking into account the special needs of their students. The school district will disseminate a list of healthy party ideas to parents and teachers.</p>		X		<p>School will be posting the healthy snack list on the website for parents to access</p>	<p>This will be completed by March 2022</p>

<b>Food Safety</b>					
All foods made available on campus adhere to food safety and security guidelines. All foods made available on campus do comply with the state and local food safety and sanitation regulations. For the safety and security of the food and facility, the food service operations are limited to child nutrition and staff personnel.	X				
<b>Other School Based Activities Goals</b>					
<b>Integrating Physical Activity into the Classroom Settings</b>					
1. The school will discourage sedentary activities, such as watching television, playing computer games, etc.	X				
2. Provide short physical activity breaks between classes, as appropriate.	X				
3. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.	X				
<b>Communication with Parents</b>					
1. Offer nutrition tips on the school website			X		2School will add a “Nutrition Tips for Parents” section on the schools website.
2. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that don’t meet the established nutrition standards for individual foods and beverages.			X		School will share the USDA approved list of snacks and beverages allowed at school.
3. Provide information about and support parents’ efforts to provide their children with opportunities to be physically active outside of school.			X		School will be adding additional information about Wellness / Physical Activities / Exercise Regimens.
4. Provide Monthly Menu on website		X		A monthly menu is provided to families on the school’s website.	Needs to be updated monthly
<b>ANNUAL ASSESSMENT DATE:</b>					

Reviewed by Richard Thomas, School Principal	Date		Signature	
Reviewed by Bea Italia, Food Service Manager	Date		Signature	
Reviewed by Naeem Rashid, Coordinator	Date		Signature	
Reviewed by Physical Ed Teacher,	Date		Signature	
Reviewed by Parent, Xiomara Medrano	Date		Signature	
Reviewed by Community Liaison, Rosa Arrington	Date		Signature	