



# **Orange County Educational Arts Academy**

## **Wellness Policy**

**2021-2022**

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## **STUDENT WELLNESS**

### Students

The Orange County Educational Arts Academy (OCEAA), along with parents/guardians, the community, and 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 students. The goal of the OCEAA Wellness Policy is to help students, staff, volunteers, and families achieve and maintain a sense of well-being and overall ‘Wellness’ as they strive to reach their personal and academic goals.

OCEAA’s School Director shall build a coordinated school health system that supports and reinforces health literacy through the Wellness Committee, health education, physical education, child nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

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

OCEAA’s Wellness Committee, directors, and site administrators will ensure that the local school Wellness Policy is implemented, monitored, and revised through the use of implementation surveys and through reports to the Governing Board every two years.

### Wellness Committee

The committee will convene at least three times annually during the school year at hours convenient for public participation. Information regarding meeting times and updates will be available to the public.

The designated Wellness Committee Lead will pursue active participation within the committee by inviting teachers, parents, students, OCEAA administrators, the governing board, community-based organizations, health professionals and the general public to attend regular meetings via OCEAA’s website, Class Dojo, and Parent Square.

## **NUTRITION EDUCATION, PHYSICAL ACTIVITY, FOODS & BEVERAGES, AND OTHER SCHOOL ACTIVITIES**

The governing board shall adopt goals for nutrition, nutrition education and promotion, physical education and physical activity, and other school-based activities that are designed to promote student wellness in a manner that OCEAA determines appropriate.



## Nutrition Education and Promotion

(New Section 204 of the Healthy-Hunger Free Kids Act of 2010)

Pursuant to the requirements of the Education Code (CA Ed/Code 51210.4), nutrition education is encouraged as part of the instructional program in grades TK-8 as suitable, integrated into core academic subjects and offered throughout the school day.

Nutrition education programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services and to achieve the competence to use such information and services in ways that are health enhancing.

OCEAA aims to teach, encourage, and support healthy eating for students, school staff, parents, and the community at large. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:

- Offering each grade level a sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health
- Integrating, as appropriate, into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences
- Providing developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trip to farms, community gardens, and/or other community locations promoting healthy lifestyles
- Participating in the Fresh Fruit and Vegetable Program and Harvest of the Month to the maximum extent possible to introduce different fruits and vegetables to students
- Promoting the consumption of water, fruits, vegetables, whole-grain products, and low fat and fat-free dairy products, and sharing healthy food preparation methods
- Linking education and promotional activities with OCEAA's Nutritional Services, the Garden Grill, and nutrition-related organizations and community services/organizations
- Incorporating lessons to help students acquire skills such as reading food labels and meal planning
- Promoting individual school site health and wellness fairs where nutrition and physical activity information and resources will be shared with the community
- Providing consistent messaging about healthy habits where we live, learn, work, and play

School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to promotion of those consistent with California Nutrition Standards and guidelines set forth by OCEAA.

The advertising of foods and beverages that are not available for sale in OCEAA will not be advertised on school property. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.



The healthiest choices such as salads and fruits will be prominently displayed at the Garden Grill to encourage students to make healthy choices.

### Physical Activity

OCEAA will provide all students with opportunities for both structured and unstructured physical activity sessions. OCEAA utilizes an Active Play approach to daily recess and weekly physical education periods. Students will spend at least 50 percent of weekly physical education periods participating in moderate to vigorous physical activity.

OCEAA's fitness activities shall promote positive self-image and teach students how to cooperate to reach common goals. OCEAA will administer the Physical Fitness Test to all students in grades five and seven as required by *EC Section 60800 and 5 CCR Section 1040*.

Students with disabilities and/or special healthcare needs will receive modified or adapted physical activity services. Exemptions include students who are ill, injured, a modified program cannot be provided, or the student is enrolled for one-half of the school day or less.

OCEAA shall:

- Incorporate nutrition and physical activity into family events provided throughout the school year
- Encourage students to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to walk to school, take the stairs, etc.
- Encourage physical activity opportunities to be provided to all OCEAA students, staff, families, and community
- Ensure that opportunities for physical activity and recess will not be used as a means for punishment (Example: running laps or jogging around a playground)
- Encourage teachers to find alternatives to withholding recess or other physical activities as a punishment. The administration believes that recess and other opportunities for physical activity are an essential part of the school day
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement of these rules and procedures

### Garden Grill Team Qualifications

Qualified nutrition professionals will administer OCEAA's meal programs. As part of the school's responsibility to operate child nutrition programs, we will provide continuing professional development for all members of the Garden Grill team. Staff development should include appropriate certification and/or training programs for OCEAA's Nutrition Services Manager and Garden Grill team, according to their levels of responsibility.



## Foods and Beverages

Nutrition standards for all foods and beverages including those served in federally reimbursable meal programs, a la carte items sold by Garden Grill, food sold by student organizations, food sold by fundraisers, and food offered to students will adhere to all laws and regulations of the federal, state, local governments and the OCEAA Wellness Policy. This includes any and all existing future regulations on food service and safety. These regulations will be in effect for services offered to students during the school day. A school day is defined as the midnight before to 30 minutes after the end of the school day.

The Garden Grill will provide and disseminate health information to parents/guardians, school staff, and students about the nutrition content of meals through school menus, newsletters, handouts, meetings, the OCEAA's website, Class Dojo, and Parent Square.

## Nutrition Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issues pursuant to 42 USC 1751-1769, 1758b, and 1771-1791 and shall meet nutrition standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773).

Foods should:

- Be nutritious and appealing to students by appealing to their taste preferences
- Meet the nutritional guidelines and meal pattern requirements mandated by the United States Department of Agriculture as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA)

## Meal Times and Scheduling

Schools shall:

- Participate in the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and the Seamless Summer Option to the maximum extent possible
- Ensure adequate time to eat by including at least 20 minutes of "seat time" for lunch and/or at least 10 minutes of "seat time" for breakfast
- Promote heavily our Salad Bars
- Make available free, potable water for consumption in the place where meals are served during meal service at OCEAA (Section 203, Healthy, Hunger-Free Kids Act, 2010 and AB 1413)



### Sharing of Foods and Beverages

OCEAA prohibits students from sharing beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### Unhealthy Foods

Data demonstrates that students need good nutrition for healthy brain development. All of OCEAA is committed to providing a school environment that promotes and protects the student's health, well-being and the ability to learn by supporting healthy eating and physical activity. All menus and food offerings are intentionally designed to be as healthy as possible. We ask for collaboration with families to keep our environment healthy by doing your best to send your child with nutritious offerings.

OCEAA discourages junk food in the school building, including but not limited to candy, cake, cupcakes, cookies, donuts, chips, donuts, soda, fast food, sugary drinks (frappuccinos, sport drinks, ice-tea, flavored water, etc.). When students bring unhealthy food products to OCEAA, the Nutrition Services Manager will offer the student the opportunity to trade the unhealthy item for a healthier choice. Introducing new foods and options in a positive dialogue with students is an OCEAA priority.

### Communication with Parents

OCEAA supports parents' efforts to provide a healthy diet and daily physical activity for their children. OCEAA encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet USDA's nutrition standards. OCEAA will provide parents a list of suggested foods that meet the Smart Snacks in Schools standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, OCEAA will provide opportunities for parents/guardians to learn more about nutrition, healthier food practices and sample recipes.

### Free and Reduced-Price Meals

OCEAA recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, OCEAA shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria by participating in available federal nutrition programs to the extent possible.

OCEAA will take steps required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals. Codes are assigned to meal status on student lists to prevent overt identification.

OCEAA will specify how families are provided information about determining eligibility for free/reduced priced meals. Paper applications for free/reduced priced meals will be available to



all families prior to the start of the new school year. Online applications will be available on OCEAA's school website prior to the start of the new school year as well.

### School Beverages

OCEAA limits all beverages to water, 100% juice, and milk; this includes all beverage sales and drinks brought by students. All beverages must be caffeine-free. Portion sizes of juice and milk vary by the grade of students. In order to be compliant with USDA guidelines and to support healthy food choices and improve student health and well-being, allowable beverages that can be brought by students and/or sold include:

- Water
  - No added sweeteners, flavors, etc.
  - No serving size limit
- 100% fruit or vegetable juice
  - No added sweeteners, and
  - Less than or equal to 8 fluid ounce serving size for elementary school students
  - Less than or equal to 12 fluid ounces serving size for middle school students
- Milk
  - 1% or fat-free unflavored milk
  - Less than or equal to 8 fluid ounce serving size for elementary school students
  - Less than or equal to 12 fluid ounce serving size for middle school students
- Non-dairy milk:
  - Nutritionally equivalent to milk, must contain per 8 fluid ounces:
    - At least 276 milligrams calcium
    - At least 8 grams protein
    - At least 500 IU Vitamin A
    - At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 milligrams phosphorus
    - At least 349 milligrams potassium
    - At least 0.44 milligrams riboflavin
    - At least 1.1 micrograms Vitamin B12, and
    - Less than or equal to 8 fluid ounce serving size for elementary school students
    - Less than or equal to 12 fluid ounce serving size for middle school students

### Allergy Policy

There are students within our OCEAA community with documented severe food allergies. To protect their health, designated dining tables will be completely nut free. If student food allergies become extreme or unmanageable, OCEAA reserves the right to move toward a 100% nut free



school model with appropriate communication. The school nurse must be informed of all school allergies.

OCEAA's Nutritional Services is not required to make accommodations based on food preferences of a family or child.

OCEAA must make substitutions to meals for children with a disability that restricts the child's diet on a case-by-case basis and only when supported by a written medical statement from a state licensed healthcare professional. The California Department of Education only permits the following state licensed healthcare professionals to complete and sign a written medical statement for a disability: licensed physicians, physician assistants, or nurse practitioners.

### Competitive Foods and Beverages

OCEAA is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal program (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks in School aim to improve student health and well-being, increase consumption of healthy foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

In order to be compliant with the USDA final rule and to support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students during the school day must meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply to all services where foods and beverages are sold, which may include, but not limited to, a la carte food sold by Garden Grill, food sold by student organizations, food sold by fundraisers, and food offered to students.

To qualify as a Smart Snack, a snack or entree must:

- be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- have as the first ingredient a fruit, vegetable, dairy product or protein food, or
- be a combination food that contains at least ¼ cup of fruit and/or vegetable, and
- meet the following minimum standards for calories, sodium, sugar and fats:

<b>Nutrient</b>	<b>Snack</b>	<b>Entree</b>
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less



Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

### Celebrations and Rewards

OCEAA limits celebrations during the school day to no more than one party per class per month on the last Friday of the month. This includes classroom celebrations and birthdays. Classroom celebrations will focus on activities rather than food. Foods are to meet USDA's [Smart Snacks in School](#) nutrition standards. The [Alliance for a Healthier Generation Smart Food Planner](#) provides a link to Smart Snack compliant products as well as a [calculator](#) to check your food labels for compliance. All foods brought to main campus for celebrations will be held in the Garden Grill for distribution after lunch. All foods brought to the Annex building will be held in "La Cocinita" for distribution after lunch. Due to COVID-19, all foods will be required to be individually packaged with an ingredient list to Nutritional Services.

OCEAA does not use foods and beverages as rewards and does not withhold foods as a punishment. Using food as a reward or withholding as a punishment undermines healthy eating habits and interferes with children's ability to self-regulate their eating.

OCEAA encourages non-food alternatives as rewards. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows.

### Fundraising

Fundraising activities will strive to support healthy eating and wellness. Any foods or beverages sold as a fundraiser to students on school campus, during the school day, outside of the school meal program must comply with the state and federal competitive food or beverage restrictions and meet the USDA's Smart Snacks in School nutrition standards.

### Field Trips

The National School Lunch Program regulations require all students be offered the option to take a complete school lunch meal with them when going on a field trip.

\*Complete school lunch meal provided by the National School Lunch Program must follow the nutrition guidelines for the specific age group

## **OTHER SCHOOL HEALTH ACTIVITIES**

### Staff Wellness

OCEAA recognizes the link between employee health and well being as vital to the work and the mission of OCEAA. OCEAA's goal is to provide work environments that increase health



awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for OCEAA employees.

OCEAA highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Staff are encouraged to model healthy eating and drinking behaviors.

Teachers and Staff who consume snacks or lunch alongside students should only eat healthy foods and beverages in their presence. Staff and teachers are provided with break/lunch periods and are not required to eat with students.

### Student Wellness

OCEAA shall:

- Provide all students a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified health supervisor
- Provide students access to credentialed school counselors and psychologists, as needed, who offer support and assistance in making healthy decisions, managing emotions, and coping skills
- Require schools to provide a safe and healthy school environment that supports health literacy and emotional safety

### KEDS: After School Program

OCEAA shall require:

- KEDS to provide physical activity opportunities for all students after school
- Snacks and meals are to meet USDA federal and state guidelines. Food that does not meet USDA nutritional requirements will not be allowed for distribution.

### Implementation, Evaluation and Monitoring

Program Implementation and Evaluation References: Education Code (EC), sections 49431 (c), 49431.2 (d), and 49434

The Director's and Wellness Committee Lead shall recommend for Governing Board approval of specific quality indicators that will be used to measure the implementation of the policy school wide. These measures shall include, but not be limited to:

- An analysis of the nutrition content of meals served
- Student participation rates in school meal programs
- Frequent reminders via emails and meetings to teachers, staff, and parents/guardians
- Summary of school events that supports positive healthy lifestyles
- Surveys and follow-ups to students and staff about the meal program and school



activities

- Feedback from food service personnel, school administrators, the wellness committee, parents/guardians, students, and other appropriate persons

The Wellness Committee Lead will be responsible for ensuring that the wellness policy is implemented throughout all of OCEAA by communicating regularly with school administrators, teachers, and parents/guardians. Primary operational responsibility for the wellness policy will be as follows:

1. The Nutrition Services Manager will ensure that all federal, state, and local laws and regulations regarding the child nutrition programs are strictly enforced.
2. The School Director's will ensure that nutrition guidelines for foods available at schools are followed, that competitive food sales during the school day meet or exceed state and federal regulations, and school approved physical activity programs will be provided.
3. OCEAA will designate one staff member from each department to be a wellness liaison who will be responsible for working within their department to ensure compliance within the school and for reporting progress to the Wellness Committee. The Wellness Committee will provide assistance with implementing the Wellness Policy at the school level as needed.

The Wellness Committee Lead will conduct a qualitative assessment of policy implementation every two years using the [Wellness School Assessment Tool-Implementation \(Well SAT-I\)](#).

The Wellness Committee Lead will provide an annual report to the Governing Board evaluating the implementation of the policy. This information/report will be made public and will be shared with the directors, staff, students and parents/guardian through the following means of communication: OCEAA school websites, e-mails, and social media.

The annual progress report will include a link to OCEAA's Wellness Policy, a summary of wellness activities implemented that school year, and contact information for the OCEAA Wellness Committee Lead. The report will include information on the next Wellness Committee meeting for those who want to participate.

The director shall report to the Governing Board every two years on the implementation of this policy and any other policies related to nutrition and physical activity. As necessary, the wellness policy shall be revised and/or modified to reflect state and federal laws and evaluation results.

OCEAA's Wellness Committee will review and update the policy every two years with consideration to the most current state and national recommendations as applicable to student wellness.

Nutrition education and information regarding the nutrition standards will be provided to parents/guardians in the form of handouts, OCEAA's website, e-mail, Class Dojo, Parent Square, and/or through any other appropriate means available to reach parents.



### Posting Requirements

Required communications on the Wellness Policy are to be posted on the OCEAA website and available to the public at the school site. (Education Code 49432)

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, audiotope, 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](#), (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)



**Wellness Policy Committee Members  
2021-2022**

**Mike Limon** Executive Director

**Rosalinda Vargas** Human Resource Manager

**Yanelly Alonso** Nutrition Services Manager

**Miriam Ramirez** KEDS/ Student Activities Manager

**Catherine Finneran** Office Manager

**Pattie Cordova** Marketing Consultant

**Christina Geiger** Parent