

# **Challenge Charter School**

## **Local Wellness Policy**



**2020-2021**

## **Philosophy**

On June 30, 2004, the President of the United States signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of the law requires schools participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that addresses student wellness and the growing problem of obesity, by the end of the school year following July 2006. Challenge Charter School believes in a coordinated and comprehensive approach to staff and student wellness. Challenge Charter School since its inception has promoted healthy eating and snack habits; Challenge has also encouraged daily physical exercise believing that children of all ages who begin each day as healthy individuals. One of the schools main goals as defined by its Charter Document is: to remove health related obstacles which prevent children from learning.

- Learn more.
- Learn better.
- Are more likely to complete their formal education.

Challenge Charter School also believes that the combination of healthy students, healthy staff, and a healthy school will improve...

- Educational outcomes - gaining knowledge and skills, higher performance on student assessments.
- Educational behaviors – reduced absenteeism, fewer behavior problems, and active involvement in the learning process.
- Student attitudes – positive interest in learning, more alert students, increased academic aspirations, and greater involvement in the school community.

## **Healthy School Environment**

Challenge Charter School will/has...

- Ensured that all school buildings and grounds, structures, buses and equipment will meet all current health and safety standards, and be clean, safe, and in good repair.
- Made drinking fountains and/or bottled water available to all students and staff throughout the school day.
- Require that all school buildings and grounds maintain an environment that is free of tobacco, alcohol, and other prohibited substances during the school day.
- Support the personal safety of all students by establishing a set of recess rules and a code of conduct that ensures physical and emotional safety.
- Encourage an environment free from harassment, threats, and violence.
- Create an environment where all students, parents/caregivers and staff members are respected, valued, and accepted, with high expectations for personal behavior and accomplishments.

- Continue to implement our Environmental Health Policy. As one of the original school to actually construct it's facilities with defined environmental requirements to ensure access for environmental ill children, Challenge has been a leader in the philosophy of providing a healthy place for our students to learn.

## **Health Services**

School staff, teachers, nurses, administrators, will work together to have an on-going approach to helping students build health – related knowledge and skills. Challenge Charter School believes an effective health care policy not only promotes academic achievement, but also improves the mental and physical health of students.

The primary goal of our health policy is to...

- Ensure the health and safety of the children who attend Challenge Charter School.
- Maximize the use of current expertise within our staff and parent community (Doctors; PA's; RN; members of the grater health service community – Diabetes Foundation, etc.)
- Use outside agencies and resources to promote health and wellness for students, families, staff and community, when necessary, such as: Honor Health Services; Mid-Western University Medical School; local fire and paramedic services provided by the City of Glendale.
- **Due to Covid-19 masks will be highly encouraged and required if they cannot social distance. Anyone with temperature 100 or above, or signs of illness will be excluded.**

## **Safe Environment**

CCS has implemented a school safety plan in case of any crisis. The safety committee meets annually and makes revisions as needed. CCS holds a safety meeting with all staff annually. Fire Drills are performed monthly and Lockdown drills are performed 2x yearly. Each staff member is asked to complete a survey of what worked and what needs adjusted after each drill. The safety committee will go over all suggestions and make adjustments as needed. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. CCS will conduct necessary inspections and repairs.

## **Nutrition/Food Services**

Academic performance and quality of life are affected by the availability of food choices in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. Therefore, Challenge Charter School will work to assure that all food choices served or sold on school grounds are consistent with current nutritional standards and the Smart Snacks guidelines.

To accomplish this goal, Challenge Charter School will see that...

- All meals will at a minimum, meet the New Meal Pattern requirements established by local, state, and Federal statutes and regulations and will be available to students.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available at the school.
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
  - Sliced, cut fruit or canned fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - All staff members, especially those serving, have been trained to politely prompt students to consume the daily vegetable options with their meal
  - White Milk is placed in front of Chocolate Milk
  - Students are given the chance to give feedback on the food items offered
  - Trash Cans are emptied after each lunch service or when full
  - A monthly menu is posted in the lunch room, front office, emailed to all families, and placed on our school website. Students from 6<sup>th</sup> grade also announce daily hot lunch during morning announcements heard in every classroom.
  - Lunchroom is decorated with student art
  - Lunchroom employees provide an inviting environment by smiling and greeting the students as they arrive in the lunchroom.
  - Lunchroom lighting is bright and in working condition.
- Provide a clean, safe, meal environment for students.
- Provide enough space and serving area to ensure all students have access to meals with minimum wait time.
- Encourage all students to participate in school meal programs, with the identity of students who eat free and reduced – price meals being protected. This will be promoted by sending all families a free/reduced lunch application along with information on our catered lunches and how to order. We also promote the food nutrition program at our annual open house before the school year begins.
- Ensure adequate time for students to eat healthy foods with their peers. (25 minutes daily)
- Schedule lunchtime as near the middle of the school day as possible.
- Assure that students will receive consistent nutritional messages throughout school, classrooms, and cafeteria. This will be accomplished by daily announcements to promote and market food options.
- Ensure that all school celebrations and fundraising efforts are supportive of healthy eating per Arizona Law (ARS 15-242) come from a commercial source with an approved Maricopa County Health Permit. Parents, teachers, and community members will be directed to contact the Nutrition and Wellness Liason (Principal Miller) for guidance.
- Make every effort to accommodate special dietary needs.
- CCS has since its inception defined healthy snacks; lunches; food groups; etc. for our parent community to use for those children who bring their lunch & snacks from home to school. This is always a part of our yearly new student/parent tours for incoming students.

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The LEA will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, bottled water.
- All students are encouraged to bring a water bottle from home.

## **Competitive Foods and Beverages**

All food and Beverage items sold from midnight before to 30 minutes before school, will meet all federal, state, and local standards.

## **Health/Nutrition Education & Marketing of Food & Beverage**

Challenge Charter School strives to educate our students to make healthy decisions and lead a healthy lifestyle. This is a broad and on – going task that is best accomplished through the coordination of many disciplines at all grade levels. While primary delivery may be from the elementary classroom teacher, all content areas will be encouraged to incorporate, apply, encourage, and model health – related knowledge and skills at all grade levels. (Poster placement; PE & Health curriculum; Professional Development & In-Service opportunities; Monthly School Advisory Meeting with parents; There are no unhealthy food, food options, or fundraising, that would be associated with any fast food organizations. We are a school of integrated instruction and as identified thru out this policy, wellness is a major item that is part of that integration and these topics are integrated in appropriate thematic units. Some included subjects given in Health Education are as follows:

- Eating a variety of food every day
- Accepting body size differences
- Importance of eating breakfast
- Choosing food and drink with low sugar
- Importance of water consumption
- Making healthy choice when eating out at a restaurant
- Disease prevention as it applies to healthy eating

These are taught within the classroom and during PE instruction. They are a coordinated effort and the Physical Education teacher is responsible for monitoring progress with the grading system. The administration oversees the instruction and makes changes as needed.

## **Physical Education**

Challenge Charter School promotes good health by encouraging students to lead physically active lifestyle both in and out of school.

Challenge Charter School believes that Physical Education and physical activity are essential elements of a school's instructional program, and will therefore work to meet Arizona's standard in Physical Education. The primary goals of a comprehensive physical education program are to...

- Provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities.
- Maintain student's physical fitness.
- Ensure students the short – and long – term benefits of a physically active and healthful lifestyle.

The school will include in the health education curriculum the following essential topics on physical activity:

- Designed to stress physical fitness and encourage healthy, Active lifestyles.
- Provides Structured Physical Education to all students, kindergarten thru 6<sup>th</sup> grade.
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Provides health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Provides phases of an exercise session, that is, warm up, workout, and cool down
- How to overcome barriers to physical activity
- Promotes decreasing sedentary activities, such as TV watching (We have a Turn Off The TV Campaign once a year)
- Gives opportunities for physical activity in the community
- How to prevent injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan through criterion-based reporting for each student.
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Social influences on physical activity, including media, family, peers, and culture
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity
- We have a well established "Fuel-Up to Play 60" program that is sponsored by the NFL & the Arizona Cardinals☺.

- The Physical Education teacher observes, monitors, and tracks each student’s progress of their physical fitness journey through our grading system. Our Physical Education teacher is assessed by an administrator throughout the school year to assess and monitor implementation of the policy.

In addition to the Physical Education program. Challenge Charter School will provide additional opportunities for Physical activity including, but not limited to...

- Playground opens daily 30 minutes before the school day begins.
- Field day.
- After – school programs that encourage physical activity examples might be a basketball clinic, gymnastics, dance, yoga, etc.
- All K-6 students at Challenge Charter School will have an opportunity to participate in two (2) scheduled recess period(s) during the school day. (at least 60 minutes) Half-day Kindergarten students will receive one recess period during the school day. The lunch recess, whenever possible, will be scheduled before the lunch period, in alignment with best practices for health and well-being including hand washing before consuming meals.
- Challenge Charter School will promote and encourage student participation in physical activity and recognizes that all physical activity contributes to a healthy lifestyle and better learners. Teachers will provide students with a variety of options for participation in developmentally appropriate physical activity, including these recess periods. Recess activities may be structured or unstructured play. Challenge Charter School teachers and staff will be in charge of supervising recesses, and will receive training in maintaining a safe and peaceful playground.
- Spring Fall Run (promoted by announcements, banners, letters, school newsletter etc.)
- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.
- CCS will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.
- Challenge Charter School also hosts a school garden as part of the school curriculum.
- Field Trips are hosted to Local Farms

**\*Covid-19 guidelines may prohibit some of the above activities.**

## **Active Transport Before & After School**

The school will support active transport to and from school, such as walking or biking. The school will encourage this behavior by engaging in the activities below:

- Bicycle Rack is provided
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Notice from parent allowing student(s) to walk to park across street from school at the end of the day

## **Staff Wellness**

Challenge Charter School is fully aware that healthy staff members can more effectively perform their duties and serve as powerful role models for healthy living. The school supports wellness activities that staff would like to take part in when ever it is possible. Our Medical Insurance program, fully provided by the school to our employees at no cost to them, also has a Wellness incentive program. Flu shots are highly encouraged and time to receive the shot is given during working hours.

## **Parent Involvement**

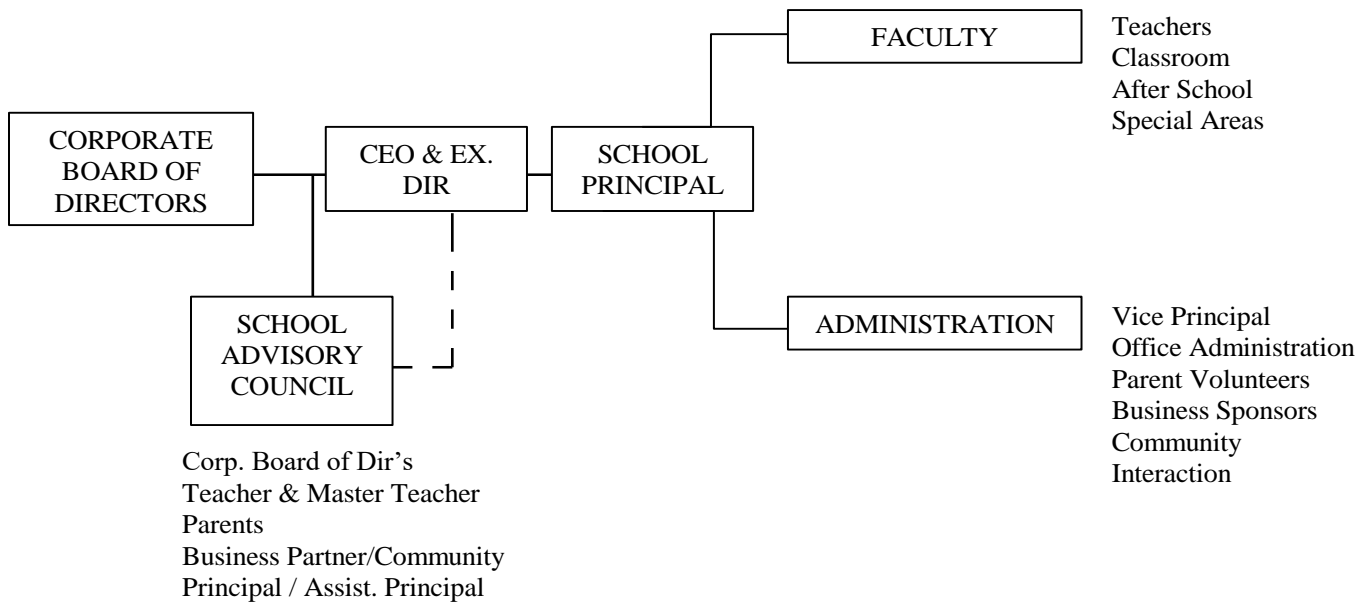
One of the biggest benefits at Challenge Charter School is our approach to parent involvement and impute through our School Advisory Council (SAC). This approach gives Challenge the opportunity to have parent and Community impute when ever we implement a new policy. To understand how our SAC works we have taken the following right out of our Charter with the State of Arizona:

The Board of Directors has established a School Advisory Council that functions as the site council for the school, and is composed of any two members of the Corporate Board of Directors, one master teacher, one classroom teacher, one parent and two corporate sponsors or community members. The SAC meets once a month and is open to all parents of our school community. At these meetings the agenda is associated with the activities of the school, important information concerning the health & safety of our students, and the distribution of any useful and important information to our parent community. As the Site Council, the School Advisory Council supports the school in areas such as: school community interaction, complaint procedures, and student discipline actions. The SAC is the last step in the school's student discipline due process. Members of the School Advisory Council are expected to be active on campus, and provide suggestions for school improvement.

Any one of our Master Teachers serve on the School Advisory Council at any given time. The Corporate Board appoints the parent representative with input from the parent community. Corporate partners and/or community members will be asked by the Corporate Board to serve.



Currently those positions are filled by Glendale City Fireman, and Police Officer. The diagram on the next page defines the organizational flow and how the SAC fits into the day to day operations of our school.



## **School Wellness Committee**

Challenge Charter School will convene a representative wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school's wellness policy. This committee will include the school health tech, food service director, school administrators, physical education teacher, and the school board.

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

The school's Principal will oversee the implementation of the policy and be responsible for convening the wellness committee. Although each staff member will be responsible for reading, understanding and utilizing the policy, Challenge Charter School's Principal and Vice Principal will be responsible for staff employee's reviews at once a year to ensure the wellness policy is being implemented and make changes as needed. The Wellness Committee will read, review, and revise relevant sections of the initial Wellness Policy and Guidelines as needed and present it to the school board for approval. The school's compliance officer will be responsible for notifying the public about the wellness policy. The school's food service manager will ensure compliance of NSLP by at least 18 hours of yearly professional development, health inspections

and reviews by ADE Health and Nutrition Department. The schools wellness committee will meet and implement updated policies annually. Near the end of each school year, each family has the opportunity to complete a parent survey that gives the school insight on what areas are working and what the school may need to improve on from curriculum to staff instruction etc. Parent and Community Involvement will be accomplished by emails, school website and monthly newsletters.

### **Triennial Progress Assessments**

Challenge Charter School will assess compliance and progress of their local wellness policy at least once every 3 years. In addition USDA requires that the school compares their policy to the Alliance for a Healthier Generation's model wellness policy.

The school will accomplish this by assessing the template of the Alliance for a Healthier Generation's model and comparing it to the current policy in place at CCS. Challenge Charter School's Principal will be responsible for the assessment. This assessment will be done by comparing activities, classroom syllabus, and parent involvement against other state and local wellness policies. The schools Food Service Director and Physical Education teacher will meet to discuss what is being done in class and at the food service level and provide that information to the board for further assessment. The school board will make the necessary changes as appropriate.

### **Notification of Wellness Policy, Policy Updates and Triennial Assessment**

Challenge Charter School will make the Local Wellness Policy available on the school website and in the front office. The annual and Triennial Assessments can be found at Challengecharterschool.net.

### **Resources**

- Arizona Department of Health
- [www.nasbe.org/HealthySchools](http://www.nasbe.org/HealthySchools)
- [www.schoolnutrition.org](http://www.schoolnutrition.org)
- [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- Arizona Department of Education
- Alliance For A Healthier Generation Model Wellness Policy
- Local Wellness Policy's from local schools are also examined

\*Revisions will be made at least once a year or as needed such as:

- school priorities change                      -community needs change
- new state or federal guidance/standards are issued
- wellness goals are met                      -new health science information emerges
- new state or federal guidance/standards are issues

Updated 7/17/2020