

# Caliber



## WELLNESS POLICY

Adopted/Ratified: April 26,2017 Revision Date-May 9,2022





## Caliber Public Schools

### Wellness Policy

Policy No: \_\_No: 17\_\_\_\_\_

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Caliber Schools (“Caliber” or “School”) is committed to the optimal development of every student. Caliber believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines Caliber’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this Policy establishes goals and procedures to ensure that:

- Students in Caliber have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the School campus—in accordance with Federal and state nutrition standards;
- To the extent possible, all Caliber School campuses participate in available federally reimbursable school meal programs, including the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and Child and Adult Food Care Program (After School Supper);
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active throughout the school day;
- The School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- All Caliber’s nutrition education and physical education programs are consistent with the expectations established in the state’s curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects;
- Stakeholders including but not limited to students, parents, teachers, school administrators,



home office staff and other interested community members are engaged in supporting the work of Cali in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits;

- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Caliber in creating continuity between School and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of this Policy and its established goals and objectives.

This Policy applies to all students and staff in Caliber. Specific measurable goals and outcomes are identified within each section below.

### **School Health, Safety, and Environment:**

#### **a. Physical Environment, Health & Safety**

- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School administrators and operations staff will monitor equipment/grounds and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will promote healthy, respectful relationships between students and their peers
  - o School sites will establish practices designed to create an environment free from discrimination, intimidation, and harassment
  - o School sites will develop relevant opportunities (e.g. events, programs, partnerships) geared towards students and/or parents promoting awareness and providing education on dating violence prevention, domestic violence awareness, and social tolerance and respect for others

#### **b. Social/Psychological Health**

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, each Caliber school will provide access or referrals to health services and mental health services at or near the school and/or may provide referrals to community resources.

#### **c. Health Services**

- The Health Services program is a critical means to improving both educational performance and the well-being of the students.
- Health Services staff (including School Operations Managers, Office Assistants, nursing contractors) shall be fully supportive of wellness policy regulations and promotion of health and wellness activities.
- School Operations Staff will promote attendance by communicable disease (e.g. chicken pox, common cold, pink eye, diphtheria, food poisoning, etc.) surveillance, encouraging healthy habits and injury prevention.



- School Operations Staff will provide information on local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
- School Operations Staff will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff.
- School Operations Staff will provide grade level mandated screenings for vision and hearing. In addition, Caliber will provide other screenings (such as scoliosis and dental) to students as identified/needed.
- School Operations Staff will participate in community health information outreach activities.

#### **d. Health Education**

- Caliber will continue to encourage health education to all students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- Caliber's schools will explore resources and grants for training and materials for K-8 health curriculum.
- Caliber school sites are encouraged to provide educational events to support and teach healthy choices.

### **I. School Wellness Committee**

#### **Committee Role and Membership**

Caliber will convene a representative School Wellness Committee ("Caliber WC"), or work within an existing school health committee that meets at least two (2) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Policy.

The Caliber WC membership will represent all grade/school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., Executive Director, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the Caliber WC will include representatives from each school building and reflect the diversity of the community.



### Leadership

The School Leader or designee(s) will convene the Caliber WC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Additionally, the designated official for oversight of the Caliber WC is:

ANDY GROSSMAN OR TIM PRUITT, SCHOOL LEADERS

#### **Caliber: Beta Academy**

4301 Berk Avenue Richmond CA 9480

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[AGROSSMAN@CALIBERBETAACADEMY.ORG](mailto:AGROSSMAN@CALIBERBETAACADEMY.ORG)

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ALESHA WILLIAMS OR AISHA FORD, SCHOOL LEADERS

#### **Caliber: ChangeMakers Academy**

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## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan**

Using the steps outlined below, Caliber will ensure the School meets legal obligations regarding implementation of this Policy.

This Policy and the progress reports can be found at: [caliberschools.org](http://caliberschools.org)

Recordkeeping Caliber will retain records to document compliance with the requirements of this policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written Policy;
- Documentation demonstrating that the Policy has been made available to the public;
- Documentation to demonstrate compliance with the annual public notification requirements;
- Documentation of the triennial assessment of the Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public.

### **Annual Notification of Policy**

Caliber will actively inform families and the public each year of basic information about this Policy, including its content, any updates to the Policy and implementation status. Caliber will make this information available via the School website and/or School-wide communications. Caliber will provide as much information as possible about the School nutrition environment. This will include a summary of School's events or activities related to Policy implementation.

Annually, Caliber will also publicize the name and contact information of the School official(s)



leading and coordinating the Caliber WC, as well as information on how the public can get involved with the Caliber WC.

### **Triennial Progress Assessments**

At least once every three years, Caliber will evaluate compliance with the wellness policy to assess the implementation of the Policy and include:

- The extent to which the School is in compliance with this Policy;
- The extent to which the School's policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the School's Policy.

The position/person responsible for managing the triennial assessment and contact information is:

ANDY GROSSMAN OR TIM PRUITT, SCHOOL LEADERS

#### **Caliber: Beta Academy**

4301 Berk Avenue Richmond CA 9480

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The Caliber WC/School Leader will monitor the School's compliance with this Policy.

Caliber will actively notify households/families of the availability of the triennial progress report.

#### Revisions and Updating the Policy

Caliber will update or modify this Policy based on the results of the annual School Health Index and triennial assessments and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. This Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications Caliber is committed to being responsive to community input, which begins with awareness of the wellness policy. Caliber will actively communicate ways in which representatives of Caliber WC/the School and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. Caliber will also inform parents of the



improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

Caliber will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to this Policy, as well as how to get involved and support the Policy.

The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important School information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Caliber will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### **School Meals**

Caliber is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Caliber participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Child and Adult Care After School Snack and Supper Program (CACFP). The School also operates additional nutrition-related programs and activities including "Taste the Rainbow". The School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Menus are posted on the website and will contain nutrition contents;
- Students are served lunch at a reasonable time of day;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using techniques such as those published on Smarter Lunchrooms Website.



### Staff Qualifications and Professional Development

All School nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These School nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### Water

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

### Competitive Foods and Beverages

Caliber is committed to ensuring that all foods and beverages available to students on the School campus during the school day support healthy eating. The foods and beverages sold and served outside of the School meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

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 on the School campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### Celebrations and Rewards

All foods offered on the Caliber campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. Caliber will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. Caliber will provide parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. Caliber will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the Caliber campus during the school day. Caliber will make available to parents and teachers a list of healthy fundraising ideas.



### Nutrition Promotion

Caliber will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

Implementing at least ten evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques described above; and

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### Food and Beverage Marketing in Schools

Caliber is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Caliber strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Caliber school sites that contains messages inconsistent with the health information Caliber is imparting through nutrition education and health promotion efforts. It is the intent of Caliber to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Caliber's Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

As the School Leader reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this Policy.

### **IV. Physical Activity**

The School has the following specific goals to promote student wellness, consistent with this Policy

- Expose all students to a variety of activities that instills the importance of being lifelong learners
- Create a safe environment where all students can learn and be successful
- Develop physically active learners who have mastered leadership, teamwork, and cooperative Skills

- All Caliber Public school students will participate in at least 25 mins of "physical activity" every school day.

Caliber's physical education ("PE") curriculum will meet or exceed requirements outlined in California's curriculum frameworks and content standards, shall be based on the most current research and content, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.



Mirroring other subject areas, Caliber's PE curriculum will employ high quality instruction and academic discourse. The purpose of using these strategies is to encourage students to push their critical thinking skills and promote in-depth learning. Ongoing professional development will be provided to physical education teachers, coaches, and other staff as appropriate to enhance their health knowledge and skills.

In developing these goals, the School reviewed and considered evidence-based strategies and techniques and parent input. Caliber will work toward achievement of these goals by:

Students will be provided with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs. Schools will provide a variety of opportunities for students to maximize physical activity, including but not limited to:

- PE, recess, health education that includes physical activity as a main component, student clubs (e.g. Students Run LA), and intramural or interscholastic activities (at the high school level).

Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill levels.

- Afterschool programming encompassing a variety of physical activities and non-traditional sports and activities.
  - Examples of physical activities include: Sequential classes in Zumba, yoga, strength training
  - Other miscellaneous outdoor activities that promote a healthy lifestyle such as hiking and biking
  - Events such as the Teen Adventure Challenge, a youth race that brings communities across Southern California together to inspire young people to step out of their comfort zones and explore new opportunities in the outdoors
- Afterschool program providers, such as ARC, JK Livin, and Boys and Girls Club, will conduct needs assessments based on community demographics, school population, obesity rates, etc. to inform programming provided
- Afterschool program providers will seek out partnerships with community-based organizations that promote health and wellness to students (e.g. Planned Parenthood)

Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.

## **V. Other Activities that Promote Student Wellness**

Caliber will integrate wellness activities across the entire School setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Caliber will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.



All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of this Policy, including but not limited to ensuring the involvement of the Caliber WC and/or parents and the community.

All School-sponsored events will adhere to this Policy's wellness guidelines. All School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### Community Partnerships

Caliber will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with this Policy and its goals.

### Professional Learning

When feasible, Caliber will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Caliber staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### Community Health Promotion & Engagement

Caliber will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Caliber will use electronic mechanisms (such as email or displaying notices on school websites), as well as non-electronic mechanisms (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts. Parent Coordinators will be encouraged to design and offer parent workshops to educate parents and families about nutrition and physical activity.

### Staff Wellness & Health Promotion

Caliber schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include:

- Staff eating lunch regularly with students
- Student vs. staff or staff vs. staff team-building activities, games, or sporting events (e.g. basketball game, tournament)
- "Steps" contests
- Weekly after school or brief lunch time Zumba/Yoga sessions
- Food Network/"Chopped" type competition between school staff on preparation of healthy foods and students as judges



- Dodgeball (or some other sport) intramural teams with “games” vs other nearby GD schools
- Support groups/mental wellness circles for teachers and school site staff.

Caliber promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Program Implementation, Evaluation, & Monitoring**

#### **a. Implementation**

The Caliber Wellness Policy is effective beginning in the 2016-2017 school year. The School Operations Manager and/or Principal at each school site will ensure that each school site complies with this policy. Training on this policy will be provided by the Operations Department and members of the Committee tailored towards various stakeholder groups. The Committee shall assess the implementation and effectiveness of this policy every year.

Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the wellness policy.

#### **b. Evaluation**

Evaluation will be formally comprised of two annual Qualtrics online forms which will assess the extent to which individual Caliber school sites are in compliance with this policy. The forms are to be submitted online and turned into the Operations Department.

The purpose of the annual evaluations are to determine if Caliber is meeting the wellness goals set forth in this policy, determine particular areas of strength or weakness, identify areas for improvement, and make policy adjustments as needed to focus Caliber resources and efforts on actions that are most likely to make a positive impact on student health and achievement. The Operations Analyst will prepare an annual report summarizing evaluation results across schools to be shared with the public.

#### **c. Monitoring**

The Committee will reconvene each year and as requested by the Operations Department to review and update the wellness policy to meet the organization’s needs and to ensure compliance with current laws.

#### **d. Public Notification**

Caliber shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results.

Evaluation results will be posted online on the main Caliber website. Information will also be shared through multiple channels which may include school websites, parent newsletters, School Advisory Council meetings, and social media.

[FULL USDA NON DISCRIMINATION STATEMENT LINK](#)

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