

# **Birmingham Community Charter High School**

## **Local School Wellness Policy**

### **Board Policy #006**

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## **Preamble**

The Governing Board (“Board”) of Birmingham Community Charter High School (“Birmingham” or “BCCHS” or “the School”) is committed to the optimal development of every student. Birmingham 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. For example, student participation in the U.S. Department of Agriculture's (“USDA”) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. 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 Local School Wellness Policy (“LSWP” or the “Policy”) outlines Birmingham'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 Birmingham 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;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- The School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- 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 Birmingham in creating continuity between School and other settings for students and staff to practice lifelong healthy habits; and
- Birmingham 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 of Birmingham. Specific measurable goals and outcomes are identified within each section below.

## ***Glossary:***

**Extended School Day-** the time before and after school that includes School-sponsored activities such as club meetings, intramural sports, band and choir practice, and drama rehearsals..

**School Campus** - areas that are owned or leased by the School and used at any time for School related activities, including on the outside of the School building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day-** the time between 30 minutes before to 30 minutes after the end of the instructional day.

**Triennial** - recurring every three (3) years.

## **I. School Wellness Committee**

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

Birmingham, as a single-school LEA, will convene a representative School Wellness Committee (hereto referred to as the “WC”) that meets at least four (4) 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 WC membership will represent all grade levels and will 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., CEO/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 WC will reflect the diversity of the community.

The Annual Wellness Committee Member roster, located within Appendix A, will be updated annually.

### ***Leadership***

The CEO/Principal or designee will convene the WC and facilitate development of and updates to the LSWP and will ensure compliance with the Policy. Additionally, the designated official for oversight of the WC is:

CEO/Principal

1700 Haynes Street  
Van Nuys, CA 91406  
(818) 758-5200

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

### ***Implementation Plan***

Using the steps outlined below, Birmingham will ensure it meets legal obligations regarding implementation of this Policy. This Policy delineates roles, responsibilities, actions, and timelines. It also sets specific goals and objectives for nutrition standards for all foods and beverages available on the School campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Birmingham will use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This Policy, progress reports, and annual updates can be found at [www.birminghamcharter.com](http://www.birminghamcharter.com) in the Community section, under the Wellness reference.

### ***Recordkeeping***

Birmingham will retain records to document compliance with the requirements of the Local School Wellness Policy at the Main Office and/or on Birmingham's website at [www.birminghamcharter.com](http://www.birminghamcharter.com) in the Community Section. 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 of efforts to review and update the Policy; including a record of individuals involved in the update and methods Birmingham uses to make stakeholders aware of their ability to participate on the WC;
- 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***

Birmingham 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. Birmingham will make this information available on the Birmingham website and/or through school-wide communications. Birmingham will provide as much information as possible about the School nutrition environment. This will include a summary of Birmingham's events or activities related to the implementation of the LSWP.

Annually, Birmingham will also publicize the name and contact information of Birmingham's school officials leading and coordinating the WC, as well as information on how the public can get involved with the WC.

### ***Triennial Progress Assessments***

At least once every three years, Birmingham will evaluate and assess compliance with the implementation of the LSWP, including:

- The extent to which the School is in compliance with this Policy;
- The extent to which Birmingham's LSWP compares to the USDA Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Birmingham's wellness policy.

The position/person responsible for managing the triennial assessment, the School's compliance with this Policy, and contact information is the CEO/Principal or designee:

CEO/Principal  
1700 Haynes Street  
Van Nuys, CA 91406  
(818) 758-5200

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

### ***Revisions and Updating the Policy***

Birmingham will update or modify the LSWP based on the results of the annual School Health Index ("SHI") 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. These Annual Wellness Goals are attached and included within Appendix B.

The LSWP will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach and Communications***

Birmingham is committed to being responsive to community input, which begins with awareness of the Policy. Birmingham will actively communicate ways in which representatives of the WC

and others can participate in the development, implementation, and periodic review and update of the LSWP through a variety of means appropriate for Birmingham school community. Birmingham 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.

Birmingham will use electronic mechanisms, such as email or displaying notices on Birmingham'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. Birmingham will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that Birmingham is communicating important School information with parents.

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

### **III. Nutrition**

#### ***School Meals***

Birmingham is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification). We are also committed to meeting the nutrition needs of school children within their calorie requirements. The School meal programs aim to improve the diet and health of schoolchildren, 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.

Birmingham participates in the USDA child nutrition programs, including the National School Lunch Program (“NSLP”), the School Breakfast Program (“SBP”), and *[include here any additional Federal child nutrition programs in which Birmingham participates, possibly including the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs, or others]*. Birmingham also operates additional nutrition-related programs and activities including *[if applicable, insert here a list of other programs such as Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, or others]*. Birmingham 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;
- Meet or exceed current nutrition requirements established by local, state, and Federal

statutes and regulations. (Birmingham offers reimbursable school meals that meet USDA nutrition standards.)

- Promote healthy food and beverage choices using at least ten of the following Smarter
- Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students. All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab and go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entree options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.

### ***Staff Qualifications and Professional Development***

All School nutrition program directors, managers and 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 and throughout the School campus ("School campus" and "school day" are defined in the glossary). Birmingham will make drinking water available where school meals are served during mealtimes.

### ***Competitive Foods and Beverages***

Birmingham 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.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

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, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

### ***Celebrations and Rewards***

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

1. Celebrations and parties. Birmingham will provide a list of healthy party ideas to parents, teachers, and student leaders including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. Birmingham will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. Birmingham 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 School campus during the school day. Birmingham will make available to parents and teachers a list of healthy fundraising ideas. Wherever possible, Birmingham shall encourage fundraising ideas that promote physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc).

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors. Birmingham will implement evidence-based healthy food promotion techniques and messages, and will create food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages in classrooms, gymnasiums, and cafeterias. Nutrition promotion will also include marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by School staff, teachers, parents, students and the community.

Birmingham 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; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that Birmingham may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### ***Nutrition Education***

Birmingham will teach, model, encourage and support healthy eating by providing nutrition education that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm- to- School programs, other school foods and nutrition-related community services
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics in Health Education***

Birmingham will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from *MyPlate*, a nutrition guide published by the USDA Center for Nutrition Policy and Promotion
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans*

fat

- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- *The Dietary Guidelines*, an evidence-based foundation for nutrition education materials that are developed by the Federal Government for the public. Federal dietary guidance publications are required by law to be consistent with the *Dietary Guidelines*. It also is used to inform USDA and HHS food programs, such as USDA's National School Lunch Program and School Breakfast Program
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

Birmingham 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. Birmingham 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 the School campus that contains messages inconsistent with the health information Birmingham is imparting through nutrition education and health promotion efforts. It is the intent of Birmingham to protect and promote student health by permitting on-campus advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this 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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Birmingham.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Birmingham 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 Centers for Disease Control (“CDC”) recommends that all children and adolescents participate in a minimum of sixty (60) minutes of physical activity every day. The CDC recommends that aerobic activity make up the bulk of such physical activity, with vigorous-intensity aerobic activity on at least three days per week. The CDC also recommends that physical activity include muscle strengthening activities, such as gymnastics or push-ups, on at least three days per week, and bone strengthening activities like jumping rope or running at least three days per week. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (“CSPAP”). Birmingham’s CSPAP is committed to promoting student wellness through the following goals: providing quality physical and health education as the foundation, promoting physical activity before, during and after school, and promoting staff, family, and community engagement.

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

- 1) Providing students with physical education, using an age-appropriate, sequential physical education curriculum,
- 2) Requiring mandatory health education courses for all grade levels that include essential topics on physical activity,
- 3) Recommending that teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. This will be

provided in addition to and not in lieu of a recess period.

- 4) Requiring teachers to incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible; Birmingham will support classroom teachers in this goal by providing annual professional development opportunities in this area.
- 5) Encourage students to be physically active before and after school via participation in interscholastic sports, physical activity clubs and after-school programs.
- 6) Supporting active transport to and from school, such as walking or biking.

**Each of these methods for achieving CSPAP goals are developed and explained in greater detail below.**

Birmingham will ensure that these varied physical activity opportunities are in addition to, and not a substitute for, physical education. Birmingham is encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully implement CSPAP goals.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. Birmingham will provide teachers and other School staff with a list of ideas for alternative ways to discipline students.

### ***Physical Education***

Consistent with national and state standards for physical education. The physical education curriculum will:

- 1) Promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, and
- 2) Incorporate essential health education concepts (discussed in the *"Essential Physical Activity Topics in Health Education"* subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. Birmingham will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Birmingham students are required to take the equivalent of two academic years of physical education.

Birmingham's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

### ***Essential Physical Activity Topics in Health Education***

All students will be required to take and pass at least one health education course. Birmingham will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- 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
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing 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
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### ***Classroom Physical Activity Breaks (Secondary)***

Birmingham recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Birmingham recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute physical education class, recess, or class transition periods.

Birmingham will provide resources and links to tools for facilitating classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

### ***Active Academics***

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.

Birmingham 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.

### ***Before and After School Activities***

Birmingham offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Birmingham will encourage students to be physically active before and after school by participation in interscholastic sports, physical activity clubs and after-school programs.

### ***Active Transport***

Birmingham will support active transport to and from school, such as walking or biking. Birmingham will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Encourage the use of crossing guards
- Encourage the use of crosswalks on streets leading to schools
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

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

Birmingham will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Birmingham 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 the LSWP, including but not limited to ensuring the involvement of the 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***

Birmingham will develop, enhance, and continue 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, Birmingham 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 District 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.

## Works Referenced

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**Appendix A – Annual Wellness Committee Members**

<i>Wellness Committee Members</i>	<i>Title I Relationship to School or District</i>	<i>Role on Committee</i>
TBD Annually	CEO/Principal or designee AND/OR AP/Director, School Safety; Student Support Services, Community Engagement	<i>TBD</i>
TBD Annually	Health Office designee	<i>TBD</i>
TBD Annually	Human Resources designee	<i>TBD</i>
TBD Annually	National School Breakfast and Lunch, Coordinator	<i>TBD</i>
TBD Annually	Psychiatric Social Worker(s)	<i>TBD</i>
TBD Annually	Counseling designee	<i>TBD</i>
TBD Annually	Teacher 1 - preferably from Health/Science dept.	<i>TBD</i>
TBD Annually	Teacher 2- preferably from Physical Ed dept.	<i>TBD</i>
TBD Annually	Teacher 3 - preferably from Special Education dept.	
TBD Annually	Teacher 3 - preferably Activities Director-ASB Advisor	<i>TBD</i>
TBD Annually	Coordinator, Federal Programs	<i>TBD</i>
TBD Annually	ASB Student Store designee	<i>TBD</i>
TBD Annually	Food service vendor manager or designee	<i>TBD</i>
TBD Annually	Parent 1	<i>TBD</i>
TBD Annually	Parent 2	<i>TBD</i>
TBD Annually	Parent 3	<i>TBD</i>
TBD Annually	Student 1	<i>TBD</i>
TBD Annually	Student 2	<i>TBD</i>

## **Appendix B -Annual Wellness Goals**

**BOARD APPROVED 06/29/2024**  
**Appendix B – Local School Wellness Policy**  
**Birmingham Community Charter High School**  
**Action Plan for 2024-25**

The following *Action Plan* has been developed based on the results of the Action for Healthy Kids' *School Health Index (SHI)*. Pursuant to Birmingham's Board Policy #006 *Local School Wellness Policy (LSWP)*, the school will update or modify the LSWP based on the results of the annual SHI. The SHI evaluates nine categories of focus.

For the school year 2023-24, Birmingham scored 72.2% on the SHI, which is a ten percentage point decrease from the 81%-82% scores earned during the previous three years. This is mainly attributable to the elimination of the standalone Health course for 9th graders and the decision to embed Health topics in the double-block Biology curriculum.

Areas of strength include School Health, Nutrition, and Social and Emotional Climate. Challenges remain outstanding among the categories of Physical Education and Physical Activity, Family Involvement, and Staff Wellness.

Additional information including the 2023-24 SHI Report, Birmingham's Wellness Policy, and information on our Wellness Committee are available on the Wellness page of Birmingham's website at: <https://www.birminghamcharter.com/students-link/cafeteria/wellness>.

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Activities/Resources	Measures of Success
<b>Priority #1 – School Health Services and Environment</b>							
A) Continue Red Cross training for certification in CPR and First Aid to Birmingham staff.	Aug 2024	June 2025	Administration	Administration	Red Cross CPR certified instructor	On-campus training	Number of staff who complete Red Cross certification.
B) Provide opportunities for training of CPR, Epi-Pen and defibrillation for staff through the Health Office and Vector Solutions modules.	Aug 2024	June 2025	Health Office	School Nurse		One-on-one and small group training opportunities; Vector Solution modules.	Number of staff who complete the training with Health Office and/or Vector.
C) Update Wellness Brochure for Parents and Families; update Wellness placement for staff	Aug 2024	Dec 2024	Wellness Coordinator	School Nurse; PSWs; PE Teachers			Update and distribution of publications.
<b>Priority #2 – Nutrition Environment</b>							
A) Continue training of current fundraising strategies to ensure compliance with Wellness Policy.	Aug 2024	June 2025	ASB Fiscal Manager; Administrator; Activities Director and Athletics	Administration ; faculty advisors of sports teams and clubs.	Yes- ASB Student Store Manager presents FCMAT training annually.	Distribute updated USDA Smart Snack Standards to all faculty and staff.	In future: Establish a revised fundraising guide. Refer to note below for essential questions to guide this process.
B) Implement HOPE Club's campaign to educate students about healthy eating habits and to encourage increased participation in the school meal program.	Aug 2024	June 2025	Faculty Advisor of HOPE Club	Hope Club			Student participation in meal program.
C) Provide Universal Meals (free breakfast for all students).	Aug 2024	4 years after Provision 2 base year (22-23)	Nutrition Coordinator; Cafeteria Manager	Year 3-Implementation of Provision 2.	Coordinate with ASB and HOPE Club to promote school meal program.	Continue Provision 2 to comply with Free Universal Meals.  Execute Student Nutrition Survey annually and present findings to administration, board, and cafeteria vendor.	Student participation in meal program.
D) Delivery of breakfast to Period 0 classes.	Aug 2024	June 2025	Cafeteria Manager; Period 0 Teachers	Students			Percentage of students who participate in the breakfast program.
E) Ensure healthy snacks are provided during testing.	Aug 2024	June 2025	Cafeteria Manager; ASB Store Manager, Testing Coordinator	Students		Identify snacks that meet SmartSnack parameters with increased protein, etc.	

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F) Family engagement in nutrition education and school meal programs.	Aug 2024	June 2025	Evelyn Garcia	Student social media volunteers; Chartwells; Parent Resource Center	Yes <a href="https://www.actionforhealthykids.org/activity/healthy-messages-for-families/">https://www.actionforhealthykids.org/activity/healthy-messages-for-families/</a>  <a href="https://www.actionforhealthykids.org/parents-for-healthy-kids/">https://www.actionforhealthykids.org/parents-for-healthy-kids/</a>	Recruit student content developers for Nutrition Instagram account.  Continue posting healthy messages for families in Birmingham’s Parent e-Newsletter.  Continue monthly menu announcements to students and families..	Feedback received in various parent surveys and meetings.
					<a href="https://www.nhlbi.nih.gov/health/educational/wecan/">https://www.nhlbi.nih.gov/health/educational/wecan/</a>	Publish articles on the school website. Nutrition updates provided at Coffee with the Principal meetings.  Provide additional meal sampling opportunities for students.  Provide additional meal sampling opportunities for parents during major school events.	
<b>Priority # 3 - Health Education</b>							
B) Provide at least one curriculum-specific PD for Biology faculty on Health curriculum.	Aug 2024	June 2025	Science Dept. Lead	Utilize CA Health Standards Framework	N/A	Biology faculty completion of one PD annually addressing LSWP mandated Health curriculum.  Certification in Health Education for Biology Faculty.	Biology faculty completion of one PD annually.
<b>Priority #4 – Physical Education &amp; Physical Activity</b>							
A) Provide at least one curriculum-specific PD for PE faculty (in addition to annual CPR training).	Aug 2024	June 2025	PE Dept. Lead	Tap into AFHK resources.	N/A	To be determined.	PE faculty completion of one PD annually.
<b>Priority #5 - Social and Emotional Climate</b>							
A) Provide PD for faculty in SEL and trauma-informed instruction at least every other year.	Aug 2024	June 2025	HR Office	PSWs		PDs; presentations; Vector Solutions modules.	Percentage of staff who complete these modules.
B) Partner with groups on campus to continue community-building activities for students.	Aug 2024	June 2025	ASB Activities Director, LinkCrew Coordinators,	Coordinate w/ Activities Director,	Yes	Continue collaboration with HOPE Club.	Schedule at least one event per semester that enhances
			Wellness Coordinator, Community Schools Coordinator	Student Clubs;			community members’ health and wellness.
<b>Priority #6- Family Involvement</b>							
A) Continue recruitment of parent members for Wellness Committee including Birmingham employees.	Aug 2024	June 2025	Wellness Coordinator, Parent Center	Parent Resource Center; Parent Square	Yes, PTSA	Add this volunteer category to Parent Center’s annual query for parent volunteers.	Add at least one new Parent Member to the Wellness Committee
B) Continued recruitment of student volunteers for Wellness Committee.	Aug 2024	June 2025	Wellness Coordinator, CTE Medical Pathway instructor; ASB Advisor	Schedule WC meetings.		Hold Wellness Committee meetings during CTE Health Pathway classes to access student ideas and feedback.	Schedule 2-4 WC meetings annually for students.

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Priority #7 – Staff Wellness						
A) Continue offering various morale-building, social-emotional support to staff.	Aug 2024	June 2025	HR Office; PSWs	HR Office., HR Committee, Sunshine Committee; ASB Activities Director; PSWs		Activities to support goal may include: <ul style="list-style-type: none"> <li>Support groups facilitated by PSWs</li> <li>Support groups facilitated by outside vendors</li> <li>Social events and activities</li> </ul> Implement a Staff Wellness Week.  HR Committee has requested that an on-campus PSW be provided for staff support.
<b>Priority 1 (A) Note:</b>  Questions to be addressed: <ul style="list-style-type: none"> <li>What healthy fundraisers are we already doing?</li> <li>Are there less nutritious fundraisers that could be healthier?</li> </ul>						
<ul style="list-style-type: none"> <li>How much money is made with fundraisers each year?</li> </ul> Activities: <ul style="list-style-type: none"> <li>Engage and educate school administration, faculty advisors of sports teams and clubs, and other school fundraising groups (e.g. “Friends of” groups, PTSA, etc.) on the importance of healthy fundraising ideas and <u>Smart Snacks Standards</u>.</li> <li>Invite these group leaders to join the school Wellness Committee to share ideas and discuss challenges.</li> <li>Consider active fundraisers such as walk-a-thons, fun runs, dance-a-thons and hop-a-thons, or host a sports tournament for dodgeball, volleyball, soccer, basketball, bag toss, etc.</li> <li>Consider instead of selling foods, sell non-edibles such as flowers, seed packets, school merchandise, school supplies, holiday gifts, etc.</li> </ul>						