



## **Series 500: Operational Policies**

### **520 Wellness Policy**

#### **I. Purpose**

Environmental Charter School (“ECS” or “Environmental Charter School”) adopts this policy to support the optimal development of every student. 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.

#### **II. Policy**

This policy outlines the approach ECS takes to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

This policy applies to all students, staff and ECS schools.

ECS will convene a representative wellness committee (ECSWC) that meets at least four 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 wellness policy.

The ECSWC membership will represent all school levels and include, to the extent possible: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, and mental health and social services staff; school administrators; and community partners.

At least once every three years, ECS will evaluate compliance with the wellness policy to assess the implementation of the policy.

#### **Nutrition**



ECS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. These meals should be moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving. ECS is also committed to meeting the nutrition needs of school children within their calorie requirements. The ECS school meal program aims 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.

All ECS schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All ECS schools are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs that are accessible to all, appealing and attractive to children, meet or exceed current nutrition requirements and promote healthy food and beverage choices.

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

All the foods ECS offers, whether on campus or off, will meet or exceed the NSLP nutritional guidelines and the USDA Smart Snacks in School nutrition standards as applicable.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers for ECS.

As a community, ECS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.

ECS will prioritize the use of incentives other than food. Any use of food for rewards will need to be pre-approved by both the building principal and the Director of Food Services and should be used sparingly. Food will not be withheld as punishment for any reason, such as for performance or behavior.

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.

### **Physical Activities**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement; and ECS is committed to providing these opportunities.

ECS schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

All ECS schools will be encouraged to participate in *Let's Move!* Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

ECS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

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

Health education will be required in all elementary grades and ECS will require middle and high school students to take and pass at least one health education course. ECS ensure students take and pass health education courses that align to the essential topics defined in this policy.

The ECS Primary and Intermediate Schools will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that an ECS school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.



Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

ECS 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.

ECS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. ECS will also support active transport to and from school, such as walking or biking.

ECS will build and maintain relationships with community partners in support of this wellness policy and its implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

ECS schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. ECS will promote staff member participation in health promotion programs.

The Board of Trustees delegates to the Chief Executive Officer, the Director of Food Services the authority to implement this policy in conjunction with the ECS Wellness Committee.

### **III. Legal Authority**

Healthy, Hunger-Free Kids Act of 2010

### **IV. Last Revised**

March 19, 2025

**TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL.**



ADOPTED this 19th day of March, 2025.  
As Resolution 2025-03-2159  
Signed Copies located in Administrative Offices