

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 period from the midnight before to 30 minutes after the end of the official school day (7 *CFR*, Section 210.11 [a][5])

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

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 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 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") and the School Breakfast Program ("SBP"). 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.

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) 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>
Edwin Avaca	CEO/Principal or designee AND/OR AP/Director, School Safety; Student Support Services, Community Engagement	<i>Chair</i>
Wendy Bader	Coordinator - Wellness; State & Federal Programs	
Inna Solodukha	Health Office designee	
Matthew Rubin	Human Resources designee	
Evelyn Lopez	National School Breakfast and Lunch, Coordinator	<i>Vice Chair</i>
Monica Montoya; Taylor Ermoian	Psychiatric Social Worker(s)	
Sabrina Marquez	Counseling designee	
Jessica Herr	Teacher - Health/Science dept.	
Tatiana Mathis	Teacher - Physical Ed dept.	
Rose Aguirre	Teacher - Special Education dept.	
Cailyn Knudtsen	Teacher - Activities Director ASB	
Cecilia Morin	Food service vendor - Manager	
John Bielski	Food service vendor - Chef for student meals	
Cecilia Macias	Community Schools Coordinator	
Judith Riusech	Parent	
Maria Storm	Parent	
Silvia O. Safa	Parent	
Myriam Knepper	Parent	
Kendra Pinedo '26	ASB, Student Executive Board	<i>Secretary</i>
Sarah Portilla '26	ASB, Student Executive Board	
Jaqueline Leiva '26	ASB, Student Executive Board	
Hazel Portillo '27	Food for Thought Club, Student Executive Board	
Chris Vesagas '27	Food for Thought Club, Student Executive Board	
WilliamGorchon '27	Food for Thought Club, Student Executive Board	
Destiny Coronel '27	Food for Thought Club, Student Executive Board	
Anton Verganio '27	Food for Thought Club, Student Executive Board	
Jesus Gamez Torres '27	Food for Thought Club, Student Executive Board	

Appendix B -Annual Wellness Goals

Summary of Analysis

The following Action Plan has been developed based on the results of 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 annually based on SHI results. The SHI evaluates performance across nine focus areas.

The school's SHI score for 2025–2026 is 82.3%, representing a 7.6% increase from the previous year. This score reflects progress toward aspirational best practices, rather than minimum compliance standards. The school continues to demonstrate strong performance in the School Health Environment, School Health Services, and Community Involvement. High standards are also maintained in the Nutrition Environment, Social and Emotional Climate, and Family Involvement.

The primary challenges in meeting ideal benchmarks are in the areas of Health Education and Physical Education-Physical Activity. These include the absence of a standalone Health course and the need to promote physical activity beyond the CIF sports program.

In response, the Wellness Committee continues to collaborate with the Science Department to integrate key health topics into the double-block Biology curriculum. To support increased physical activity, professional development on incorporating movement into classroom instruction has been promoted to staff. Additionally, the Wellness Committee is building partnerships with student-led clubs that emphasize physical, nutritional, and mental health.

Through these efforts, along with the continued development and implementation of targeted recommendations in the annual update process, further improvement in SHI performance is anticipated.

Additional information, including the 2025–2026 SHI report, Birmingham's Wellness Policy, and details about the Wellness Committee, is available on the Birmingham LSWP and Wellness Committee webpages.

Activity	Start Date	End Date	Person(s) Responsible	Activities/Resources	Measures of Success	25-26 Outcomes/Actions
Priority # 1 - School Health and Environment						
No additional actions are required at this time, as current school operations and staff training already align with the requirements of the Local School Wellness Policy. Key elements addressed through existing practices: • A fully-compliant Wellness Committee. • Required staff training through Vector Solutions, including EpiPen administration, CPR, and related emergency response protocols. • CPR training opportunities provided for both staff and students.				Outcomes: • The Wellness Committee meets 8–9 times annually, with expanded student participation including ASB leadership and members, the Food for Thought student governing board, and parents representing a range of grade levels. • Required Vector trainings include EpiPen administration, basic CPR techniques, and related emergency response protocols. The school also maintains a well-developed School Safety Plan. • A staff CPR course was offered three times this school year, resulting in 17 staff members becoming trained and certified. Through CTE Health Pathways courses, 115 students were also trained and certified.		
Priority #2 – Nutrition Environment						
A) Pilot Grab-and-Go breakfast at Haynes traffic circle and Victory gate to boost breakfast participation.	Aug 2026	June 2027	Administration; Cafeteria Manager	Carts with pre-packaged breakfast options for students to scan their ID and proceed to class.	Increase in breakfast participation.	Awaiting bids from vendors.
B) Continue family engagement in nutrition education and school meal programs.	Aug 2025	June 2026	Cafeteria Manager	Provide healthy snack samples at parent meetings and events. Posting nutrition education information in Birmingham's Parent e-Newsletter. Publish articles on the school website. Provide updates re: LSWP, meal program, nutrition news at CWP, PTSA, SSC, ELAC, and other applicable parent meetings.	Sign-in sheets from parent meetings. Feedback received in various parent surveys and meetings. Agendas and sign-in sheets from meetings.	All activities completed. Discovery Kitchen; Chartwell @ Student Orientation, Parent Orientation, Back to School Night, Wellness Fair, NutriSlice App, Monthly menu announcements, etc. MOU with SOVA-Jewish Family

						Service-LA Regional Food Pantry
COMPLETED: Update Wellness brochure for students, parents, and families.	August 2025	Open House 2026+	Wellness Coordinator ; Nutrition Coordinator ; School Nurse; PSWs	Wellness brochure was originally produced during the 19-20 school year. Intent to distribute during Open House and opening of new Parent Center, but COVID lockdown.	Post distribution feedback from students and families.	Released at Open House 3/19/26. Available in English and Spanish.
Priority # 3 - Health Education						
A) Incorporate tobacco and vaping education and prevention in WC events incl. Healthy Snacks and Popcorn. Plan additional events that focus on this prevention.	Aug 2026	June 2027	Wellness Coordinator, Community Schools Coordinator, Science Dept. Lead; Science Instructional Coordinator	Supplement WC events with education/prevention materials re: tobacco and vaping us. Include additional tobacco and vaping prevention and education besides Red Ribbon Week.	Announcements, photos, & materials distributed at student and community events.	COMPLETED IN 25-26: 9th grade Seminar class trialing Botvin curriculum. MOU w/Phoenix and NCAAD November Red Ribbon Week. Possip question results indicate demand for training. Workshop for parents scheduled for May.
B) Partner with community groups for programming and training of students and staff.	Aug 2026	June 2027	Community Schools Coordinator; Wellness Committee, Science Dept Lead; PSWs, etc.		New MOUs and/or sign-in sheets for meetings with community partners.	COMPLETED IN 25-26: MOU w/ Phoenix House, etc.
COMPLETED: Provide PD for Biology faculty in CHYA required health topics. COMPLETED: Biology curriculum alignment with LSWP health topics.	Aug 2025	June 2026	Biology teachers, Science dept lead, Science Instructional Coordinator	Training for Biology teachers in CHYA required health topics.		All biology faculty are trained by CTE certified health instructor to ensure alignment with CHYA curriculum requirements.
Priority #4 – Physical Education & Physical Activity						
A) COMPLETED: Promote PD opportunities in physical movement options for	Aug 2025	June 2026	Human Resources	Courses such the following course which is pre-approved for salary credit advancement: https://education4equity.com/product/movement/	Two (2) teachers who take these PDs.	A) COMPLETED IN 25-26: Promoted via Principal's Daily Update and flyers

students during school day. B) COMPLETED: Continue distribution of Wellness placemat to new faculty which includes <i>Best Practices for Daily Wellness</i> .			Wellness Coordinator		Feedback from faculty and staff.	B) COMPLETED IN 25-26.
Priority #5 - Social and Emotional Climate						
A) Continue PD for faculty in SEL and trauma-informed instruction at least every other year.	Aug 2025	June 2026	HR Office; Administration	PDs; presentations; Vector Solutions modules.	Percentage of staff who complete these modules.	A) COMPLETED IN 25-26: Certificated training in SEL and non-violent communications.
B) Partner with groups on campus to continue community and morale building activities for students.	Aug 2025	June 2026	ASB Activities Director, LinkCrew Coordinators, BSU Advisor		Schedule at least one health and wellness event per semester for students.	B) COMPLETED 25-26: Kindness Week, Spirit Week, Pride Event, BSU Pride Events, Halloween Costume contests, Student Wellness events.
Priority #7 – Staff Wellness						
A) Continue to publicize employee benefits that address health and wellness, such as highlighting it in the monthly HR newsletter. B) Continue offering various morale-building, social-emotional support to staff.	Aug 2025	June 2026	HR Office; HR Committee Wellness Committee collaboration w/ ASB, FFT, HR, Chartwell, etc.	Monthly HR Newsletter	HR tracking of employee usage of services.	A) COMPLETED IN 25-26: Completed via website and employee newsletter. B) Beginning year breakfasts and lunches, Holiday Party, International Women's Day event, Teacher Appreciation luncheon, dinner prior to Open House, Halloween contest.
Priorities #8 and 9- Family and Community Involvement						

A) Continue to recruit parent and student members for Wellness Committee, including opportunities for parents to participate in WC events and other health and wellness activities. B) Inform parents and families of opportunity to get pre-approved as a school campus volunteer. C) Inform parents and families of CA certification in food handling.	Aug 2026	June 2027	Wellness Coordinator, Parent and A-A Subgroup Parent Liaisons	A) Recruit at PTSA, CWP, SSC, and ELAC meetings. B) Livescan available at Parent Orientation. C) Add this volunteer category to Parent Center's annual query for parent volunteers.	Sign-in sheets for WC general and student meetings. Recruit representatives from other clubs to serve on WC.	COMPLETED IN 25-26: Increased attendance of both parents and students in WC meetings this year. Student groups support Wellness events: Food for Thought, HOSA, BSU, and ASB. A) Sign in sheets. B) Number parents pre-approved as volunteers. C) Number of parents who earn their CA Food Handler Card.
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							community partners.
Priority #4 – Physical Education & Physical Activity							
A) Promote PD opportunities in physical movement options for students during school day.	Aug 2025	June 2026	Human Resources	LSWP	N/A	Courses such the following course which is pre-approved for salary credit advancement: https://education4equity.com/product/movement/	Number of teachers who take these PDs.
B) Continue distribution of Wellness placemat to new faculty which includes <i>Best Practices for Daily Wellness</i> .			Wellness Coordinator				Feedback from faculty and staff.
Priority #5 - Social and Emotional Climate							
A) Continue PD for faculty in SEL and trauma-informed instruction at least every other year.	Aug 2025	June 2026	HR Office; Administration	PSWs	N/A	PDs; presentations; Vector Solutions modules.	Percentage of staff who complete these modules.
B) Partner with groups on campus to continue community and morale building activities for students.	Aug 2025	June 2026	ASB Activities Director, LinkCrew Coordinators, BSU Advisor	Coordinate w/ Activities Director, Volunteers from student clubs	Yes		Schedule at least one health and wellness event per semester for students.
Priority #7 – Staff Wellness							
A) Publicize employee benefits that address health and wellness, such as highlighting it in the monthly HR newsletter.	Aug 2025	June 2026	HR Office; HR Committee		N/A	Monthly Employee Newsletter	HR tracking of employee usage of services.
B) Continue offering various morale-building, social-emotional support to staff.			Wellness Committee collaboration w/...	HR Office., HR Committee; Volunteers from student clubs, etc.	Yes	Ideas include a Staff Wellness Week; monthly promotion and events relating to the Eight Pillars of Wellness, etc..	Completion of one staff wellness event per semester.
Priorities #8 and 9- Family and Community Involvement							
A) Continue to recruit parent and student members for Wellness Committee.	Aug 2025	June 2026	Wellness Coordinator, Parent and A-A Subgroup Parent Liaisons	Parent Resource Center; Parent Square	N/A	Add this volunteer category to Parent Center's annual query for parent volunteers. Recruit at PTSA, CWP, SSC, and ELAC meetings. Hold WC meetings during CTE Health Pathway classes and student leadership classes and meetings.	Sign-in sheets for WC general and student meetings. Schedule 2-4 WC meetings annually for students
B) Provide opportunities for parents to participate in WC events and other health and wellness activities.	Aug 2025	June 2026	Wellness Coordinator, Parent Liaisons (see above)	Schedule WC meetings when parents are available.	N/A	Invite parents to volunteer at WC events.	Sign-in sheets for parent volunteers.

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