



OFY-San Juan

**School Wellness Policy
2022/2023**

Table of Contents

Introduction	2
Wellness Committee	2
School Meals	4
School Safety & Environment	4
Student Health	5
Mental Health	5
Collaboration & Roll-out	6
Goals for Student Wellness	6
Nutrition Promotion	6
Nutrition Education	6
Physical Activity	7
School-Based Activities	7
Evaluations & Revisions	7
Records Keeping	7
USDA Nondiscrimination Statement	8
Resources	9

Introduction

Options for Youth -San Juan strives to provide a safe and healthy environment for all members of the school community. In accordance with the requirements of the Healthy Students Act of 2010 (the “Healthy Students Act”) and the USDA School Meals SSIS Final Rule Title 7, *Code of Federal Regulations (7 CFR)*, Section 210.11; California *Education Code (EC)* sections 49431 and 49431.2; Title 5, California *Code of Regulations (5 CCR)*, Section 15575, OFY San Juan, in collaboration of the Wellness Committee, School Site Council and other school community stakeholders has created the following Wellness Policy using the CDC’s *Whole School, Whole Community, Whole Child (WSCC)* Model approach. Our students are at the center of the policy with the primary focus on keeping students healthy, safe, engaged, supported, and challenged.

School Wellness Committee

The School Wellness Committee consists of stakeholders who are involved in the development, implementation, review and updates of the Wellness Policy. Members of the School Wellness Committee hold various positions and job functions within the school community. The Principal will convene the Committee at regular intervals and facilitate development of and updates to the Wellness Policy. The School Wellness Committee will work to develop relationships with community partners to meet policy goals and improve access to resources for students and the overarching school community. The School Wellness Committee will work in collaboration with the School Site Council and the School Board to ensure timely annual review and triennial evaluation of the Wellness Policy.

OFY San Juan Wellness Committee

Derek Newell
Principal

Melissa Nelson
Assistant Principal of Instructional Operations

Kellie Wutcher
COVID-19 Compliance Officer / Assistant Principal

Joshua Levin
School Sports Advisor

Shannon Raney
Teacher

Lizeth Rosales Pacheco
Safety Coordinator

Rebecca Gulas
School Site Council Member, Safety Coordinator, and Teacher

Michelle Chang
Safety Coordinator and Center coordinator

Theresa Abello
Assistant Principal

Network wide Wellness Committee Members

Andy Tsai
Operations Manager (Lunch Program)

Shasta Ortiz
Project Manager, School Safety & Wellness (CMO)

Maricela Frymark
Director of School Policy (CMO)

School Meals

The School is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of students within their calorie requirements. The school meal programs aim to improve the diet and health of students, 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. The School participates in the Universal Meal Program (AB130), USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All breakfast, lunch, and after-school meals served to students as part of the meal program shall meet or exceed current federal nutritional standards set forth in applicable local and federal statutes and regulations. The School will offer free breakfast to all students beginning the 2022/2023 school year. OFY-San Juan offers one breakfast and one lunch meal daily to all students on campus free of charge, regardless of household income.

The School does not sell food or beverages on campus nor does it promote or market foods or beverages that do not meet federal nutrition standards. Sustainable snacks are also available at student tables. Drinking water dispensers and/or bottled water are available for school community consumption.

The School does permit on-site holiday parties and/or celebrations where food may be catered. Students attending off-site field trips or other extracurricular events will be offered breakfast, lunch and/or dinner depending on the duration of the event. Meals for such events are carefully considered by the Principal or a designated representative.

School Safety & Environment

All visitors of the school are required to check-in at the front desk and may be subject to a health prescreen and/or temperature check if recommended by local health guidance. All members of the School community are encouraged to monitor themselves for signs and symptoms of illness daily and stay home when they are sick. Check in includes pre-screening for symptoms and a check in for teachers to verify attendance on site. All staff & students must wear a photo identification card, clearly displayed, either clipped to a garment or worn on a lanyard. Each School Site has 24-hour video surveillance. A Safety Coordinator is on campus during regular school hours.

Staff & students will be informed of and be required to follow all school safety protocols, rules & regulations while on campus, while on school-sponsored transportation or during an off-campus activity or event. The School's Safety Coordinator will hold earthquake, fire and lockdowns drills at each School Site at least once each semester to ensure the school community is prepared for emergency situations. The APIO will monitor the School facility and refer potential hazards for repair promptly. Lupine Properties performs general maintenance evaluations of the facility quarterly. OFY-San Juan Schools are alcohol, tobacco, drug and substance-free environments.

Select school staff members have received general first aid and CPR training. Athletic Coaches receive annual training in Concussion In Sports, Heat Illness Protection and Sudden Cardiac Arrest. The School is equipped with an automatic defibrillator and trained staff in the event of cardiac arrest on-site. The School is equipped with an Epi-Pen and staff who have been trained to administer in the event of anaphylaxis on-site.

The School promotes healthy, respectful relationships between students and their peers and has established policies and practices designed to create an environment free from discrimination, intimidation, and harassment. The School will develop relevant opportunities geared towards students and/or parents promoting awareness and providing education on bullying, dating violence prevention, domestic violence awareness, human-trafficking awareness, social tolerance and respect for others. These opportunities may include emotional and physical safety training and resources, mental health workshops, and social emotional development resources curriculum and workshops.

Student Health

The School provides a variety of annual health related notifications to all students/parents at registration and at different points throughout the school year. These notifications include but are not limited to: Covered CA, Type I & II diabetes awareness, CA Healthy Youth Act, CA COVID-19 Youth Information Act, Concussion Awareness, Sudden Cardiac Awareness and Opioid Factsheet. All students must provide an up-to-date physical clearance form signed by an approved medical professional prior to participating in competitive sports sponsored by the School.

The School Nurse will provide grade level mandated screenings for vision, hearing and will recommend other screenings to students as identified/needed. Students who require medication administration while at school should reach out to the School Nurse for instructions on how to obtain an Medication Administration Authorization Form. Students and parents are encouraged to reach out to their Post-Secondary Counselor for assistance in obtaining referrals for health, nutrition, housing and other social services referrals as needed. The School offers on-site and/or OTC rapid COVID-19 testing as needed.

Mental Health

Due to COVID 19 we have seen an increase in the need for Mental Health support for OFY San Juan. On site daily, the charter has two counselors who are able to meet with students virtually or in person to discuss any mental health challenges and create action plans to support them. In addition, we have two school psychologists on site to meet with students. The charter is working to develop mental health workshops for students to attend and learn strategies and tools to better their mental health. Through our human resources vendor, 9dot, staff are able to attend mental health workshops, exercise classes, and have access to resources to support their mental health.

Collaboration & Rollout

OFY San Juan leadership has surveyed the school community at various points throughout the school year, fall and spring, and have determined that School Wellness is a priority for both families and staff. The Wellness Committee has reviewed Fall and Spring Stakeholder Engagement survey data and have consulted with the School Site Council as well as various education partners to determine specific school goals to improve and maintain a healthy and safe environment for the school community.

The Wellness Committee, under the direction of the Principal has or will take the following steps to achieve the School's Wellness Goals set forth in this policy;

1. Provide a copy of the Board approved School Wellness Policy to the members of the school community via school messenger. This policy has been posted to the School's website.
2. Add a Wellness Suggestion Box which allows the Wellness Committee to continuously collect school community feedback on existing programs and allow for suggestions for new programs. Suggestions received will be reviewed by the Wellness Committee.
3. Brainstorm and determine actual events and/or programs and begin planning locally for event or program execution.
4. Connect with local community partners to build a pool of wellness related resources for students, staff and the overall school community. The hope is these valuable connections would lead to continued relationships to better serve students.
5. Plan, promote and execute actual local events/programs determined by the Wellness Committee in their Wellness Goals.
6. The Principal will provide the School's Board with an update on the progress on Wellness Goals quarterly via an agenda item to allow for public comment.

Goals for School Wellness

Nutrition Education Goals

- The School will offer a variety of appropriate elective courses focused on nutrition education to all students.
- The School will offer one meal preparation opportunity to students on campus outside of the standard curriculum.

Nutrition Promotion Goals

- The School will promote positive lifelong nutrition habits by featuring healthy meal recipes, ideas or resources in its quarterly Wellness Bulletin.
- The School will hold a Wellness Event which includes information on healthy food access.

Physical Activity & Education Goals

- The School will offer the following grade appropriate Physical Education courses to all students. Each course is 5 credits.
- The School will offer a variety of Physical Activity opportunities throughout the academic year.

School Based Activity Goals

The School will provide no less than one of the following events within the school year to broaden access to acquiring life-long wellness habits.

- The School will work to host a Wellness Event which offers school community access to various wellness outlets (WIC, SNAP, Covered Cal, local community wellness centers, healthy meal trucks)
- The School will provide Mental Health or Anti-bullying campaign, workshops, or partnership with community based programs
- The School will offer Staff Wellness Events such as team building or access to workshops
- The School will explore wellness courses/seminar offerings to parents
- The School will provide Wellness or Hygiene Packs for Students/Staff (Tools for Wellness)

Evaluation & Revisions

The Wellness Committee, under the direction of the Principal and with the support of the Charter Management Organization will take the following steps to evaluate and update the School's Wellness Policy;

1. This policy will be reviewed annually by the Wellness Committee and School Leadership, and in consultation with Propel Charter Management, to determine if all goals have been met for the school year and if any new Wellness Goals should be considered. Results will be made available on the School website. Any proposed revisions to the Wellness Policy will be presented to the School Site Council and will also be posted to the School website.
2. This policy will be reviewed annually by Propel Charter Management and the School's legal counsel to determine if the existing Wellness Policy requires any revisions in response to new or evolving legislation. The complete Wellness Policy will be presented for School Board review annually.
3. This policy will be reviewed every three years using the WellSAT 3.0 assessment tool

Record Keeping

The School will retain records to document compliance with the requirements of this Policy at the learning center and/or on the School's internal computer network. Documentation will include, but will not be limited to, the following:

- This Policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make this Policy and the triennial assessments available to the

public, provide members of the public an opportunity to participate in the development, implementation, and period review and update of this Policy, inform the public about progress toward meeting the goals in this Policy, etc.; and

- Documentation of the triennial assessments of this Policy.

USDA Statement

In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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Resources

Centers for Disease Control and Prevention

[The Whole School, Whole Community, Whole Child \(WSCC\) Model
CDC Healthy Schools](#)

United States Department of Agriculture

[A Guide to Smart Snacks in Schools](#)

California Department of Education

[School Nutrition](#)