

Policy: Julian Charter School (JCS) is committed to providing an environment that enhances learning and development of lifelong wellness practices. It further recognizes that adequate physical activity and nutrition contribute to healthier students and an optimized learning environment. To accomplish these goals:

- All school-based activities are consistent with this Wellness and Nutrition Policy.
- Parents/guardians are encouraged to consider nutritional quality and support the School's nutrition education efforts when selecting meals and snacks including foods which they may donate for field trips, park days, or other JCS-sanctioned events.
- Administrators are knowledgeable about available child nutrition programs and can make recommendations about such programs to families.
- Sequential and interdisciplinary nutrition education is promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- When foods and beverages are made available to students on campus (lunches, vending, or a la carte) during the traditional school day, they include foods consistent with the current Dietary Guidelines for Americans and are selected so as to contribute to students' nutritional well being and the prevention of diseases. Foods are served in age-appropriate quantities and at reasonable prices. All such foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals when food is served on the campus. Food and/or physical activity is not encouraged as a reward or punishment.

Nutrition Education:

- School will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Integration of nutrition education will be encouraged into other areas of the curriculum such as math, science, language arts and social studies.
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity:

- Physical activity will be encouraged across curricula and throughout the curriculum. Movement can be made a part of science, math, social studies and language arts.
- Time recommended for physical activity will be consistent with research, national and state standards.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Information will be provided to families to help them incorporate physical activity into their student's lives.

Other School-Based Activities:

- Wellness and Nutrition Policy goals are considered in planning school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by providing information on health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Promotional activities will be limited to programs or activities that encourage physical activity, academic achievement or positive youth development and are in compliance with School guidelines.
- Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Sales of candy or other food outside of School as a fundraiser, such as catalog order sales, are at the discretion of the Director. However, healthy food choices or non-food based fundraising are highly recommended.
- Bake Sales and/or Ice Cream Socials may be held at the discretion of the Director, in moderation and with consideration and consistency of the goals of this policy.

Eating Environment:

- Drinking water is available for students at meeting sites.
- Food is not encouraged as a reward or a punishment for individual student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- As appropriate and manageable within the context of the various school programs, the School will seek to provide affordable access to the varied and nutritious foods students need to stay healthy and learn well.
- Students are encouraged to start each day with a healthy breakfast.
- All learning and meeting sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.

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