

Agape Charter Schools
Carter G. Woodson Public Charter School
&
W.E.B. DuBois Public Charter School
Wellness Policy on Physical Activity and Nutrition

Agape Charter Schools provide environments that promote and protect students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of *Agape Charter Schools* to:

- The schools will involve students, parents, staff, and community members in creating, implementing, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that reflect the ethnic and cultural diversity of the student body. Meal planning will ensure clean, safe, and pleasant eating environments with adequate time for students to eat.
- To the maximum extent practicable, the charter schools will participate in available federal child nutrition programs, including the School Breakfast Program, the National School Lunch Program, and after-school snack programs.
- Schools will provide nutrition education and physical education that foster lifelong healthy eating and physical activity habits, and will establish connections between health education, school meal programs, and related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The charter schools shall establish, strengthen, or continue a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise the Local School Wellness Policy, including policies related to nutrition and physical activity. The Wellness Committee shall also serve as a resource to school sites to support implementation of these policies. The committee shall include representatives of the school and community and shall permit participation from parents, students, representatives of the School Food Authority (SFA), members of the school board, school administrators, teachers, health professionals, and members of the public.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

The charter schools shall operate and provide food service in accordance with the meal pattern requirements and program regulations of the USDA National School Lunch Program and all

applicable federal laws and regulations, and shall comply with all applicable state laws, regulations, and guidance issued by the California Department of Education Nutrition Services Division. The charter schools operate under the Community Eligibility Provision (CEP), providing breakfast and lunch at no charge to all enrolled students. Guidelines for reimbursable school meals shall be no less restrictive than the standards established by the USDA and the State of California.

School Meals

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- Free, potable water will be made available to all students during each meal service.
- *Agape Charter Schools* will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.
- Schools are encouraged to offer fresh, seasonal, locally grown food at every location on the school site where food is sold and at all school-sponsored events and activities.

Schools shall engage students and parents in the school meal program by offering opportunities such as taste tests and surveys to help identify new, nutritious, and appealing menu items. Schools shall promote participation in the meal program, including meals provided at no charge to all students through the Community Eligibility Provision (CEP), and shall share information about the nutritional content of meals through menus, cafeteria signage, or other point-of-service materials.

Meal Access and Elimination of Stigma

The school shall ensure that no student is overtly identified based on meal participation status and shall implement practices that promote equal access to meals for all students. Schools may utilize methods such as electronic identification systems, “grab-and-go,” or classroom breakfast to increase participation and ensure convenient access to nutritious meals.

Meal Times and Scheduling

- Students shall be provided at least 20 minutes of seated lunch time on a regular school day schedule.
- Meal periods shall be scheduled at appropriate times during the school day.
- Tutoring, club meetings, and other activities shall not be scheduled during mealtimes unless students are permitted to eat during those activities.
- Lunch periods shall be scheduled after recess in elementary schools whenever possible.
- Students shall have access to handwashing facilities or hand sanitizer before meals and snacks.

Qualifications of School Food Service Staff

Qualified nutrition professionals shall administer the school meal programs. The district shall provide ongoing professional development for all child nutrition staff. Training opportunities shall be appropriate to staff roles and responsibilities and may include certification programs for directors, managers, and cafeteria staff.

Sharing of Foods and Beverages

Schools shall discourage students from sharing foods or beverages during meal and snack times to support student safety and accommodate allergies and other dietary restrictions.

Foods Provided to Students

All foods and beverages provided to students during the school day, but not sold, shall support the goals of the Local School Wellness Policy and promote student health.

Competitive Foods

All foods and beverages sold to students on school campus during the school day shall meet the federal Smart Snacks standards and applicable California competitive food and beverage requirements established by the USDA and the California Department of Education. The district shall ensure compliance with all applicable state and federal regulations governing competitive foods and beverages.

All foods and beverages sold to students during the school day (midnight to 30 minutes after dismissal) must meet federal and state nutrition standards.

Foods:

- Must be a fruit, vegetable, dairy, protein, whole grain–rich item or contain at least ¼ cup fruit/vegetable.
- Limits: ≤35% fat, <10% saturated fat, ≤35% sugar, ≤200 mg sodium (snacks) / 480 mg (entrée), ≤200 calories (snacks) / 350 calories (entrée).
- Caffeine not allowed in elementary/middle school; allowed in high school.
- Certain additives (e.g., brominated vegetable oil, potassium bromate, propylparaben, red dye 3) prohibited starting January 1, 2027.
- Fresh fruits and vegetables are exempt from most standards.
- NSLP/SBP entrées are exempt the day of and day after service.

Beverages:

- Allowed: water (no limits), 100% juice, milk, and nutritionally equivalent non-dairy milk (size limits apply: 8 oz elementary, 12 oz secondary).
- High school only: limited low- or no-calorie flavored beverages.
- Caffeine not allowed in elementary/middle school; allowed in high school.

Unless being sold by the Charter Schools food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11, FAC 5P-2.002

Food and Beverage Marketing

School-based marketing and advertising shall be consistent with the goals of the Local School Wellness Policy and shall support nutritional education and health promotion. The district shall permit the marketing of only those foods and beverages that meet federal Smart Snacks standards under 7 CFR, Section 210.11 and applicable California competitive food requirements. Marketing activities that promote healthy behaviors are encouraged.

Fundraising Activities

Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutritional standards for competitive foods while also emphasizing the sale of nonfood items. The district encourages non-food fundraising activities to support student health and wellness goals.

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion

Agape Charter Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education as part of a sequential, comprehensive, standards-based program offered at each grade level and integrated into health, science, physical education, and other subject areas.

The program shall promote fruits, vegetables, whole grains, low-fat and fat-free dairy products, healthy food preparation methods, and balanced nutrition practices; emphasize the balance between food intake and physical activity; link with school meal programs and related community services; and include training for staff.

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as personal behavior, students need opportunities for physical activity beyond physical education class.

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
- In Elementary grade levels, opportunities for physical activity will be incorporated into other subject lessons, as appropriate; and
- Elementary teachers shall be encouraged to provide short physical activity breaks between lessons, as appropriate.

Communication with Parents

The Agape Charter Schools shall support parents' efforts to provide a healthy diet and encourage daily physical activity for their children. The district shall provide nutrition information, including nutrient analyses of school menus upon request, and shall share resources such as lists of approved snack items and ideas for healthy celebrations and fundraising activities. The schools shall also provide information about physical education and school-based physical activity opportunities before, during, and after the school day through the district website, newsletters, and other communication methods.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education P.E (K-12)

Agape Charter Schools shall provide physical education instruction in accordance with applicable California Education Code requirements. Students in grades 1–8 shall receive at least 200 minutes of physical education each 10 school days, pursuant to Section 51233. Students in grades 7–12 shall receive at least 400 minutes of physical education each 10 school days, pursuant to Section 51222. Physical education instruction shall ensure that students participate in moderate to vigorous physical activity for at least 50 percent of class time. These requirements apply to all students, including students with disabilities, special health-care needs, and those in alternative educational settings, as appropriate.

Daily Recess

All elementary students shall have at least 20 minutes of supervised recess daily, preferably outdoors. Schools shall encourage moderate to vigorous physical activity during recess by providing appropriate space and equipment.

Physical Activity and Discipline

Physical activity shall not be used as a form of punishment, and opportunities for physical activity, including recess and physical education, shall not be withheld as a disciplinary consequence.

Other School-Based Activities

Agape Charter Schools shall promote wellness throughout the school environment by supporting activities that reinforce healthy eating, regular physical activity, and overall student well-being. The district shall encourage staff wellness initiatives, school-wide health promotion efforts, and community engagement activities that align with the goals of the Local School Wellness Policy.

V. Monitoring and Policy Review

Monitoring

The Superintendent or designee shall be responsible for ensuring district-wide compliance with the Local School Wellness Policy. The school principal or designee shall ensure compliance at the school site and report on implementation as required. School food service staff shall ensure compliance with nutrition standards within the food service program and shall report to the Superintendent or designee.

The district shall conduct and publish a Triennial Assessment of compliance with the Wellness Policy at least once every three years, in accordance with requirements established by the USDA. The assessment report shall be provided to the Governing Board and made available to the public.

Policy Review

To support the development and ongoing improvement of the Local School Wellness Policy, the district shall conduct an assessment of the school nutrition and physical activity environment. The results of the assessment shall be used to identify strengths, prioritize needs, and guide updates to the Wellness Policy.

Assessment

The district shall conduct a review of the Local School Wellness Policy at least once every three years to assess compliance, measure progress, and identify areas for improvement. The review shall evaluate nutrition and physical activity policies, the school environment supporting healthy eating and physical activity, and related program elements. The district shall provide opportunities for the public to participate in the development, implementation, and review of the Local School Wellness Policy and shall make the policy and assessment results available to the public.

Legal References

U.S. Department of Agriculture (USDA) Local School Wellness Policy Requirements

National School Lunch Program (NSLP) Regulations

California Education Code Sections 51222, 51223, and 51233

California Health and Safety Code Section 109025

California Department of Education (CDE) Nutrition Services Division Guidance

This institution is an equal opportunity provider.