

## City Charter High School

### Wellness Policy—Physical Activity and Nutrition

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, City Charter High School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of City Charter High School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades 9-12 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 meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.



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- To the maximum extent practicable, City Charter High School will participate in the School Breakfast Program and the National School Lunch Program including after-school snacks.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- City High will utilize the CDC School Health Index every three years to re-assess strengths and weaknesses and post the results on the school website.

### To Achieve These Policy Goals:

City Charter will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources for implementing those policies. This council will consist of;

- School administrators
- A current wellness leader
- A current board member
- Food service director
- Registered nurse
- School counselor
- Parents
- Student representatives

Members will be obtained through the following methods;

- Teachers will be obtained through an all-staff inquiry email.
- Parents will be obtained through our Title 1 meeting/Parental Involvement meeting.
- Board members will be obtained through inquiry at our first board meeting.
- Students will be obtained through announcements in advisory meetings.

*Agendas and attendance of committee meetings will be kept on file.*

## Nutritional Quality of Foods and Beverages Sold and Served

### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children in effort to combat nearby fast food preference
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- offer a variety of fresh fruits and vegetables
- serve only low-fat (1%) and fat-free milk
- ensure that all of the served grains are whole grain
- offer 100% juices as fruit options as often as allowed
- offer extended variety to placate and entice urban palettes
- never be fried
- offer only whole muscle lean meats
- be developed by knowledgeable culinary staff with a “from-scratch” menu approach
- be part of a 3 week cycle changing each trimester

City Charter High School will engage students through surveys in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, City Charter High School will share information about the nutritional and/or allergen analysis content of meals with parents and students at request. Such information will be made available through contact by phone or by email found on the school’s website [www.cityhigh.org](http://www.cityhigh.org). Weekly menus will be made available through CCHS Portal, email, and displayed in cafeteria areas.

### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- City Charter High School will participate in the School Breakfast Program.
- City Charter High School strives to meet the demands of fast-paced urban teen lifestyles with focus on “grab-n-go” items that provide the nutrition to function in a time sensitive manner.
- City Charter High School will notify parents and students of the availability of the School Breakfast Program through email communication and orientations.
- Breakfast Menus will post on [CCHS Portal](#) as well as in cafeteria areas.

### Free and Reduced-priced Meals

City Charter high School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>5</sup>. Toward this end, City Charter utilizes an electronic identification and payment system; provides meals to all children, regardless of income; and promotes the availability of school meals to all students.

### Meal Times and Scheduling

- City Charter provides students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- City Charter schedules meal periods at appropriate times in 4 blocks; 11:25am/12:10pm/12:40pm/1:10pm
- City Charter provides students access to hand sanitizing stations before they eat meals or snacks;
- The cafeteria will have drinking fountains or nearby access to water for students' use during meals.
- The cafeteria will be monitored by school administration throughout mealtimes.
- Cafeteria tables will be sanitized between lunch periods.

### Qualifications of School Food Service Staff

Qualified culinary professionals with extensive experience in all facets of food service will administer the school meal programs. Staff skillsets ensure that meals will be fresh and chef inspired, with emphasis on quality food with a rich flavor profile to combat the traditional stigmatic school lunch. As part of our responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools.

All culinary staff will receive information and training on the regulations and plans developed to implement the Student Wellness Policy. Training will be done annually to serve as a reminder and inform new faculty.

### Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, sanitation and health, and other restrictions on some children's diets.

### Foods Sold on School Premises

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte means, the student store, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

#### Beverages

- Allowed: water or drinks without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not

contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

- Not allowed: soft drinks containing caloric sweeteners; fruit juices that contain additional caloric sweeteners; beverages containing caffeine, excluding fat-free chocolate milk (which contain trivial amounts of caffeine).

### Foods

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

### Portion Sizes

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for bagged snacks;
  - Two ounces for cereal bars, granola bars, pastries, and other bakery items;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - 16.9 fluid ounces for beverages, excluding water; and
  - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

## Fundraising Activities

To support children's health and school nutrition-education efforts, City Charter High School's fundraising activities that involve food will strive to use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually, except for the exempt fundraisers listed below. City Charter will encourage fundraising activities that promote physical activity.

### **Exempt Fundraisers**

City High will work to minimize exempt food fundraisers while maintaining successful traditions. The maximum allowed by USDA regulation is 10 per school year. Currently active fundraisers are;

- Betsy Ann Candy Drive - twice per school year
- Gourmet Popcorn Drive - once per school year
- Bake sale for Robotics - thrice per school year

Pre-orders of items may take place anytime throughout the day. Upon delivery, items may only be received at dismissal of the school day. No fundraisers will take place during mealtimes or compete with school approved food served during the school day.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and students.

### **Rewards**

City Charter High School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

City Charter High School does not permit celebrations.

School-sponsored Events (such as, but not limited to, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

### **Nutrition Education and Promotion**

City Charter High School aims to teach, encourage, and support healthy eating by students and will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as taste testing, and visits to a school garden;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.
- Provides health tips and healthy recipes via Facebook feed.

## Hand Washing or Hand Sanitizing

*Goal: Students shall have access to hand washing or sanitizing before meals and snacks.*

The Board of Directors recognizes the health of the student is directly related to personal hygiene and cleanliness. Students who are present at school on a regular basis benefit from increased instruction and learning. To support this need, City Charter High School has established practices to reduce the spread of bacteria and viruses, such as the flu, the common cold, Norovirus, and Hepatitis A.

Students shall have access to hand washing or sanitizing before and after meals and snacks.

School staff is directed to implement these procedures whenever students use the restroom and prior to dining.

### Purpose Of Hand Washing

1. To reduce the spread of bacteria and viruses, from person to person and from people to food contact surfaces which are the main cause of the spread of Norovirus, the common cold and the flu.
2. To reduce germs and bacteria found on the hands to safe levels, to prevent or to eliminate
3. the spread of bacteria and viruses, which increase the spread of illness in the cafeteria and classroom.
4. To reinforce and practice personal hygiene practices with all students.
5. To provide an opportunity for the class to develop correct hand washing procedures and then apply the procedures on a regular basis.

### Hand Washing Procedures

1. Wash hands using soap and warm, running water, at least 100°F.
2. Vigorously rub hands during washing for at least 15 - 20 seconds (Sing the Happy Birthday song) with special attention paid to the backs of the hands, wrists, between the fingers and under the fingernails.
3. Rinse hands well while leaving the water running.
4. With the water running, dry hands with a single-use towel or a warm air dryer.
5. Turn off the water using a paper towel, covering washed hands to prevent recontamination from the dirty faucet.

### **When To Wash Hands**

*Hands should be washed after the following activities:*

- After touching bare human body parts other than clean hands and clean, exposed portions of arms.
- After using the toilet
- After coughing, sneezing, using a handkerchief or disposable tissue
- After eating or drinking
- After handling dirty equipment, utensils and supplies
- After engaging in other activities that contaminate the hands

### **Use Of Hand Sanitizers**

1. Hand sanitizers may be used in place of hand washing ONLY when access to soap and hand sinks are not available.
2. Only hand sanitizers containing 60–90% ethyl alcohol or isopropanol in concentration with equivalent sanitizing strength may be used as an adjunct to proper hand washing.

### **Role Of The CEO**

*As the instructional leader, the CEO has a continuing role in policy implementation.*

*The CEO will:*

1. Communicate the hand washing and hand sanitizer policy to teachers, parents/guardians, and students.
2. Organize in-service training for all building staff as part of the policy implementation.
3. Ensure the staff complies with the hand washing, sanitizing policy.
4. Coordinate the availability of supplies for hand washing: soap and single use towels, in bathrooms and classrooms with hand sinks.
5. Evaluate and monitor the implementation of hand washing and hand sanitizing.

### **Role Of The Teacher**

*It is the classroom teacher's responsibility to instruct students in a meaningful manner.*

*The teacher should:*

1. Demonstrate and present the steps to hand washing clearly and concisely.
2. Ensure that proper and adequate facilities (i.e., sinks) are available and are in good working order.
3. Provide time prior to meals and snack for hand washing.
4. Reinforce hand washing by setting the example and washing their hands according to when to wash hands.
5. Consider assignments that permit the student to demonstrate handwashing comprehension.
6. Motivate students in when to and how to wash hands.



### **Role Of The School Nurse**

It is the school nurse's role to support the classroom teacher and principal in instructing teachers and students. The school nurse should:

1. Provide instructional materials for use in the classroom and restrooms which reinforce proper hand washing.
2. Assist the CEO in instructing teachers on proper hand washing procedures.
3. Assist the classroom teacher in instructing students on proper hand washing procedures.
4. Communicate with the principal, food service manager, and teachers any concerns related to increases in visits to the nurses' office, which may be the result of improper handwashing or a foodborne illness outbreak.

### **Role Of The Student**

*The student should:*

1. Be familiar with the hand washing and hand sanitizing policy of the school.
2. Become familiar with the proper steps of hand washing and know when to wash hands.
3. Develop good hand washing habits.
4. Take personal responsibility for washing hands not only at school but when away from school.

### **Role Of The Parents/Guardians**

Parents/Guardians can encourage their children by showing interest and displaying positive examples of hand washing. City Charter High School will copy and distribute to parents/guardians information designed to promote hand washing and identify roles for parents/guardians in promoting hand washing.

### **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 a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes through the use of stairs, as appropriate.
- Students will walk to and from an external physical education class as well as all downtown activities.
- City High is constructing an in-house facility for physical education available to students and staff. Active lifestyle promotion will be our first step, hopefully evolving

into an extra-curricular club as well as social media workouts based on feedback and interest. A community fitness night may be explored in the '17-18 school year.

### **Communications with Parents**

City Charter High School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information at request and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy field trips, fundraising, and after school activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

City Charter High School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day via [CCHS Portal](#); and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **Parental Procedure for Request of Meal Accommodation**

Per request by USDA, City High has adopted a procedure for all families to make requests for meal accommodations for dietary needs of the student. City High strives to find reasonable solutions to allow all students to participate in our meal program. We will collaborate on a case-by-case basis to establish a meal plan that satisfies both requests and USDA regulation.

### **1. Specification of Needs**

Please let us know if your child experiences intolerances or sensitivities to certain allergens. We will advise which foods to avoid, however the student will still be responsible for fulfilling the amount of components necessary to qualify as a meal. If your child has an acute allergy, condition or disability supported by submitted medical statements, meal pattern may be altered to accommodate the condition.

### **2. Submission of Statements**

The medical statement must be written by a licensed physician, certified RN, physician's assistant, or dentist and submitted to school wellness staff. The medical statement must include information about the child's physical or mental impairment that is sufficient to allow the school to understand the child's diet; an explanation of what must be done to accommodate the child and the foods to be omitted and recommended alternatives, if applicable. Medical statements concerning food allergies must contain the allergen to be avoided, a brief explanation of how exposure to the allergen affects the child, and any recommended substitutes. A case by case emergency plan of care must be agreed upon between school officials and parents/guardians and kept on file for allergies and disabilities. The medical plan of care (located next to the wellness policy link) must be completed and submitted to the school nurse (malcolm@cityhigh.org)

### 3. Solutions with Chef

School officials will work with and follow up with families to negotiate logistical solutions and agreements for meal options and document communication. If the dietary needs are not supported by submitted medical statements, Chef will advise what meal components or selections to avoid, though the student may need to select additional undesired components to satisfy full meal requirements depending on NSLP status.

If submission of statements is complete, please submit any options or recommended meal preparations to Chef Dyer ([dyer@cityhigh.org](mailto:dyer@cityhigh.org)). Chef will work to design two cold-lunch options on Mon/Tues/Thurs and a hot meal option Wed/Fri that reflects recommendation while adhering to the following; the items must be able to be sourced through City High purveyors, no store shopping, the overall meal cost must not exceed \$4 and the items must be sustainable. For example, fresh unfrozen chicken breast is not sustainable in an available 20# case at \$35, the remains would perish before usage for one student. Items may be provided by parents/guardians and prepared by City High staff. If parents/guardians are not satisfied with the solutions provided, they may file a grievance in writing for a hearing with school officials and parental participation with legal representation if desired.

A serving procedure will be agreed upon to best meet the needs of the student, whether self-governed selection through the service lines, or tray to table accessibility.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, City Charter will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

## Physical Activity Opportunities and Physical Education

### Daily Physical Education

All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., after school clubs) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### Techniques for Physical Education Goals

Evidence-based techniques for physical education goals will reflect the state issued Academic Standards for Health, Safety and Physical Education. These standards can be found at <http://www.stateboard.education.pa.gov>.

### Physical Activity Opportunities Before and After School

City Charter High School will offer extracurricular physical activity programs, such as physical activity clubs and dance classes. City High will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

### Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### Safe Routes to School

City Charter High School will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, City Charter High School will work together with local public works, public safety, and/or police departments in those efforts. City Charter will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

## Monitoring and Policy Review

### Monitoring

The designee will ensure compliance with established nutrition and physical activity wellness policies. The CEO or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the charter school CEO or designee.

School food service staff, at the charter school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the CEO.

**Policy Review**

To help with the initial development of the wellness policies, City Charter High School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of the assessment will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the City Charter will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. City Charter High School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.