

Coburg Community Charter School Wellness Policy

Coburg Community Charter School (CCCS) recognizes that:

- Healthy children are the foundation of a healthy society.
- Well-nourished and active children are better able to learn.
- All children deserve nutritious, safe and deliciously prepared food and adequate time, space and equipment to be active.
- Good eating and activity habits developed in childhood will affect health throughout life.
- The knowledge of food - how it is grown, who grows it, how it is prepared, its connection to tradition, and its influence in shaping the future of society- is integral to a healthy education.

As a result, CCCS is committed to providing a school environment that promotes and protects the above principles.

Commitment to Establishing, Implementing and Monitoring a Wellness Policy

To help ensure the health and well-being of each student attending CCCS, and to provide guidance to school personnel in the areas of nutrition, health, physical activity, and food service, a Wellness Committee will be established. This committee will encourage teachers, administrators, and food service

employees to recognize food as an integral part of the educational program of the school and to work to implement the goals of this policy.

The Executive Director will appoint a Wellness Committee to develop, implement, monitor and review school nutrition and physical activity policies and guidelines. The team may include representatives from the following groups: students, parents, teachers, school administrators, members of the school board, food service professionals, health professionals, and/or other interested community members.

The Wellness Committee will provide support and guidance to staff on how to implement the Wellness Policy. Staff are encouraged to use the Wellness Committee as a resource to implement and monitor adherence to the Wellness Policy.

The Wellness Committee will present to the CCCS Board of Directors an annual report on the status of meeting the Wellness Policy goals.

Commitment to Nutrition

Nutrition Goal

At CCCS, qualified food service staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.

School Meal Program

Meals served at school shall utilize fresh, whole, unpackaged, unprocessed or minimally processed ingredients, to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste.

The economically sustainable meal program shall make available a variety of fresh fruits and vegetables (at least three different fruits and three different vegetables over the course of a week), 1% or fat free milk, and a multitude of whole grains (at least half of the grains served shall be whole grains).

The food service staff will integrate organic foods into the meals served to students based on availability. Priority will be given to procuring foods with the highest pesticide residue, as determined by the Environmental Working Group (www.ewg.org):

- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Hot Peppers
- Nectarines (imported)
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers
- Kale/greens
- Summer squash

Food service staff will coordinate its menus with seasonal production of local farms and the school garden so that school meals will reflect seasonality and local agriculture as possible.

Ingredient and nutrition information will be provided to parents and staff as needed to allow for informed dietary choices.

Foods exposed to potentially harmful food additives and processes, such as bovine growth hormone, irradiation, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (transfats), preservatives, and genetic modification will be minimized as much as possible.

CCCS will engage students and parents, through surveys and taste-tests of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

Food safety will be a key component of all school food operations. Food service staff will have a valid Oregon Food Handler's Card.

School Garden/Local Farms

Staff shall integrate hands-on food experiences in gardens and classrooms, and enriched activities such as farm field studies, farmers' markets tours, and visits to local farms and/or community gardens, with core curriculum so that students begin to understand how food reaches the table and the implications that has for their health and future.

Staff members are encouraged to utilize food from school gardens and local farms in classrooms and the cafeteria based upon availability and acceptability.

Waste Reduction

The cafeteria shall model environmentally sound practices and educate and involve students and staff in reducing waste,

composting, recycling, and purchasing recycled material.

Postconsumer food waste will be composted and returned for use in the school garden program.

Meal Times and Scheduling

Meals will be attractively presented and served in a pleasant environment with sufficient time (**at least 20 minutes sit-down time**) for eating, while fostering good eating habits, enjoyment of meals, good manners, and respect for others.

Tutoring, club, or organizational meetings or activities will not be scheduled during mealtimes, unless students may eat during such activities.

Food and Beverages Sold Individually

Whenever foods/beverages are sold or otherwise offered at school events (i.e. at school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions), efforts will be made to offer nutritious and appealing options.

Beverages

Suggestions: water or seltzer water without added caloric or non-caloric sweeteners, fruit and vegetable juices that contain 100% juice and that do not contain additional sweeteners, unflavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages.

Foods

Suggestions: fruits, vegetables, nuts, trail mix, beef jerky, popcorn, yogurt, cheese, 100% juice popsicles, whole grain breads, lean meats,

entrees served with a fruit or non-fried vegetable.

Classroom 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.

All children will have access to a morning snack provided by the school and prepared and served by volunteers and/or food service staff.

The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents (see [Appendix A](#)).

To the extent possible, children will be involved in serving and cleaning up snacks.

Rewards and Celebrations

CCCS staff should try to limit celebrations that involve food during the school day to no more than one party per class per month.

Alternatives to birthday treats such as outlined in [Appendix B](#) will be encouraged.

The use of foods as rewards for student accomplishment and the withholding of food as discipline will be discouraged. See [Appendix C](#) for non-food reward ideas.

Fundraising

All school-based organizations will be encouraged to use services (i.e. car wash), contests (i.e. math-a-thon), experiences (i.e. musical concert), non-food items (i.e. plants), healthful foods and/or activities that promote

fitness (i.e. jog-a-thon) for fundraising programs.

A strong emphasis in fundraising efforts will be on community involvement and outreach.

Commitment to Physical Activity

Physical Activity Goal

Coburg Community Charter School recognizes the essential nature of quality physical activity for the well-being of all students. The school will endeavor to include daily opportunities for a variety of physical activities through curricular, co-curricular, recess and lunch time options. Instructors in all curricular areas are encouraged to integrate physical activity into their courses of study where feasible.

Physical Education

Physical education will provide an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Daily Recess

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.

All students will have at least **20 minutes** per day of supervised recess, preferably outdoors.

Physical activity will be encouraged verbally and through provision of space and equipment.

Physical Activity and Punishment

Recess should not be seen as a reward but as a necessary educational support component for all children.

Teachers and other school and community personnel will be discouraged from using the removal of recess/physical education as a punishment or in order to complete class work.

Physical Activity in the Classroom

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.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

CCCS will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

CCCS will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The school will offer a range of activities aimed at meeting the needs, interests, and abilities of all students.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

CCCS 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, the school will work together with local public works, public safety, and/or police departments in those efforts.

Commitment to Marketing a Healthy School Environment

Healthy School Environment Goal

CCCS aims to teach, encourage, and support healthy eating by students in a supportive and positive manner. Our school will strive to create an environment in which we will accept and respect the natural diversity of body shapes and sizes.

All efforts should be made to discourage negative food/body size messages (i.e. "You shouldn't eat that." "You should lose weight.") and instead promote an "all foods fit" philosophy of balance and moderation.

Nutrition education should promote *providing, not depriving*. Our food service staff will encourage eating that promotes pleasure and honors internal cues of hunger, satiety and appetite.

CCCS staff will not force, bribe, or cajole students to eat. **Children will be given the opportunity to eat a variety of healthful foods, with the goal of exposing children to new foods many times in a no-pressure environment.**

CCCS staff will provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages with a focus on healthy balance rather than food extremes (i.e. "good food" vs. "bad food" terminology should be avoided).

School staff and families will be encouraged to participate in school lunch to model healthful eating.

See [*Appendix D*](#) for additional resources on creating a healthy school environment.

Promoting Life Skills

School lunch and snacks will be seen as an opportunity to teach and model life skills such as hand washing before meals, appropriate table manners, and cleaning up after oneself.

Students will be taught the importance of frequent and effective hand washing techniques. When available, the preferred method for hand washing will be using a sink with soap and water, rather than sanitizer.

Communication with Parents

Healthful eating, physical activity, and healthy lifestyles will be promoted to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, Parent Club meetings, open houses, health fairs, teacher in-services, and other events).

CCCS will support parents' efforts to provide a healthy diet and daily physical activity for their children.

The Wellness Committee will provide healthy lifestyle information in the school newsletter, on the school website, and on a bulletin board in the school building.

CCCS will encourage parents who send meals for their children to provide nutritious options for their children.

Food service staff will provide ingredient and nutrition information, as available, to staff and parents.

Food Marketing at School

School-based marketing will be consistent with nutrition education and health promotion.

No food vending machines will be utilized at CCCS.

Staff Wellness

CCCS highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff are encouraged to participate in the CCCS Wellness Committee.

Wellness Team

Parents: Arianna Gardner, Kristi McCondochie,
Carleen McKillop, RDN

School Faculty and Staff: John Sepulveda

BOD: _____

Student: _____

Implemented: _____

Revised: _____

Appendix A

Snacks

Fruit, which is naturally sweet, can be served whole, even dried, and is a great treat for most kids. We are fortunate to live in a community with local fresh produce.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Raisins
- Cranberries
- Applesauce (unsweetened) - this has a long shelf life and is healthy. Examples: Mott's Natural Style & Mott's Healthy Harvest
- Grapes
- Mango
- Nectarines
- Oranges
- Raspberries
- Strawberries
- Tangerine
- Fruit leather- Some brands of fruit snacks are more like candy and should be avoided due to high sugar content. Try to avoid: Fruit Rollups, Fruit by the Foot, Farley's Fruit Snacks, Sunkist Fruit Snacks, Tree Top Fruit Snacks. Try brands without added sugar.

Vegetables, served raw and whole, provide an array of beautiful colors and can be a great accompaniment with hummus, cream cheese or salsa.

- Baby carrots
- Peppers (mini and sweet varieties)
- Celery sticks
- Snap peas
- Snow peas
- String beans
- Mini cucumbers
- Cherry tomatoes
- Edamame (These often come frozen but when thawed are delicious and fun for kids.)

Healthy Grains - Try providing mostly whole grains with little added sugar. These provide higher fiber, vitamins and minerals.

- Whole wheat English muffins
- Tortillas
- Crackers (low to no sugar)
- Baked tortilla chips
- Pita bread
- Rice cakes
- Popcorn
- Pretzel

Dairy, a great source of calcium

- Yogurt (look for yogurts low in sugar - these come drinkable and in single serve cups)
- Cheese (string cheese, single packets, many varieties of cheddar, Swiss cheese or mini Babybel)

Nuts - great source of protein and serve well with fruit or vegetables

Before bringing nuts, check to make sure there are no allergies. There are a growing number of children with severe peanut and tree nut allergies.

- Small amounts of all varieties of nuts - roasted, raw or unsalted
- Trail mix

Appendix B

Healthy Celebrations

Here are some creative ways to honor birthdays, holidays or other special occasions at home, in the community or at school.

General Guidelines

- Schedule parties after lunch rather than in the morning.
- Do not make food the focus - plan activities such as dancing, games, crafts or singing.
- Celebrate a child's cultural heritage with traditional crafts, games and stories.
- Draw a birthday mural, create a birthday hat, or make a birthday book filled with his/her classmates drawings.
- Consider celebrating birthdays once/month or combining the month's birthdays with a national cultural celebrations.
- Consider offering goodies such as pencils, bookmarks or stickers instead of cupcakes.

Christmas, Hanukah, Kwanzaa

- Decorate pillow cases for a homeless shelter.
- Hold a food drive for the local food pantry.
- Make holiday cards for a nursing home.
- Collect animal treats for the humane society.

Easter

- Decorate plastic eggs with paints, stickers and glitter.
- Hide small toys or coins inside plastic eggs.

Halloween

- Focus on wearing costumes.
- Make Halloween into a drama day where kids make their own costumes/masks and write and perform a play.

St. Patrick's Day

- Teach an Irish step dance.

Thanksgiving

- Encourage students to share what they are thankful for by writing a poem, drawing a picture or telling a story.
- Hold a food drive for the local food pantry.

Valentine's Day

- Invite students to write down one positive comment about each classmate and pass them out as Valentines.
- Ask students to write poems and read them aloud to the class.

Appendix C

Healthy Alternatives to Rewards

Schools can help promote a healthy learning environment by using nonfood rewards. The ideas below are just a beginning and can be modified for different ages. Be creative and don't forget the simple motivation of recognizing students for good work or behavior.

Social Rewards

- Pat on the shoulder.
- Verbal praise.
- Smiles.

Recognition

- Recognize achievement on school-wide morning announcements.
- Trophy, plaque, ribbon, certificate.
- Photo recognition board in the school.
- Phone call/email/letter sent home to parents.

Privileges

- Read a book.
- Sit by friends.
- Read outdoors.
- Teach the class.
- Get a no-homework pass.
- Make deliveries to the office.
- Listen to music while working.
- Play a favorite game or puzzle.
- Earn play money for privileges.
- Walk with a teacher or principal.

- Listen with a headset to a book on audiotape.
- Be first in line when the class leaves the room.
- Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)
- Play a computer game.
- Have extra art time.

Classroom Awards

- Get a "free choice" time at the end of the day.
- Chat break at the end of class.
- Enjoy class outdoors.
- Have a teacher read a special book to the class.
- Have a teacher perform a special skill (i.e. sing).
- Dance to favorite music in the classroom.
- Sing a silly song together.
- Read to a younger class.

Appendix D

Healthy School Environment Resources

www.EllynSatterInstitute.org

"When the joy goes out of eating, nutrition suffers." - Ellyn Satter

more to come--