



## Endeavor College Preparatory Charter School Wellness Policy

Endeavor College Preparatory is committed to creating a school environment that promotes a healthy lifestyle to children through the example of our staff's health, well-being and ability to learn.

### Goals for Nutrition, Physical Activity, and Nutrition Promotion

**Nutrition** It is the goal and policy of Endeavor College Preparatory to provide nutritious meals for every student. The school will promote the physical and intellectual well-being of its students through healthy nutrition. We will work to encourage parents, guardians, staff, and the community to serve as positive role models for a nutritious education. Our goal is for our students to become healthy, active adults that can build and strengthen our community.

**Physical Activity** All students in grades TK-8 will be provided opportunities to be physically active on a regular basis. Examples of these opportunities currently available are:

- Physical Education for all grades (K-8th)
- Recess
- Brain Breaks, dance parties in K-3
- Promotion of community sponsored outdoor events such as participation in the Boyle Heights Munchkin 5K

**Nutrition Promotion** Endeavor College Preparatory will work with outside agencies, such as its food vendor, to support nutrition education. We will encourage food demonstrations and tastings, as well as continue to model healthy practices in our communities. We will also work to conduct healthy fundraiser and celebrations, while also refraining from the advertisement of unhealthy foods and beverages. Examples of promotion:

- Health tip of the week
- Physical activity during PD days

**Nutrition Guidelines for Foods Available at School** Endeavor College Preparatory believes that by providing access to high quality, nutritious meals we will promote the overall health and well being of our students. Endeavor College Preparatory will work with its meal vendor to provide meals that meet the standards set by the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

Endeavor College Preparatory staff, students and parent groups will be encouraged to refrain from using candy and snacks of minimal nutritional value as rewards to students, during school-sponsored events, and/or fundraisers.

**Guidelines for Reimbursable Meals** Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issuant pursuant to 42



USC 1758(f)(1), 1766(a) and (b), as they apply to schools.

**Program Involvement, Implementation and Evaluation** Endeavor College Preparatory will establish a School Wellness Committee to work with community groups to monitor the school's compliance with this policy and to suggest ways to improve the health and fitness of its students. The School Wellness Committee will consist of parent(s), teacher(s), school administrators, and students. Endeavor College Preparatory will designate a school official to ensure that the school follows the wellness policy. The assessment of the progress will represent the committee at parent meetings, and other school-involved organizations to maintain health goals in all school activities. The School Wellness Committee shall meet yearly to evaluate the wellness policy, progress made in attaining the goals, measure outcomes, and give updates to the Endeavor College Preparatory Board.

**Public Notification** Endeavor College Prep will actively notify households/families of the availability of the annual report in one of our weekly bulletin. Endeavor College Preparatory is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of Health Advisory Council and others can participate in the development, implementation, and periodic review and update of the wellness policy. Endeavor College Preparatory will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Endeavor College Preparatory will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non- electronic mechanisms, such as weekly bulletin, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Endeavor College Preparatory will ensure that communications are culturally and linguistically appropriate to the community.

Endeavor College Preparatory will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Endeavor College Preparatory will also use these mechanisms to inform the community about the availability of the annual progress reports and triennial reports.

**Revisions and Updating the Policy** Endeavor College Preparatory will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

**Accountability** There will be a designated person(s), as appropriate, to ensure that the school site complies with this policy.

**Posting Requirements** Wellness Policy will be posted on our website and in each one of our offices.



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