

Community Day Charter Public Schools

Wellness Policy

CDCPS is committed to providing a school environment that supports and promotes the health and well-being of its students. CDCPS will pursue this goal through the guidelines set forth in the Wellness Policy, which has been developed in accordance with Section 204 of Public Law 108-265: Child Nutrition and WIC Reauthorization Act.

Nutrition Education

CDCPS aims to teach, encourage, and support healthy eating by students and families. To this end, CDCPS will provide food literacy and nutrition education that:

1. Is supported by classroom and physical education teachers, coaches, and school administrators
2. Is aligned to the physical health strand of the Massachusetts Comprehensive Health Framework at all grade levels
3. Is integrated into all areas of the curriculum
4. Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities
5. Includes information to be shared with both families and students
6. Emphasizes the importance of a diet that includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products
7. Teaches healthy food preparation methods and health-enhancing nutrition practices

Physical Activity & Physical Education

CDCPS aims to encourage children to be physically active during their childhood and to develop a physically active lifestyle. Toward that end:

1. Physical activity standards will follow Massachusetts Comprehensive Health and Physical Education Frameworks guidelines
2. Physical activity will be integrated throughout the school day
3. In physical education classes, students will learn, practice and be assessed on developmentally appropriate motor skills, social skills, and knowledge of various physical activities
4. Physical education will include instruction of individuals as well as team sports and will be instructed by a licensed physical education teacher
5. Adequate equipment will be available for students to participate in physical education
6. Time allotted for physical activity will be consistent with state standards: all elementary school students will have at least 30 minutes of supervised time for physical activity each

day (recess or physical education) and all students will have at least two physical education classes each week

7. Physical activity will not be used as a punishment (e.g. running laps, pushups), and CDCPS will discourage the withholding of opportunities for physical activity as a punishment
8. The school will provide a physical and social environment that is safe and enjoyable for all students
9. The school will encourage students and families to participate in physical activity

Nutrition Guidelines

We are committed to working with our families to help students enjoy rich, rewarding, and healthy lives.

CDCPS aims to provide nutritious, appealing, and healthy foods for all CDCPS students. Food services at CDCPS will meet the following guidelines:

1. CDCPS participates in the Community Eligibility Provision, meaning that all foods provided to all students throughout the school day are free. There is no differentiation between students who would normally qualify and not qualify for free breakfast and lunch. No competitive foods are sold or provided to students throughout the school day
2. School breakfast, lunch, and snacks are available to all students at all schools at no cost
3. CDCPS is a nut free school
4. All foods provided by CDCPS will comply with USDA [School Lunch Program](#) Guidelines in reimbursable meal pattern requirements, calorie requirements, nutritional content, portion size, and quality in compliance with grades served
5. Parents should not bring or have delivered to students fast food and/or fried food lunches and/or soft drinks during the school day. Students should refrain from bringing cakes, candy, and other “junk foods” in their school lunches

Eating Environment

1. Adequate time of at least 20 minutes to eat breakfast and lunch, as well as 10 minutes for snack will be provided.
2. All foods served at CDCPS will be served in clean and pleasant settings.
3. CDCPS will limit food and beverage marketing to foods that align with the smart snack standards and will avoid the display of logos or trademarks on food served in the school.
4. Meals will be scheduled at an appropriate time during the day and will avoid long wait times for students.
5. CDCPS will discourage the use of food as a reward or punishment. Classroom celebrations will not include food. Foods and beverages that are provided during

school-wide celebrations are to be limited in sugars and fats and will meet [USDA Smart Snack Standards](#)

6. If any competitive foods, including fundraisers or school stores, are to be sold in the future, they will meet the [MA Competitive Foods Standards](#) and USDA Smart Snack Standards, whichever is stricter. The school day is defined as midnight before until 30 minutes after classes end.
7. All students will have access to free, potable drinking water throughout the entire school day and during school meals.
8. Food-based fundraisers will not be allowed during the school day and no vending machines will be used in the schools.

Food Safety and Security

1. Food service employees will follow food safety and sanitation regulations at all times.
2. Food service employees will not prepare or serve food when ill.
3. The food service operation will be limited to nutrition staff and authorized personnel.
4. All food and nutrition services staff will receive the required minimum hours for professional learning, including at least 12 hours for directors, 10 hours for managers, and 6 hours for all other staff as outlined by the USDA.

Other School Activities

1. CDCPS will encourage physical activity through extracurricular physical activity programs, such as physical activity clubs, intramural, or interscholastic sports programs.
2. The school will participate in health screenings, including vision, hearing, and postural screenings.
3. The school will encourage parents to enroll children and families in health insurance programs.

Development and Monitoring

1. CDCPS will establish an active wellness committee to consist of parents, students, staff, and other community members.
2. The CDCPS Wellness Policy will be published each year in the student and family handbook and will be available for review by the Parent Advisory Board. The policy and wellness meeting minutes will be made available on the school website.
3. The Head(s) of School will assume operational responsibility, monitoring the CDCPS Wellness Policy and ensuring its faithful implementation at the school level. The Chief Academic Officer will be responsible for the organization-wide implementation of the policy.
4. The CDCPS Wellness Committee is designed to get input from staff and will meet a minimum of four times annually.

5. The CDCPS Wellness Policy will be reviewed by the Wellness Committee and approved by the Board of Directors every three years. The process for policy review includes comparing the current wellness policy to a model wellness policy and also measuring compliance with state and federal standards.

PARENT INVOLVEMENT

PARENT ADVISORY BOARD

The Parent Advisory Board meets regularly, giving parents an opportunity to plan programs which encourage parental involvement in the school. The PAB addresses a range of issues from academics and curriculum to fundraising. The PAB seeks to represent the concerns of parents of all children at the school, special needs, at-risk, limited English proficient and high achievers. Appointed Board members assume responsibility for setting and implementing the PAB agenda, but all parents may vote. Meetings are open to all parents as well as to the general public. Spanish translation is provided at all meetings. The Parent Advisory Board includes representation across grade levels and programs. The Parent Advisory Board Sub-Council on Special Education (PAC) ensures parent participation in the planning, development and evaluation of the school's special education program as mandated by the laws that govern special education. The English Learner Parent Advisory Council (ELPAC) is a support group for Spanish-speaking parents. Discussions focus on topics of concern to parents. English translation is provided.