



Wellness Policy – 2016-2017

TABLE OF CONTENTS

[Introduction](#)

[Wellness Policy Committee](#)

[Wellness Policy](#)

- I. [School Health, Safety, and Environment](#)
 - a. Physical Environment, Health, and Safety
 - b. Social/Psychological Health
 - c. Health Services
 - d. Health Education
- II. [Nutrition](#)
 - a. School Meals
 - b. Staff Qualifications and Professional Development
 - c. Water
 - d. Competitive Foods and Beverages
 - e. Food Sales during Breakfast and Lunch
 - f. Celebrations and Rewards
 - g. Fundraising
 - h. Nutrition Promotion
 - i. Nutrition Education
 - j. Food and Beverage Marketing in Schools
- III. [Family, Staff, and Community Involvement](#)
 - a. Community Partnerships
 - b. Community Health Promotion and Engagement
 - c. Staff Wellness and Health Promotion
- IV. [Physical Activity and Education](#)
 - a. Physical Education
 - b. Physical Activity
- V. [Implementation, Evaluation, and Monitoring of the Wellness Policy](#)
 - a. Implementation
 - b. Evaluation
 - c. Monitoring

[Appendix A: Wellness Committee Members](#)

[Appendix B: California Local School Wellness Policy Requirements](#)

[Appendix C: USDA Smart Snacks in School Standards](#)

[Appendix D: School Site Annual Evaluation Form](#)

[Appendix E: Annual Student Survey](#)

INTRODUCTION

The mission of Green Dot Public Schools California (hereto referred to as “Green Dot”) is to help transform public education so all students graduate prepared for college, leadership, and life. Green Dot believes that for students to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting throughout the school year.

This policy outlines Green Dot’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day, which will promote a healthy lifestyle. Specifically, this policy establishes goals and procedures to ensure:

- Students at Green Dot have access to a variety of healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus - in accordance with federal and state nutrition standards;
- To the maximum extent possible, all Green Dot schools participate in available federally reimbursable school meal programs, including the National School Lunch Program, School Breakfast Program, Afterschool Snack Program, and Child and Adult Food Care Program (Afterschool Supper);
- Students have opportunities to be physically active throughout the school day;
- All schools promote nutrition, physical activity, and other activities that encourage student wellness;
- All schools’ nutrition education and physical education programs are consistent with the expectations established in the state’s curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects such as advisory and/or seminar;
- Stakeholders including but not limited to students, parents, teachers, school administrators, home office staff and other interested community members are engaged in supporting the work of Green Dot in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits; and
- Green Dot will establish and maintain an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the Green Dot Public Schools California network.

WELLNESS POLICY COMMITTEE

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies. The objectives of the HHFKA include enhancing existing Local School Wellness Policy requirements, strengthening implementation and assessment of the policies, and expanding stakeholder input in both wellness policy development and reporting.

Committee Role and Membership

As a result of the new regulations, Green Dot began the process of updating its existing wellness policy and formed a Wellness Policy Committee (hereto referred to as the “Committee”) in the 2015-2016 school year. The Committee is composed of various stakeholders from diverse roles and backgrounds within Green Dot (see [Appendix A](#) for a list of current wellness committee members).

The task of this Committee is to review and update the existing wellness policy by incorporating the new federal and state objectives (see [Appendix B](#)). In addition, the Committee will oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.

The Committee provided input on different policy sections. Using the HHFKA and input from various stakeholders, the committee produced an updated wellness policy that outlines the goals of Green Dot and provides helpful tools and resources.

The overarching goal of the Committee is to promote health and wellness, and to convey positive, consistent messages to all Green Dot students, stakeholders, and community members in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

Leadership

The **Operations Analyst** at the Home Office will convene the Committee and facilitate development of and updates to the wellness policy at the Green Dot network level. **School Operations Managers and Principals** will ensure compliance with the policy at the school level.

GREEN DOT WELLNESS POLICY

Green Dot believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Green Dot believes there is a direct link between student health and learning and aims to provide a comprehensive program promoting healthy eating and physical activity for Green Dot students.

I. School Health, Safety, and Environment

a. Physical Environment, Health & Safety

- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites¹ will monitor equipment/grounds and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will promote healthy, respectful relationships between students and their peers
 - School sites will establish practices designed to create an environment free from discrimination, intimidation, and harassment
 - School sites will develop relevant opportunities (e.g. events, programs, partnerships) geared towards students and/or parents promoting awareness and providing education on dating violence prevention, domestic violence awareness, and social tolerance and respect for others

b. Social/Psychological Health

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, Green Dot will provide access or referrals to health services and mental health services at or near Green Dot schools and/or may provide referrals to community resources.

c. Health Services

- The Health Services program is a critical means to improving both educational performance and the well-being of the students.
- **Health Services staff**² shall be fully supportive of wellness policy regulations and promotion of health and wellness activities.

¹ Responsibility of either an administrator or the SOM

² Health services staff are comprised of multiple stakeholders at Green Dot, including School Operations Staff (School Operations Managers, Parent Coordinators, and Office Assistants), Locke Wellness Center staff and the Community Engagement and Operations departments at the Green Dot California Home Office.

- **School Operations Staff** will promote attendance by communicable disease (e.g. chicken pox, common cold, pink eye, diphtheria, food poisoning, etc.) surveillance, encouraging healthy habits and injury prevention.
- **School Operations Staff / Community Engagement** will provide local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
- **School Operations Staff / Locke Wellness Center** will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff.
- **School Operations Staff / Operations Analyst / Community Engagement** will provide grade level mandated screenings for vision and hearing. In addition, Green Dot will provide other screenings (such as scoliosis and dental) to students as identified/needed.
- **School Operations Staff / Community Engagement** will participate in community health information outreach activities.

d. Health Education

- Green Dot will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- Green Dot should explore resources and grants for training and materials for K-12 health curriculum.
- School sites will be encouraged to provide educational events to support and teach healthy choices.

II. Nutrition

a. School Meals

Green Dot is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the Green Dot network participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Seamless Summer Feeding Option (SSFO), Afterschool Snack, and Child and Adult Food Care Program (Afterschool Supper). All Green Dot schools are committed to offering school meals through these Federal child nutrition programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Green Dot offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using [Smarter Lunchroom techniques](#) such as:
 - Whole fruit options are displayed in bowls or baskets
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork promoting healthy food and beverage choices is displayed in the service and/or dining areas
 - Daily announcements and/or signage are used to promote and market menu options

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

b. Staff Qualifications and Professional Development

The **acting school nutrition program director (Operations Analyst)**, **managers (School Operations Managers)**, and **staff (Parent Coordinators and Office Assistants)** will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

c. Water

All students shall have access to free, safe, fresh drinking water during meal times.

d. Competitive Foods and Beverages

Green Dot is committed to ensuring that all foods and beverages available to students on the school campus during the school day (midnight to 30 minutes after the last period) support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day³ (i.e. “competitive” foods or beverages) will meet or exceed the USDA Smart Snacks nutrition standards (see [Appendix C](#)).

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

e. Food Sales during Breakfast and Lunch

Staff and students are prohibited from selling food during the designated school breakfast and school lunch period so as not to compete with the School Breakfast Program and National School Lunch Program and maximize student participation in those programs.

f. Celebrations and Rewards

All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. **Celebrations and parties.** School sites will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
 - Examples: Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#)
2. **Classroom snacks brought by parents.** School sites will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. **Rewards and incentives.** School sites will provide to teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. **Vending machines.** All vending machines at Green Dot schools shall adhere to USDA Smart Snacks in School nutrition standards. School sites are responsible for maintaining the necessary documentation verifying that foods sold in the vending machines are compliant with nutrition guidelines.

g. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. School sites will make available to parents and teachers a list of healthy fundraising ideas.

³ School day is defined as midnight to 30 minutes after the last class period

h. Nutrition Promotion

Green Dot will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through:

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards through appealing, creative, or educational visual aids and displays such as school posters and signage
- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#)

i. Nutrition Education

Green Dot aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.

Green Dot will create a sequential nutrition education curriculum in partnership with food service management companies to be incorporated into middle school and high school advisory classes. Curriculum will be comprised of a sequential nutrition education lesson series (minimum of one advisory lesson per semester), and schools have the flexibility to incorporate both lessons into their existing advisory curriculum at a time that fits their schedule.

Content of the nutrition education curriculum could include the following topics:

- Education on Green Dot's wellness policy;
- Promotion of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Education on offer vs. serve and School Nutrition Program requirements;
- Enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, visits to food service management company production facilities, and school gardens;
- Emphasis of caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.

j. Food and Beverage Marketing in Schools

Green Dot is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Green Dot strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Green Dot property that contains messages inconsistent with the health information Green Dot is imparting through nutrition education and health promotion efforts. It is the intent of Green Dot to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Green Dot's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day (between midnight and 30 minutes after the last period ends) will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

III. Family, Staff, and Community Involvement

Green Dot shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.
- Staff shall model healthy behaviors.

a. Community Partnerships

Green Dot will develop and continue relationships with community partners (i.e. health organizations, hospitals, local non-profits, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

b. Community Health Promotion and Engagement

Green Dot will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Green Dot will use electronic mechanisms (such as email or displaying notices on school websites), as well as non-electronic mechanisms (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Parent Coordinators will be encouraged to design and offer parent workshops to educate parents and families about nutrition and physical activity.

c. Staff Wellness and Health Promotion

Green Dot schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include:

- Staff eating lunch regularly with students
- Student vs. staff or staff vs. staff team-building activities, games, or sporting events (e.g. basketball game, tournament)
- "Steps" contests
- Weekly afterschool or brief lunch time Zumba/Yoga sessions
- Food Network/"Chopped" type competition between school staff on preparation of healthy foods and students as judges
- Dodgeball (or some other sport) intramural teams with "games" vs other nearby GD schools

- Support groups/mental wellness circles for teachers and school site staff.

Green Dot promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

IV. Physical Activity and Physical Education

Green Dot's physical activity and physical education ("PE") program goals are to:

- Expose all students to a variety of activities that instills the importance of being lifelong learners
- Create a safe environment where all students can learn and be successful
- Develop physically active learners who have mastered leadership, teamwork, and cooperative skills

a. Physical Education

Green Dot's PE curriculum will meet or exceed requirements outlined in California's curriculum frameworks and content standards, shall be based on the most current research and content, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Mirroring other subject areas, Green Dot's PE curriculum will employ high quality instruction and academic discourse. The purpose of using these strategies is to encourage students to push their critical thinking skills and promote in-depth learning. Ongoing professional development will be provided to physical education teachers, coaches, and other staff as appropriate to enhance their health knowledge and skills.

b. Physical Activity

Students will be provided with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs. Schools will provide a variety of opportunities for students to maximize physical activity, including but not limited to:

- PE, recess, health education that includes physical activity as a main component, student clubs (e.g. Students Run LA), and intramural or interscholastic activities (at the high school level). Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill levels.
- Afterschool programming encompassing a variety of physical activities and non-traditional sports and activities.
 - Examples of physical activities include: Sequential classes in Zumba, yoga, strength training
 - Other miscellaneous outdoor activities that promote a healthy lifestyle such as hiking and biking
 - Events such as the Teen Adventure Challenge, a youth race that brings communities across Southern California together to inspire young people to step out of their comfort zones and explore new opportunities in the outdoors
- Afterschool program providers, such as ARC, JK Livin, and Boys and Girls Club, will conduct needs assessments based on community demographics, school population, obesity rates, etc. to inform programming provided
- Afterschool program providers will seek out partnerships with community-based organizations that promote health and wellness to students (e.g. Planned Parenthood)

Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.

V. Implementation, Evaluation, and Monitoring of the Wellness Policy

a. Implementation

The Green Dot Wellness Policy is effective beginning in the 2016-2017 school year. The Operations Analyst, the School Operations Manager and/or Principal at each school site will ensure that each school site complies with this policy. Training on this policy will be provided by the Operations Department and members of the Committee tailored towards various stakeholder groups. The Committee shall assess the implementation and effectiveness of this policy every year.

Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the wellness policy.

b. Evaluation

Evaluation will be formally comprised of two annual Qualtrics online forms which will assess the extent to which individual Green Dot school sites are in compliance with this policy. The forms are to be submitted online and turned into the Operations Department as outlined below.

Form	Submitter	Deadline
<u>Appendix D: School Site Annual Evaluation Form</u>	School Operations Manager and/or Principal	March 1
<u>Appendix E: Annual Student Survey</u>	Green Dot students	February 1

The purpose of the annual evaluations are to determine if Green Dot is meeting the wellness goals set forth in this policy, determine particular areas of strength or weakness, identify areas for improvement, and make policy adjustments as needed to focus Green Dot resources and efforts on actions that are most likely to make a positive impact on student health and achievement. The Operations Analyst will prepare an annual report summarizing evaluation results across schools to be shared with the public.

c. Monitoring

The Committee will reconvene each year and as requested by the Operations Department to review and update the wellness policy to meet the organization's needs and to ensure compliance with current laws.

d. Public Notification

Green Dot shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results. Evaluation results will be posted online on the main Green Dot website. Information will also be shared through multiple channels which may include school websites, parent newsletters, School Advisory Council meetings, and social media.

Appendix A - Wellness Committee Members

Jasmine Ako, Operations Analyst

Shae Edwards Brown, School Operations Manager, Alain LeRoy Locke College Prep Academy, 9th Grade Academy

Beatriz Cervantes, School Operations Manager, Animo Ellen Ochoa Charter Middle School

Katrina Conley, Director of Operations

Andy Diver, Physical Education Professional Development Leader and Teacher, Animo Jackie Robinson Charter High School

Kaitlin Goodwillie, Assistant Principal, Animo Jackie Robinson Charter High School

Maria Jimenez, School Operations Manager, Animo Watts College Prep Academy

Amanda McLaughlin, Operations Analyst

David Nunez, Coordinator of Afterschool and Student Mentor/Intern Programs

Melissa Pena, Community School Manager (Locke Wellness Center)

Leddys Ramos, School Operations Manager, Animo Jefferson Charter Middle School

Appendix B: California Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion* and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation*, and periodic review and update* of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school wellness policy.*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies* with the local school wellness policies.

*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Appendix C - USDA Smart Snacks in School Standards

USDA Smart Snacks in School Standards are effective from **midnight to one-half hour after school**, and apply to ALL foods and beverages **sold** to students by **any entity**.

Middle/High School Food Restrictions	Middle/High School Beverage Restrictions
<p>References: <i>Code of Federal Regulations</i> sections 210.11, 220.12</p> <p>Compliant foods:</p> <ol style="list-style-type: none"> 1. MUST meet the following: <ol style="list-style-type: none"> a. ≤ 35% calories from fat (except nuts/seeds, nut/seed butters, reduced-fat cheese/part skim mozzarella, dried fruit+nut/seed combo with no added fat/sugar, seafood with no added fat), and b. < 10% calories from saturated fat (except reduced-fat cheese/part skim mozzarella, nuts/seeds, nut/seed butters, dried fruit+nut/seed combo with no added fat/sugar), and c. ≤ 35% sugar by weight (except dried fruit*/veggies, dried fruit+nut/seed combo with no added fat/sugar), and d. < 0.5 grams trans fat per serving (no exceptions), and e. ≤ 200 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), and f. ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions) <p>All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (canned can contain small amount of sugar) are exempt from ALL nutrient standards</p> <p>Entrees served as part of the NSLP/SBP are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.</p> <p>A competitive entrée (non NSLP/SBP) is:</p> <ul style="list-style-type: none"> • Meat/meat alternate and whole grain rich item • Meat/meat alternate and fruit/vegetable • Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”) <p>* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.</p> <p>AND</p> <ol style="list-style-type: none"> 2. MUST meet ONE of the following: <ol style="list-style-type: none"> a. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or b. Be a combination food containing at least ¼ cup fruit or vegetable. <p>** A whole grain item contains:</p> <ul style="list-style-type: none"> • A whole grain as the first ingredient, or • A combination of whole grain ingredients comprising at least 50% of the total grain weight <p>Foods containing caffeine are NOT allowed in middle school. Foods containing caffeine ARE allowed in high school. Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.</p>	<p>References: <i>Code of Federal Regulations</i> sections 210.11, 220.12</p> <p>Compliant beverages:</p> <ol style="list-style-type: none"> 1. Fruit or Vegetable juice: <ol style="list-style-type: none"> a. 100% juice (can be diluted with water, no dilution limit) and b. No added sweeteners c. ≤ 12 fl. oz. serving size 2. Milk: <ol style="list-style-type: none"> a. 1% (unflavored), nonfat (flavored, unflavored), and b. ≤ 12 fl. oz. serving size 3. Non-dairy milk: <ol style="list-style-type: none"> a. Nutritionally equivalent to milk, must contain per 8 fl. oz.: <ul style="list-style-type: none"> • ≥ 276 mg calcium • ≥ 8 g protein • ≥ 500 IU Vit A • ≥ 100 IU Vit D • ≥ 24 mg magnesium • ≥ 222 mg phosphorus • ≥ 349 mg potassium • ≥ 0.44 mg riboflavin • ≥ 1.1 mcg Vit B12, and b. ≤ 12 fl. oz. serving size 4. Water: <ol style="list-style-type: none"> a. No added sweeteners, flavors, etc. b. No serving size 5. Other flavored beverages (“no calorie”) (NOT ALLOWED IN MIDDLE SCHOOLS) <ol style="list-style-type: none"> a. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.) b. ≤ 20 fl. oz. serving size 6. Other flavored beverages (“low calorie”) (NOT ALLOWED IN MIDDLE SCHOOLS) <ol style="list-style-type: none"> a. ≤ 40 calories/8 fl. oz. b. ≤ 12 fl. oz. serving size <p>Caffeinated beverages are NOT allowed in middle school. Caffeinated beverages ARE allowed in high school.</p> <ul style="list-style-type: none"> • Non-compliant beverages may be sold from one-half hour after school through midnight.

Source: <http://www.cde.ca.gov/ls/nu/he/documents/compfoodref-chrtrprt.doc>

Appendix D: School Site Annual Evaluation Form

Overview: The purpose of the School Site Annual Evaluation Form is to determine if each Green Dot school is meeting the goals and requirements set forth in the wellness policy and to determine particular areas of strength or weakness. Each school must submit one form to the Operations Department for review.

Instructions: This evaluation must be completed annually by the School Operations Manager and/or Principal for each school site by March 1 of each year.

Please include as many additional comments as possible, as the Committee and the Operations Department would like to take note of best practices among the schools.

For items marked “Does Not Meet Requirements (1) or Partially Meets Requirements,” you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, please contact Jasmine Ako, Operations Analyst, at jasmine.ako@greendot.org.

School Site: _____

Date: _____

School Operations Manager and/or Principal completing this form:

Rating Scale	Explanation
Does Not Meet Requirements (1)	School site does not meet requirement
Partially Meets Requirements (2)	School site partially met requirement
Meets Requirements (3)	School site met the requirement
Exceeds Requirements (4)	School site not only met the requirement, but took additional steps or actions beyond what was required

School Health, Safety, and Environment	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. Your school site is monitored for potential safety hazards.				
2. Students are taught campus safety rules.				
3. A drug and substance-free environment is promoted.				
4. Your school holds events that promote and support a healthy lifestyle.				
5. Your school has a protocol in place for detection and referral of students who have potential for harm to self or others to health services and/or mental health services at or near Green Dot schools.				

Additional comments on your school site's school health, safety and environment:

Nutrition	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
<i>Nutrition Services</i>				
1. Food vendor staff are well-prepared and efficiently serve meals to your students.				
2. Fresh, safe, free drinking water is available to students on campus.				

Food and Nutrition Standards				
3. All foods and beverages sold and served on school campus, including fundraisers, from midnight and up to one half hour after the school day comply with competitive food and beverage requirements for charter schools per the Code of Federal Regulations. <i>(See Appendix C)</i>				
4. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc).				
5. Marketing and advertising of non-compliant foods and beverages is not permitted on school campus.				
6. Non-food rewards and incentives are encouraged for student achievement. If food rewards/celebrations <i>are</i> used, healthy foods are provided and promoted.				
Nutrition Education				
7. Nutrition education is provided to students at a minimum of once per semester or through courses such as advisory/seminar and integrated into other academic subjects.				

Additional comments on foods and beverages available on campus and nutrition education:

Family, Staff, and Community Involvement	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.				
2. Teachers and staff role model healthy behaviors.				
3. The school has developed or sought relationships with community partners in support of promoting wellness.				
4. School staff at your school site promote healthy, respectful relationships between students and their peers.				

Additional comments on how your school site involves community, staff and teachers in student wellness:

Physical Activity and Physical Education	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.				
2. The physical education curriculum at your school employs high quality instruction and academic discourse.				

3. Physical education is delivered by well-prepared and well-supported staff.				
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Additional comments on your school site's physical activity and physical education:

Overview	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. The programs and/or activities provided by your school set your school at or above the standards of the GDPSCA Wellness Policy.				

Additional comments on how your school site promotes health and wellness:

Appendix E: Annual Student Survey

Overview: The purpose of this student survey is for schools to obtain student feedback on how well their school is meeting wellness goals and assess student satisfaction with the School Nutrition Program. Results from the student survey can also assist each Principal and School Operations Manager when completing their Annual School Site Evaluation Form as well as identify both areas of strength and areas for improvement.

Instructions: This evaluation must be administered annually to students by February 1 each school year. The survey will be administered online and shared internally with schools and the Home Office Operations team.

If you have any questions regarding this survey, contact Jasmine Ako, Operations Analyst, at jasmine.ako@greendot.org.

Please select the school that you attend.

[Dropdown list of all Green Dot California schools]

Wellness & Health

Please indicate how strongly you agree with each of the following statements (Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree).

1. I feel safe at school.

Strongly Agree Agree Neutral Disagree Strongly Disagree

2. My school promotes a drug and substance-free environment.

Strongly Agree Agree Neutral Disagree Strongly Disagree

3. My school promotes a healthy lifestyle (healthy eating, physical activity, etc.)

Strongly Agree Agree Neutral Disagree Strongly Disagree

4. Food and beverages sold and served on my school's campus during the school day are healthy.

Strongly Agree Agree Neutral Disagree Strongly Disagree

5. This school year, I received nutrition education (instruction on the importance of health and wellness, healthy eating habits, physical activity, etc.).

Strongly Agree Agree Neutral Disagree Strongly Disagree

6. My school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.

Strongly Agree Agree Neutral Disagree Strongly Disagree

7. Teachers and staff at my school model healthy nutrition and physical activity behaviors while at school.

Strongly Agree Agree Neutral Disagree Strongly Disagree

8. On a scale from 1-5, how would you rate your school on health and wellness?

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

9. Please list any events or programs that your school has hosted to promote healthy behaviors this year (related to nutrition, physical activity, etc.)

Open Response

10. What ideas do you have for further promoting healthy behavior and wellness at your school?

Open Response

11. Please provide any overall comments explaining your answers to the health and wellness portion of this survey.

Open Response

Meals

12. How would you rate the **taste** of the meals offered at your school?

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

13. How would you rate the **variety** of the meals offered at your school? Variety refers to the number of different meal options offered throughout the month. (For example, if your school only served chicken nuggets every single day for a month straight, variety would be very low).

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

14. How would you rate the **appearance** of the meals offered at your school? Appearance refers to what the meals look like (are they presented / packaged in a way that makes you want to eat it?).

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

15. If you decide not to eat school **breakfast**, what is the **most common reason** that you don't eat?

- 1 - I don't like what is being served that day.
- 2 - The time to wait in line is too long.
- 3 - I eat breakfast at home.
- 4 - I arrive at school right before classes start and don't have enough time to eat the school breakfast.
- 5 - I buy breakfast from on my way to school.
- 6 - Other _____

16. If you decide not to eat school **lunch**, what is the **most common reason** that you don't eat?

- 1 - I don't like what is being served that day.
- 2 - The time to wait in line is too long.
- 3 - I bring lunch from home.
- 4 - Other _____

17. How long do you have to wait in line to receive a school **lunch**?

- 1 - I wait in line for more than 15 minutes.
- 2 - I wait in line for 10-15 minutes.
- 3 - I wait in line for less than 10 minutes.

18. (*Optional*) What ideas do you have for making the breakfast/lunch area and how meals are displayed more appealing (e.g. posters, tablecloths, etc.)?

Open Response

19. Rank the following changes (1 = most important, 4 = least important) that you would most like to see to improve the meals at your school:

- Better tasting meals
- Better variety of meals

- Better appearance of meals
- Reduced time spent waiting in line

20. What ideas do you have to improve the breakfast meals (if provided) and lunch meals at your school?

Open Response

21. Please provide any overall comments explaining your answers to the meals portion of this survey.

Open Response