



White Pine Charter Schools

WPCS Wellness Policy

White Pine Charter School is committed to promoting and encouraging: good nutrition and the well-being of all students, mental and physical activity and growth, learning opportunities, and increased abilities of each student.

All students will be provided with the opportunity to fully participate in the educational process and achieve success. Therefore, the Board directs the Administrator(s) to appoint a Wellness Committee to develop and evaluate a proactive and comprehensive plan and to inform our patrons regarding its content and implementation.

Guidelines:

Wellness Promotion

To promote student health and reduce childhood obesity, WPCS shall comply with the nutrition standards established by the USDA with respect to food that is available on school grounds during the school day.

1. Evidence-based approaches in establishing goals for school-based activities to promote wellness shall be reviewed and considered.
 - a. Healthy lifestyles, good nutrition, and regular physical activity as a part of the total learning environment shall be encouraged.
 - b. Students in grades K-12 will be provided with the opportunity to participate in physical activity at least once per week for at least one semester per school year.
 - a. Students in grades K-5 will be given at least two outdoor recesses to also encourage physical activity and learning through play.

- b. Students in grades 6–12 will be provided with opportunities to participate in unstructured physical activities at least once per day.
- c. Access to nutritious food choices shall be provided, as well as the opportunity to learn and participate in positive dietary practices.

Wellness Evaluation

1. The effectiveness of the Wellness Policy in promoting healthy eating shall be regularly evaluated and changes shall be made as needed to increase effectiveness.
2. The assessment of the implementation of the policy shall be conducted at least once every three years.

Record Retention

The following records relating to the Wellness Policy shall be retained:

1. Documentation demonstrating community involvement in the development, implementation, and periodic review of the policy;
2. Documentation of the assessment of the policy;
3. Documentation to demonstrate notification to patrons annually.

Annual Notification

Annual notification for families of school children and other members of our school community will be made available on the WPCS website. It is the responsibility of students and their families to read and become informed of the contents, requirements, and expectations for this policy.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S Department of Agriculture civil rights, regulations, and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including



gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Person with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA'S TARGET Center at 202-720-2600 (voice or TTY) or contact the USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> from any USDA office, or by calling 866-632-9992.

