



LOCAL SCHOOL WELLNESS POLICY

California

Rocketship is committed to the optimal development of every student. Rocketship believes that for students to have the opportunity 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.

Research shows that both good nutrition and physical activity—before, during, and after the school day—are strongly correlated with positive student outcomes. In accordance with the requirements of the Healthy Students Act of 2010 (the “Healthy Students Act”) and the California Education Code, Rocketship has developed this local wellness policy to ensure environments and opportunities for all students to practice healthy eating behaviors and engage in physical activity throughout the school day. This policy addresses nutrition (i.e. school meals, food services, nutrition promotion and education); physical activity (i.e. physical education, recess, other opportunities for activity); community initiatives; and implementation and monitoring.

I. Nutrition

School Meals

Rocketship is committed to serving healthy meals to students, 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 students within their calorie requirements. Pursuant to EC § 49430.7, Rocketship will not sell or serve any food items that have been deep fried, pan fried, or flash fried; any item containing artificial trans fat; or any food item that has been fried in prohibited oils of palm, coconut, palm kernel, and lard.

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 Rocketship schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All breakfast, lunch, and after-school meals served to students shall meet or exceed current federal nutritional standards set forth in applicable local and federal statutes and regulations.

Rocketship will offer free breakfast to all students (provided that at least 40% of students at a particular school qualify for free or reduced-price lunch, as Rocketship fully expects to be the case at all of its schools). Breakfast will be served in the classroom at the start of the school day. Rocketship will allow students adequate time to eat a nutritionally balanced breakfast.

Lunch will be served at a reasonable and appropriate time of the school day. Rocketship will provide students with adequate time to eat lunch.

During mealtime, Rocketship staff shall not discriminate or segregate students based on race, color, age, sex, disability, or national origin. Rocketship staff shall not withhold food as a punishment for students.

Food Services

Rocketship shall provide breakfast and lunch for free or reduced cost to students who qualify through the federal FRL application and Direct Certification process. Rocketship will also provide meals that meet the dietary needs of students with diagnosed medical conditions as required by a licensed physician.

Rocketship will contract with food service providers that share a commitment to childhood wellness and that offer healthy meal choices that comply with all federal and local nutritional standards. Food service providers will provide Rocketship with a menu for each breakfast and lunch meal served; nutritional content and ingredients for each menu item; and location where any fruits and vegetables served in the school are grown and processed, and whether growers are engaged in sustainable agricultural practices. Rocketship will post this information in the front office of all schools.

Rocketship will regularly evaluate the policies and vending contracts with all food service providers through check-ins and service-level agreements. Vending contracts that do not meet the requirements, intent or purpose of this Policy will promptly be modified or discontinued.

Water

To promote hydration, unflavored drinking water will be available for free to all students throughout the school day and throughout every school campus. Rocketship will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water throughout the day, provided that the water bottle does not become a distraction or lead to behavioral infractions.

Foods and Beverages Sold Outside of Mealtimes

Rocketship is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. 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, school stores, and school fundraising activities.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. This includes the following:

- Celebrations and parties. Rocketship will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Classroom snacks brought by parents.

- Rewards and incentives. Rocketship teachers and staff members will not use foods and beverages as a reward, or withhold foods and beverages as punishment for any reason, such as for performance or behavior.

Food Brought From Home

Students may bring a lunch and/or a snack from home, but Rocketship prohibits certain food items in furtherance of our focus on nutrition and health. Chips and cookies are not allowed unless included as part of a complete lunch (i.e. with a sandwich, fruit, vegetable, etc.). Gum, candy, soda, and fast food are prohibited on Rocketship campuses.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community. As such, Rocketship may prohibit students from bringing snacks to school that fall outside of the established USDA and Smart Snacks nutrition standards described above.

Nutrition Education

Rocketship aims to teach, model, encourage, and support healthy eating by students. Rocketship will engage in nutrition education and promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of enrichment classes and integrated into other classroom instruction;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities (i.e. cooking demonstrations or lessons, farm visits, and school gardens);
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing; and
- includes nutrition education training for teachers and other staff.

Food and Beverage Marketing in Schools

Rocketship 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. Rocketship 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 Rocketship property that contains messages inconsistent with the health information that Rocketship is imparting through nutrition education and health promotion efforts. It is Rocketship's intent 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 this policy.

For the purposes of this policy, "advertising and marketing" is definedⁱ 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, or scoreboards.
- 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 Rocketship.
- 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.

II. Physical Activity

In accordance with Section 401 of the Healthy Students Act, Rocketship will aim for its students to participate in 60 minutes of physical activity each day. Rocketship will help further this goal through a combination of physical education, recess, classroom-based physical activity, and before-and-after school activities.

Physical activity during the school day (including recess, physical activity for breaks, and physical education) will not be withheld as punishment.

To the extent practicable, Rocketship will ensure that its grounds and facilities are safe and that equipment is available for students to be active. Rocketship will conduct regular inspections and arrange for necessary repairs throughout the school year.

Physical Education

Pursuant to EC § 51210.1, Rocketship will provide an average of at least 200 minutes of physical education every 10 days to all students.

Rocketship physical education classes will be taught by Enrichment Center Coordinators and/or Rocketship teachers. To maintain a high-quality physical education program, Enrichment Center Coordinators will receive regular professional development throughout the school year and meet regularly to ensure they are exhibiting network-wide best practices.

As required by EC § 60800, Rocketship will administer a physical performance test to all students in 5th grade during the month of February, April, or May. For students who are physically handicapped, this test will be given as possible depending on the student's individual condition.

Recess

All Rocketship schools will provide 20-30 minutes per day for recess to supplement, not substitute, physical education class. (This number may be adjusted on early dismissal or late arrival days.) Schools will have appropriate hand-washing/hand-sanitizing mechanisms for students who have recess prior to lunch.

Rocketship will offer outdoor recess when the weather is feasible for outdoor play. Schools may conduct indoor recess when the temperature (inclusive of wind chill) is below freezing, during days when the air quality is at "code red" or "code orange," during storms with lightning or thunder, during rainstorms, or at the direction of the Principal or Business Operations Manager based on best judgment of safety conditions. In the event that Rocketship must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable.

Physical activities during recess will be supervised by Rocketship staff. Schools may also choose to organize structured games or activities during recess to increase student participation in physical activity.

Launch

All Rocketship schools incorporate physical activity at the beginning of the school day during a schoolwide assembly called "Launch." School Leaders will provide an opportunity for an all-school coordinated exercise (i.e. dancing or stretching) before instruction commences. Launch is a way to instill in students the importance and joy of incorporating physical activity into their daily lives.

Physical Activity Breaks

Rocketship recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities to be active or stretch throughout the school day. Rocketship recommends 3-5 minute activity breaks to students during and/or between classroom time.

Other Activities that Promote Student Wellness

Rocketship will integrate wellness activities across the entire school setting. Rocketship will coordinate and integrate initiatives related to physical activity, nutrition, and other wellness components outside of health and physical education courses. Rocketship teachers will be encouraged to coordinate content across curricular areas that promote student health (i.e. teaching nutrition concepts in Mathematics).

All school-sponsored events will adhere to this wellness policy.

III. Community Partnerships

Rocketship will develop relationships with community partners (i.e. universities, hospitals, local businesses and organizations) in support of the implementation of this wellness policy. Rocketship will evaluate all community partnerships will be evaluated to ensure that they are consistent with the policy.

Health Promotion and Engagement

Rocketship will promote the benefits of and approaches to healthy eating and physical activity to students’ families and the greater community. Families will be invited and encouraged to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

Rocketship will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity. When feasible, Rocketship will offer professional learning opportunities and resources for staff to increase their knowledge on how to integrate academics and health.

IV. Implementation and Measurement

All Rocketship schools will implement this policy. Rocketship Education’s Senior Leadership Team (SLT), may develop and implement administrative rules consistent with this policy. School Leaders at each Rocketship school will work with the SLT to periodically review the policy and make any updates as necessary.

V. School Wellness Committee

Committee Role and Membership

The SFA will convene a representative school wellness committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this SFA-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the SWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Name	Title	Role
Justin White	Associate Director of Operations	Wellness Coordinator(s)

Christopher Castro	Associate Director of Operations	Wellness Coordinator(s)
Cola Knight-Salicka	Sr. Public Grants Administrator	Food Service Director

VI. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement Implementation Plan

The SFA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at our website.

Recordkeeping

The SFA will retain records to document compliance with the requirements of the wellness policy at the school office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Triennial Progress Assessments

At least once every three years, the SFA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the SFA are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the SFA's wellness policy. The SWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as SFA 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.

Community Involvement, Outreach, and Communications

The SFA is committed to being responsive to community input, which begins with awareness of the wellness policy. The SFA will actively communicate ways in which representatives of SWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA. The SFA 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. The SFA will use electronic mechanisms, such as email or displaying notices on the SFA's website, 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 the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The SFA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the SFA and individual schools are communicating other important school information with parents.

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

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
program.intake@usda.gov

(2) fax: (202) 690-7442 (3) email:

Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

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