

Renaissance Arts Academy School Wellness Policy

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-205). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006.

Developing healthy habits in all areas of one's life is a vital part of the total education of each individual. RenArts wellness programs focus on health and life science while developing each student's fitness including, nutrition, musculoskeletal strength, coordination and flexibility and cardiovascular health. Instruction and participation in a variety of learning experiences and performance movement experiences enables students in all grade levels (K-12) to assess his/her own capabilities as well as stimulate self-discipline and develop healthy living habits.

Renaissance Arts Academy's Wellness programs provide students in all grade levels (K-12) with planned learning experiences in concepts and skills which affect physical health and fitness, movement concepts, artistic concepts, motor skill development, and safety in physical activity settings.

NUTRITION

Renaissance Arts Academy participates in the National School Lunch and Breakfast Program contracting with a third-party vendor in compliance with U.S. Department of Agriculture and California Department of Education regulations. Meals follow the nutrition standards set by the Healthy, Hunger-Free Kids Act of 2010. Meals feature fruit, vegetables and lean protein-rich choices that meet USDA/CDE standards. Additionally, Renaissance Arts Academy provides access to drinking water with drinking fountains available throughout the campus, and refrains from offering sodas, candy, or other unhealthy foods to students. To the extent possible, school meals shall include adequate time for eating (after sitting down, at least 10 minutes for breakfast and at least 20 minutes for lunch). Food or beverages are not used as a reward or incentive for student behavior or performance. Breakfast is offered before the school day and at Nutrition Break.

All food and beverages currently sold are provided only through the National School Lunch and Breakfast Program and are consistent with federal and state nutrition standards. Non-program food and beverages are currently not sold or available.

NUTRITION PROMOTION

Advertising of non-nutritious foods and beverages in any form is prohibited. Administrators and staff will be encouraged to model nutritious food choices and eating habits. Parents will be encouraged to provide nutritionally sound snacks from home.

PHYSICAL EDUCATION

RenArts Physical Education program is aligned with the California Physical Education Standards and provides those experience that help students develop a healthy self image, a wholesome attitude toward physical activity and healthy fitness habits that will serve them throughout life.

RenArts will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity during the day (e.g., physical education or recess) as punishment. Faculty are encouraged to provide alternative physical activities for students behaving inappropriately during physical activities, such as physical education and recess.

PHYSICAL HEALTH

Screenings/Assessment

RenArts provides regular screenings for vision, hearing, oral health and scoliosis. Additional health screening and psycho-educational assessment services are available as part of the Individual Education Plan process.

Immunizations

RenArts adhere to all California Department of Education immunization (and health check-up) requirements for schools.

EMOTIONAL HEALTH

The RenArts student culture is a directly supports the establishment of a healthy learning community. As members of a collaborative ensemble-based learning community, students learn that their actions have consequences not only for themselves, but also for their fellow scholars. They are asked to consider the impact of their academic and arts contributions (or lack thereof) on their peers, groups, sections, orchestras, dance companies, productions, and community. Equally, RenArts' faculty team focuses on and models collaborative, integrative processes and outcomes to maximize student success through connection. As described in the CDE letter from State Superintendent Tom Torlakson (8/7/13), the eight State Priorities specified in Education Code 52060(d)(6)(C) include: "School climate as measured by multiple indicators including, but not limited to, pupil suspension and expulsion rates as well as other local measures assessing safety and school connectedness."

Counseling

Counseling services are provided through RenArts Response to Intervention structure and as part of the Individual Education Plan process.

Academic Counseling

Educational Therapy including tutoring, academic skills training, and vocational skills training are provided through RenArts Response to Intervention structure and as part of the Individual Education Plan process.

STAFF WELLNESS

Renaissance Arts Academy highly values the health and well-being of every staff member and will support personal efforts by staff to maintain a healthy lifestyle.

All RenArts buildings and facilities and school grounds (including parking lots, outside areas and adjacent sidewalks) are non-smoking areas. Additionally, smoking is not permitted during any school sponsored off-site activity or in any vehicle being used for school activities. (California Health and Safety Code Section 104420 [n][2]). School employees are expected to be aware that their behavior provides a model for students, and this smoking prohibition extends to 'non-adjacent' public spaces that are visible to students. This policy also includes electronic cigarettes, other 'vaping' devices and all tobacco products.

STAKEHOLDER INVOLVEMENT

The Consolidated School Site Advisory Committee annually reviews and makes recommendations, if any, for updates to the Student Wellness Policy.

The meeting at which the Student Wellness Policy is reviewed and updated is open to the public and is advertised on the School Calendar on the School Website. The existence of the School Wellness Policy is mentioned in the Parent-Student Handbook. The School Wellness Policy is also made available at the front office for stakeholder review as requested.

The Co-Directors shall also encourage and permit parents/guardians, students, faculty, board members, and members of the public to participate in the development, implementation, and periodic review and update of the Student Wellness Policy.

IMPLEMENTATION, MONITORING AND EVALUATION

The Operations Coordinator, as designated by the Co-Directors, ensures compliance with this policy. The Co-Directors or Operations Coordinator shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model Wellness Policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the Wellness Policy.

The Co-Directors may provide a full update of Wellness Policy compliance and wellness initiatives at least once annually to the Board of Directors.

Monitoring may include surveys or solicitation of input from students, parents, and staff.

Reports may include, but are not limited to:

- A. The status of the school environment in regard to student wellness issues
- B. Evaluation of the school nutrition program and compliance with nutrition guidelines
- C. Summary of wellness programs and activities in the schools

- D. Feedback from students, parents, staff, and Consolidated School Site Advisory Committee
- E. Recommendations for policy, program or curriculum revisions

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: 202-690-7442; or
3. email: program.intake@usda.gov

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