



WISH Charter Health and Wellness Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;



Thus, WISH Charter School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. WISH also firmly believes in supporting the emotional health of our children by providing a positive, safe school environment. Therefore, it is the policy of WISH Charter School that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students at WISH Community School TK-8 and at WISH Academy High School (currently grades 9 & 10) will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; WISH will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (which may include the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Implement grade/age level appropriate Social-Emotional education and language to foster emotional intelligence supporting all students (R.U.L.E.R). Implement School Wide Positive Behavior Intervention and Support (SWPBIS) to support behavior expectations, social-emotional needs and academic learning.



WISH Community School and WISH Academy High School will provide nutrition education, social-emotional education, and physical education to foster lifelong habits of healthy eating, open communication and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

WISH welcomes the opinions, guidance and support of our community at large and our school district and/or individual schools within the district will continue to work with stakeholders and experts to create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This council will also serve as resources to school sites for implementing those policies.

WISH Programs to support the health and wellbeing of all WISH students and scholars include, but is not limited to:

- Weekly Run Club for grades TK - 5
- Weekly Kindness Club for TK - 5, supported by volunteers from grades 6 - 8
- Participation in FIYA Athletic Leagues (grades 3 and up)
- PE for all students 2 times per week
- Yoga classes offered to grades 6 - 8
- Participation in the annual LMU Rock-and-Roll Run (formerly Race for Success)
- WEB Program (Where Everybody Belongs) for incoming 6th graders
- LINK Crew High School Transition Program for incoming 9th graders
- Annual mandated Vision, Hearing and Scoliosis screenings
- Age/Grade appropriate Health, Wellness and Development Courses
- WISH Community Education Nights dedicated to a variety of topics including health, wellness, and emotional intelligence
- Elective curriculum for grades 6 - 8 that includes gardening, and healthful cooking and eating
- Annual Harvest Festival to focus on healthful eating from our own gardens
- Dedicated school plots in the Emerson Community Garden for use by All WISH students

