



Orange Center School District Wellness Policy 2023-24

General Information

Orange Center School District is a single school district. Current enrollment for our TK-8th grade is 254. Breakfast and lunch are available to all students at no cost to students. Supper is available, at no cost, to all students enrolled in our sports, clubs, or activities and our afterschool program. Our ASP enrollment is currently at 142. Our preschool students attend a full day and receive transportation to and from school as well as free breakfast and lunch. Our preschool currently has 12 students enrolled. The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop 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.

Preamble

Orange Center School District is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental and social success, we must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

Research shows that proper nutrition and physical activity before, during and after the school day are strongly correlated with positive academic outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products is associated with lower grades. Participation in active recess, physical activity breaks, physical education and extracurricular activities involving physical activity results in better academic outcomes for students. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This local school wellness policy (LWP) outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students and staff.

Nutrition Goals for all Foods Available on Campus

Wellness Goals	Current Status	Activities to Support Goals
<p>In order to be compliant with the USDA final rule, all schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals.</p>	<p>Orange Center provides free, nutritious meals at breakfast and lunch to all students. A healthy, nutritious supper is provided, at no cost to students, to all After School Program participants.</p>	<p>Orange Center Elementary School and Revolution Foods partner in providing students meals that adhere to state and federal requirements of the nutritional standards of student meals provided by schools. Orange Center participates in the following:</p> <ul style="list-style-type: none"> ● School Breakfast Program ● National School Lunch Program ● CACFP Supper Program
<p>School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.</p>	<p>Students who deliver dietary guidelines from their doctor regarding food allergies and dietary needs receive meals that comply with their dietary requirements.</p>	<p>Our school nurse collects doctor's notifications regarding students' food allergies and dietary needs and informs ordering and cafeteria staff of students' dietary requirements. Foods that comply with students' dietary needs are ordered and cafeteria staff deliver those meals to students who are required to consume dietary specific foods.</p>
<p>School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals.</p>	<p>Orange Center's food service staff participate in annual trainings in order to be compliant In meeting the requirements of the USDA Professional Standards for Child Nutrition Professionals.</p>	<p>On-line training links are provided to all food service staff. The trainings meet, or exceed, the required training in order to be compliant in the Child and Adult Care Food Program.</p>
<p>School Meals: Make available free potable drinking water for all students, at minimum during all mealtimes.</p>	<p>Orange Center has recently installed 6 hydration stations throughout the campus as well as a two fountain station in the cafeteria that also includes a water bottle filling station in accordance with Education code 38086 and BP 5030.</p>	<p>Students are awarded waterbottles as behavior incentives and are encouraged to use them during their school day to keep hydrated. Students are allowed to refill their waterbottles as needed at whichever waterfountain/filling station is most accessible.</p>

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<p>Students will be provided eating settings which are clean and inviting.</p>	<p>Cafeteria tables are sanitized and floors are swept and spot-mopped as necessary between each meal service.</p>	<p>Orange Center custodial staff sanitizes cafeteria tables after breakfast and after each of three lunch services. Floors are swept and cleaned as well.</p>
<p>Orange Center will provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.</p>	<p>Breakfast is served to students from 7:30 - 8:05 every school day. Students are allowed 20 minutes to complete their lunch.</p>	<p>Students have as much time as needed to complete their breakfast. Breakfast is served until 8:05. Students must exit the cafeteria at 8:15. Students' lunch time is 35 minutes. They have 20 minutes to complete their lunch and 15 minutes of recess time.</p>
<p>Competitive Food and Beverages: Foods sold, or served, on campus to students comply with federal nutrition standards and CDE's Competitive Food and Beverage nutrition standards.</p>	<p>The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.</p>	<p>All breakfasts, lunches, and suppers provided to Orange Center students meet nutritional requirements of state and federal agencies. Currently, Orange Center offers no food or beverages through vending machines or student stores.</p>
<p>Competitive food and Beverages: Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snack in School nutrition standards.(BP 5030)</p>	<p>The District's School Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)</p>	<p>Only images and messages that promote foods and beverages that meet, or exceed, state and federal nutrition standards are allowed on Orange Center's campus.</p>

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<p>Competitive Food and Beverages: Orange Center will discourage the use of food and beverages as rewards for academic performance or behavior and will prohibit withholding food and beverages as a punishment.</p>	<p>All classroom teachers are encouraged to support and implement the District's wellness nutrition goals.</p>	<p>Orange Center Requires</p> <ul style="list-style-type: none">• free, safe and unflavored drinking water is available to students during the school day and during the extended school day* (including during out-of-school time/and before and after school),• water cups/jugs are available in the cafeteria if a drinking fountain is not present• students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus• all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and Safety standards
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Health Services Goals

Wellness Goals	Current Status	Activities to Support Goals
<p>School health services address existing and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma and diabetes). In addition, wellness promotion, preventative services and staff, caregiver and student education help to ensure the optimal health of all students. The district is committed to ensuring that the physical health needs of all students are met.</p>	<p>Orange Center has a full-time licensed vocational nurse (LVN) on site. The LVN supports students with complex chronic medical issues so they may attend school daily along with caring for all injuries and illnesses that arise during the school day.</p>	<p>School health services address existing and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma and diabetes). In addition, wellness promotion, preventative services and staff, caregiver and student education help to ensure the optimal health of all students.²⁹ The district is committed to ensuring that the physical health needs of all students are met. The district will support students' physical health by:</p> <ul style="list-style-type: none"> • conducting assessments and planning for meeting the individual chronic disease management needs of students • ensuring students have access to highly qualified nurses or other medical professionals in the school setting (with appropriate student to professional ratios) and referrals to and collaboration with community services as needed • coordinating with caregivers and community medical providers to address students' health needs • ensuring that school-based health staff consult and collaborate with teachers and other school and school-based OST staff regarding pertinent student health information • disseminating health information resources to students and caregivers (e.g., pamphlets, flyers and posters) • providing student physical health screenings (e.g., vision and hearing) • addressing management of acute health incidents (e.g., allergic reactions, asthma attacks, and low blood sugar) in the school setting • providing education regarding high-risk behaviors such as sexual activity and substance use

		<ul style="list-style-type: none"> • coordinating with caregivers to address students' health needs • regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement
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Social - Emotional Climate* (School Climate)

Social-emotional climate refers to the aspects of students' experience in school which impact their social-emotional development. The social-emotional climate can impact student engagement in school activities, relationships with other students, staff, family and the community as well as academic performance. A positive social-emotional school climate is conducive to effective teaching and learning.²⁹

The district is committed to creating a positive social-emotional climate across all school campuses during the school day and in OST. The district will promote a positive social-emotional climate by:

- conducting and promoting participation in school climate surveys, sharing data with stakeholders and utilizing data to improve school climate
- establishing anti-bullying policies and identifying and implementing school-wide approaches to prevent and address harassment, bullying and cyber bullying
- establishing school safety and violence prevention policies and strategies
- connecting social and emotional learning standards and academic standards
- ensuring that school and school-based OST staff are promoting positive relationships between students and employees
- ensuring that school and school-based OST staff are trained in promoting the engagement of all students in school activities through diversity and inclusion practices*
- training school and school-based OST staff on the use of Positive Behavioral Interventions and Supports* and minimizing exclusionary discipline practices such as suspensions and expulsions
- ensuring that school and school-based OST staff are explicitly teaching, modeling and reinforcing social-emotional learning* (SEL) competencies
- training school and school-based OST staff on incorporating trauma-sensitive* and trauma-informed* approaches into school policies and practices
- regularly assessing and reporting upon the district-and building-level implementation of these practices and providing appropriate resources for continuous improvement

Positive School Climate Goal

Wellness Goals	Current Status	Activities to Support Goals
<p>The district will implement evidence-based programs and practices to establish and maintain positive academic, social and emotional school climate where students feel valued, respected, cared for and are motivated to learn.</p>	<p>Implementing :</p> <ul style="list-style-type: none"> • ReThinkEd SEL Curriculum - K-8 • PBIS Structures • Time To Teach Classroom Management • All4Youth Licensed counselors • Kagan Cooperative Learning Strategies • Student Study Team Meetings 	<p>ReThinkEd SEL Curriculum K-8. Students/families receiving All4Youth services. Time to Teach strategies in classrooms and on playground. PBIS structures in classrooms and on playground.</p>
<p>Implement a tiered system of support to address students' diverse needs to eliminate exclusionary discipline practices such as suspensions and expulsions.</p>	<p>District MTSS plan Discipline Guidelines to support behavioral calibration focused on prevention and intervention (proactive).</p>	<p>Small group instruction provides support to students in the classroom. Intensive reading intervention teacher provides intensive support to students more than two years below grade level in reading. Student study teams meet to identify strategies to support students not responding to intensive intervention.</p>
<p>Maintaining a healthy school environment will address schools' physical condition during normal operation as well as renovation, and will protect staff and students from physical dangers as well as biological and chemical agents in the air, water or soil including those brought into the school.²⁹ The district is committed to ensuring that the school environment protects the health and safety of students and staff.</p>	<p>The most recent School Accountability Report Card identifies Orange Center as having an Exemplary overall rating for School Facility Good Repair Status.</p>	<p>The district supports healthy and safe school environments within and around all facilities by:</p> <ul style="list-style-type: none"> • identifying regular cleaning and maintenance practices and ensuring compliance with safety standards • addressing prevention and safe removal (if applicable) of mold and moisture • addressing reduction/minimization of student and staff exposure to toxins (e.g., vehicle exhaust, mold, air pollution, pesticides and cleaning products) • specifying a system for monitoring and addressing water quality • specifying an integrated pest management plan • addressing the physical condition of buildings and grounds (e.g., lighting, noise, ventilation and air quality) • establishing tobacco-free building and grounds • educating students, school staff and school-based OST staff on maintaining the safety of the school physical environment • specifying physical safety measures and procedures (e.g., double entry

		<p>access, locked doors and windows, surveillance, supervision of hallways, check-in/check-out systems for visitors and safe transport)</p> <ul style="list-style-type: none"> • requiring the establishment of an ongoing school safety team for the district (can be part of the DWC) and in each school building • specifying a crisis preparedness and response plan for the district and assisting each school in developing a plan • regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement
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Orange Center ensures that:

The district will develop and annually update an action plan for the execution of this LWP. The plan will outline who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals.

Orange Center School District will use the Healthy Schools Program Assessment or the School Health Index to complete an annual school-level health and wellness assessment.

Orange Center School District ensures that the Local Wellness Policy (LWP) aligns with the Alliance for a Healthier Generation's Model Wellness Policy.

Orange Center School District requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this LWP, including but not limited to ensuring the involvement of the DWC/SWC.

Orange Center will establish an ongoing School Wellness Committee* (SWC) that supports the Local Wellness Policy (LWP) implementation as well as LWP monitoring and reporting to the District Wellness Committee (DWC). The district understands that resources are not equally distributed. The district will maintain a focus on health equity and will work to ensure that all students and staff across the district have equitable access to health and wellness efforts.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) 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. Persons 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 and TTY) or contact 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, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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