

Statement of Belief:

The Board of Directors at Speech and Language Development Center is committed to providing a learning environment that supports and promotes wellness, good nutrition, and active life-style and recognizes the positive relationship between good nutrition, physical activity and the capacity of our students to develop and learn. The entire school environment must be aligned with healthy school goals to positively influence students' and staffs' habits and activities to promote health and wellness, good nutrition and regular physical activity. All staff are encouraged to model healthy eating and physical activity as a valuable part of life.

Statement of Intent:

The purpose of this policy is to ensure a school environment that promotes and supports student/staff health and wellness and meets the requirements of the Child Nutrition Act and California Education Code. The policy includes goals for nutrition education (instruction modified to meet needs of students), physical activity, and other school-based activities designed to promote student wellness and nutrition guidelines for all foods available during the school day. A school-based Wellness Team is assigned to oversight of the implementation of the Policy.

Statement of Rationale:

Research indicates that an alarming number of children are inactive and/or do not have healthy eating habits. Speech and Language Development Center is particularly concerned about this research due to the number of its students whose diagnosis often adversely affects their ability to make healthy life-style choices. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their maximum potential as well as their full physical and mental growth, well-being, and lifelong health.

Nutrition Education:

Student curriculum for all age/grade levels includes healthy eating guidelines aligned to standards defined by California Department of Education. Nutrition education that teaches basic knowledge of healthy eating behaviors is integrated into the curriculum, with modification of instruction as required by individual students. Appropriate snacks and lunches provided by the School Lunch program will be monitored by the Wellness Team and school lunch personnel.

Physical Education:

SLDC offers physical education opportunities that include the components of a quality physical education program. Physical education activities are designed to equip students with skills necessary to maintain lifelong physical activity. Physical education instruction is aligned with California Common Core Standards.

Students have the opportunity to participate regularly with physical activities, either organized, unstructured, or defined in Individual Education Plans intended to maintain physical fitness and to

understand, at whatever appropriate developmental level, the short and long term benefits of a physically active and healthy lifestyle.

Nutrition Standards:

SLDC ensures that reimbursable school meals meet the requirements and nutrition standards found in Federal regulations. SLDC also encourages students to make nutritious food choices. Food and beverages sold or served to students are monitored to meet federally regulated nutrition programs.

Implementation and Measurement:

SLDC management is responsible for the implementation of this policy and provided oversight of how well it is being managed and enforced. A sustained effort is necessary to both implement and enforce this policy – efforts must be coordinated with the CEO/Principal, Vice Principals, Physical Education Staff, lunch program staff, and Wellness Team. Reports of adherence to policy are available to Board of Directors, parents and school district personnel as requested or required.