



Darnall Charter School
Board Policy
#5004
Student Wellness

Introduction and Background

Darnall Charter School is committed to the optimal development of every student. Darnall Charter School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, school personnel need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

This policy outlines Darnall Charter School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus, in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active during the school day and, when feasible, before and after school.
- The school promotes nutrition, physical activity, and other activities that support student wellness.
- The school provides opportunities for families and community members to participate in and support school wellness efforts.
- Darnall Charter School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Definitions

- “School Day” refers to midnight the night before to 30 minutes after the end of the instructional day.
- “School Campus” refers to areas that are owned or leased by the school and used at any time for school-related activities.

School Wellness Committee

Darnall Charter School will convene a wellness committee that meets at least four times per year to establish goals for school health and wellness programs, including the development, implementation, and periodic review and update of this wellness policy (heretofore referred as “wellness policy”).

School Wellness Committee membership will include, to the extent possible, parents/guardians, administrators, physical education teachers, classroom teachers, school health professionals, school support personnel, Child Nutrition Services staff members, students, representatives of the school board, members of the general public, and community health professionals. To the extent possible, the School Wellness Committee will reflect the diversity of the community. In addition, a school wellness policy coordinator will be designated, who will ensure compliance with this policy.

Wellness Policy School Contacts:

Anne Mathews, Executive Director

Role: LEA and School Wellness Policy Lead

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Christina Stonebraker, Food Services Manager

Role: School Wellness Policy and Committee Coordinator

Contact Information: cstonebraker@darnallcharter.org

Implementation

Darnall Charter School 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 implementation timelines, and includes information about who will be responsible to make changes, 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.

Wellness Goals

Darnall Charter School will establish measurable annual goals for nutrition promotion, nutrition education, physical activity, and other school-based wellness activities. Goals will be reviewed annually and evaluated as part of the required triennial assessment. Goals will include:

- Nutrition Promotion: Promote healthy food and beverage choices and participation in school meal programs through evidence-based nutrition messages, activities, and schoolwide practices.
- Nutrition Education: Provide age-appropriate nutrition education that develops students' knowledge, skills, and behaviors related to healthy eating and lifelong wellness.
- Physical Activity: Promote regular opportunities for students to participate in physical activity through physical education, recess, classroom-based activities, and other appropriate school programs and activities.
- Other School-Based Wellness Activities: Promote a school environment that supports student wellness through activities and practices that address healthy eating, physical activity, social-emotional well-being, and other factors that contribute to student health and readiness to learn.

Darnall Charter School may establish benchmarks or other measures, as appropriate, to monitor progress toward these goals and inform implementation and future policy updates.

Recordkeeping

Darnall Charter School will retain records to document compliance with the requirements of its wellness policy online at www.darnallcharter.org. Records can also be obtained by requesting them from the school's office at 6020 Hughes Street, San Diego, CA, 92115. Documentation maintained will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including efforts to actively solicit wellness committee membership from the required educational partner groups and these groups' participation in the development, implementation, and periodic review and update of the wellness policy.
- Documentation of annual public notification of the wellness policy and its implementation.
- Documentation of the triennial assessment of the policy.
- Documentation demonstrating compliance with public notification requirements, including:
 - Methods by which the wellness policy, annual public notifications, and triennial assessments are made available to the public.
 - Efforts to actively notify families about the availability of the wellness policy.

Annual Public Notification

Darnall Charter School will annually notify students, families, staff, and the public about the content and implementation of the wellness policy and any updates to the policy. The notification will also explain how individuals may participate in the development, implementation, review, and update of the wellness policy. The annual notification will be available in English and when required or appropriate, in languages other than English.

Triennial Progress Assessments

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

- The extent to which the school is in compliance with the wellness policy.
- The extent to which Darnall Charter School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- A description of the progress made in attaining the goals of Darnall Charter School's wellness policy.

Darnall Charter School will make the triennial assessment available to the public and will notify families and the community of its availability. The School Wellness Policy Coordinator will coordinate the triennial assessment.

Community Involvement, Outreach, and Communications

Darnall Charter School is committed to being responsive to community input, which begins with awareness of the wellness policy. Darnall Charter School will actively communicate ways in which representatives of the School Wellness Committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means. Darnall Charter School will also inform parents of any 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.

Darnall Charter School will use electronic mechanisms, such as email or displaying notices on the school's website, and may use non-electronic mechanisms, such as newsletters, presentations, or sending information home, 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. Darnall Charter School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Darnall Charter School communicates other important school information. Darnall Charter School will notify the public about the content of or any updates to the wellness policy as well as any reports or notices annually, at a minimum, through the school's website.

Nutrition and School Meals

Darnall Charter School will provide school meals that meet or exceed applicable federal and California nutrition standards. The school's 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.

Darnall Charter School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Child and Adult Care Food Program (CACFP). Darnall Charter School is committed to offering school meals through these programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all participating students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Darnall Charter School offers reimbursable school meals that meet [USDA nutrition standards](#)).
- Promote healthy food and beverage choices.

In addition:

- School meals will be administered by child nutrition professionals.
- Darnall Charter School will accommodate students with special dietary needs in accordance with applicable federal and California requirements.
- Students will be allowed adequate time to eat breakfast and lunch, counting from the time they have received their meal and are seated.
- Students will be served lunch at a reasonable and appropriate time of day.
- Darnall Charter School will strive to schedule recess periods before lunch to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). School nutrition personnel may refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free unflavored drinking water will be available to all students throughout the school day. Darnall Charter School will make drinking water available where school meals

are served during mealtimes. All water sources, including drinking fountains, will be maintained on a regular basis to ensure good hygiene standards.

Food and Beverage Marketing/Competitive Foods and Beverages

Darnall Charter School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Darnall Charter School will permit the marketing and advertising of only those foods and beverages that meet or exceed applicable federal Smart Snacks nutrition standards on the school campus during the school day. Marketing and advertising may include oral, written, or graphic communications and may occur through signage, school publications, promotional materials, vending machines, school stores, or other school controlled media and activities.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the [USDA Smart Snacks nutrition standards](#). 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 in cafeterias, vending machines, school stores, and snack or food carts operated by the school. As a resource, The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

Foods and beverages provided but not sold by Darnall Charter School will comply with California Health and Safety Code Section 109025 and other applicable state and federal requirements governing food and beverage products served, sold, or provided to students, including restrictions effective January 1, 2027, on food products containing brominated vegetable oil, potassium bromate, propylparaben, or Red Dye No. 3. Darnall Charter School will also comply with any additional state or federal food and beverage requirements that become applicable to the school.

Celebrations and Rewards

The school will make reasonable efforts to ensure that all foods offered on the school campus meet or exceed the USDA Smart Snacks in Schools nutrition standards, including:

- Celebrations and parties. A list of healthy party ideas for parents and teachers, including non-food celebration ideas is available from the [Alliance for a Healthier Generation](#) and from the USDA.
- Classroom snacks brought by families. If and when it allows families to bring in snacks for classrooms/classes, Darnall Charter School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. Darnall Charter School will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). The school will make reasonable

efforts to avoid using foods or beverages as rewards or incentives.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be served or sold through fundraisers on the school campus. Darnall Charter School will encourage fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.) when possible.

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 the school. Darnall Charter School will promote healthy food and beverage choices for all by:

- Implementing evidence-based healthy food promotion techniques throughout the school.
- Promoting foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards.

Nutrition Education

Darnall Charter School will provide age-appropriate nutrition education designed to develop students' knowledge and skills related to healthy eating and lifelong wellness. When appropriate, nutrition education may be integrated into health education and other areas of instruction and may include hands-on or experiential learning activities.

Physical Activity

Darnall Charter School is committed to providing physical education, recess, classroom-based physical activity, and out-of-school time physical activities. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment. (This does not include participation on sports teams that have specific academic requirements).

Physical Education

Darnall Charter School will provide physical education in accordance with applicable California requirements and will use an age appropriate, sequential physical education curriculum aligned with California's physical education standards. The physical education program will promote the benefits of a physically active lifestyle, help students develop skills and knowledge to support lifelong healthy habits, and incorporate essential health education concepts.

Recess

Darnall Charter School will provide recess in accordance with California Education Code

Section 49056 and will not withhold recess as punishment. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that Darnall Charter School must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable.

Physical Activity Breaks

Darnall Charter School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, Darnall Charter School will make reasonable efforts to provide students with opportunities to engage in physical activity or stretching throughout the school day. In addition, staff will be provided with resources, tools, and/or technology to support physical activity breaks throughout the school day. The school will make reasonable efforts to provide staff with age appropriate ideas and resources for incorporating physical activity into the school day. Resources may include materials available through the USDA and the Alliance for a Healthier Generation.

Active Academics

Darnall Charter School will make reasonable efforts to promote opportunities for physical activity and movement throughout the school day. Teachers are encouraged to incorporate age appropriate movement and kinesthetic learning strategies into classroom instruction when appropriate and feasible. The school may provide staff with resources and professional learning opportunities to support the integration of movement and physical activity into classroom instruction.

Before and After School Activities

Darnall Charter School will make reasonable efforts to provide students with opportunities to participate in physical activity before and/or after the school day through a variety of programs and activities, as available.

Active Transport

Darnall Charter School will support active transport to and from school, such as walking or biking through activities that may include and not are limited to:

- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week.
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area).
- Instruction on walking/bicycling safety.
- Encouraging the use of crosswalks on streets leading to the school.

Darnall Charter School will strive to integrate wellness activities across the entire school setting and to coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and

work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Community Partnerships

Darnall Charter School will strive to develop, enhance, and continue relationships with community partners in support of this wellness policy and its implementation. Community partnerships and sponsorships related to wellness may be reviewed for consistency with this policy and its goals.

Community Health Promotion and Engagement

Darnall Charter School will seek to promote the benefits of and approaches for healthy eating and physical activity throughout the school year. Families may be informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

Darnall Charter School will use a variety of mechanisms (such as email, website, social media, newsletters, presentations, or sending information home), to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Professional Learning

When feasible, Darnall Charter School will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into class lessons). Darnall Charter School will strive to implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Darnall Charter School encourages staff member participation in health promotion programs.

USDA 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, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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 state or local agency that administers the program or contact USDA through the

Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) 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:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;

fax:

202-690-7442; or

email:

Program.Intake@usda.gov.

This institution is an equal opportunity provider.

Revisions and Updates to the Policy

The School Wellness Committee will recommend updates or modifications to the wellness policy based on the results of wellness policy implementation and triennial assessments, and as 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.

Board Approval Date: September 29, 2025

Updated and Approved: August 31, 2026