

SFA Policy Implementation/Progress Plan

(2023)

SFA Name	Ocean Charter School
Date	5/4/2023

INSTRUCTIONS

Rate how your SFA is currently meeting each LSWP Content Requirement on a scale from 1-3

1 - Not meeting the requirement

2 - Partially meeting the requirement

3 - Meeting the requirement

Write how you are currently meeting this goal or how you intend to better meet this goal in the future

Consider who is involved with the implementation

Consider opportunities, barriers, resources needed

CONTENT REQUIREMENTS	GOALS	PROGRESS UPDATE
<p>Guidelines for</p> <p>Students in the SFA have access to nutritious foods throughout the school day through reimbursable meals and other foods throughout the school day in accordance with Federal nutrition standards.</p>	<ol style="list-style-type: none"> All meals operating under federal meal programs will meet or exceed federal and state guidelines. All foods and beverages sold on campus, during the school day, to students (including fundraisers) will meet or exceed federal and state guidelines. Celebrations occurring on campus, during the school day involving food “offered” for free will meet or exceed federal and state guidelines. 	<p>It is in the student and parent handbook that OCS encourages families to send wholesome, healthy foods for snack, and celebrations. We do not sell any food on campus during school day, there are no vending machines on campus, we encourage water only. All free breakfast and lunch are in accordance with federal and state’s guidelines. For the next school year we will work to lower the amount of sugar in breakfast items.</p> <p>Score - 3</p>

<p>on Promotion & n: Students receive quality education that helps them belong healthy eating .</p>	<ul style="list-style-type: none"> a. The SFA aims to teach, model, encourage, and support healthy eating by students. b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health; c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities. d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods. e. Will emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise). f. Will include nutrition education training for teachers and other staff. 	<p>Our students have a kitchen facility w dedicated weekly schedule cooking c to explore any subject they're studyin from civilizations to math and measur We have an urban garden where kids seeds, care for the seedlings and harv their crops. They make salads and sa and explore different combinations ar flavors. Our vendor is scheduled to participate in our winter faire and eng parents and students in the elaboratio their meals as well as the nutrition it c</p> <p>Score - 3</p>
<p>al Activity: Students have ies to be physically active ring, and after school.</p>	<ul style="list-style-type: none"> a. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. b. The SFA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. c. All students will be provided equal opportunity to participate in physical education classes. d. Outdoor recess will be offered when weather is feasible for outdoor play. e. In the event that the school or SFA must conduct indoor recess, teachers and staff will 	<p>Our students are encouraged to move and free play happens in four parts du the school day – before the bell (30mi free play. Snack recess (15min) and L recess (45min). All grades have PE cla twice a week. We provide afterschool program with free play and organized activities as well as afterschool class such as capoeira and yoga.</p> <p>Score - 3</p>

	<p>follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.</p> <p>f. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>	
<p>Staff Wellness: School staff are encouraged and supported to model healthy nutrition and physical activity behaviors in and out of school.</p>	<p>a. Staff are encouraged to model healthy behaviors on campus, such as limiting soda or candy consumption in front of students.</p> <p>b. By participating in physical activity throughout the day, if possible.</p> <p>c. By promoting healthy habits to the students through curriculum.</p> <p>d. By promoting the school meal program.</p>	<p>It is in our employee handbook and handbook encouraging staff to model healthy behaviors. The staff lounge has a fridge, microwave, tea kettle and water. We will invest more in educating the staff as well as providing opportunities for staff to be more active during school hours.</p> <p>Score - 2</p>

<p>g Stakeholders: The community is engaged in supporting the SFA in creating partnerships between school and other organizations for students and staff to promote and maintain healthy habits.</p>	<ul style="list-style-type: none"> a. The SFA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. b. The SFA will also inform parents of the 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. c. SWC will communicate to the families at the school(s) and the community how others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA. 	<p>Parents are notified weekly about the updates. The Program's page in our website contains all the information about our program, how to join the wellness group, as well as how to request special meals such as gluten free and dairy free. We're proud that a presentation from our food vendor will engage more parents as well as educate many about the benefits of our existing program.</p> <p>Score - 3</p>
<p>ment: The SFA establishes and maintains an infrastructure for implementation, oversight, communication, and monitoring of the policy and established goals and objectives.</p>	<ul style="list-style-type: none"> d. School wellness committee (SWC) will meet at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this SFA-level wellness policy. e. SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as SFA priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. f. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. 	<p>The wellness committee met twice this year – one in person and one through zoom. An in-person meeting brought positive changes in the kitchen's layout as well as necessary kitchen purchases to enhance the efficiency of the program. The online meeting allowed us to get to the triennial assessment presentation and wrap our goals for the incoming school year.</p> <p>Score - 3</p>