

***Linscott Charter School
Site Management Team
Position on Student Wellness***

Preamble:

- Whereas, a healthy diet is connected to a student's ability to learn effectively and achieve high standards in school;
- Whereas, each day, students and their parents, trust that the foods offered at school are wholesome and safe, and the SMT is responsible for ensuring the safety of foods provided at school;
- Whereas, fresh seasonal, local, sustainably grown foods are a primary and recommended source of nutrition for growing children, and pre-packaged, highly processed foods create a solid waste packaging management problem and expense for our school;
- Whereas, small and mid-size farms and America's rural communities are under economic stress, and the public dollars from farm-to-school programs create a steady and reliable source of income for farmers;
- Whereas, the knowledge and skill-base for farming, gardening, food preservation, cooking and the ritual of the table are disappearing from American life;
- Whereas, public school is an excellent place to nurture and preserve America's food traditions through storytelling, recipe swapping, rediscovering food customs and heritage, cooking classes, garden and farm based learning experiences, and connections to core curriculum of science, math, language arts, history, geography, and social studies;

The Site Management Team of Linscott Charter School hereby proclaims this to be the School's position regarding student wellness:

Statement of Responsibility:

The Site Management Team recognizes that there is a link between nutrition education, the food served in school, physical activity, and environmental education, and that wellness is affected by all of these. The SMT also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The SMT recognizes that it is the school's role, as part of the community, to model and actively practice, through policies and procedures: the promotion of a family health, physical activity, good nutrition, sustainable agriculture, and environmental restoration.

The SMT further recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

Linscott Charter School Wellness Plan:

In recognition of these responsibilities the SMT is committed to following:

- Promoting school-based activities that promote student wellness in the areas of nutrition education, physical activity, and learning activities;
- Establishing nutritional guidelines for all foods available on campus during the school day;
- Assuring that guidelines for school meals meet or exceed those set at the federal level by the Secretary of Agriculture or state law;
- Establishing a plan for measuring the impact and implementation of the school's wellness guidelines;
- Involving parents, students, staff, and the public, in the development of our school's wellness plan.

School Wellness Committee:

In an effort to facilitate the establishment of and adherence to this position, the SMT advises the establishment of a Wellness Committee representative of the school's stakeholders to take responsibility for addressing food related topics and making recommendations to the school community and the board.