



**TransCenter for Youth
Wellness Plan
6.8.2023**

Policy Preamble

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, the TransCenter for Youth/El Puente establishes the following policy for implementation no later than July 31, 2018. Revised June 8, 2023.

Policy Leadership

School leader(s) will convene the Wellness Committee and facilitate the development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

Name	Title	Email address	Role on Committee
Lynn Klipstine	Director of School Support	lynn@transcenterforyouth.org	Leader
Renee Morrow	Co-Director	renee@elpuentehs.org	Evaluate plan
Ashley Parrish	Paraprofessional	ashley@elpuentehs.org	Design, implement and evaluate plan
John Surges	Teacher	john@elpuentehs.org	Design, implement and evaluate plan

Nutrition Standards for All Foods

El Puente is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

El Puente is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) **shall**, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

Foods Provided but Not Sold

Celebrations that involve food will be limited to one per quarter.

Nutrition Education

Schools **shall** provide nutrition education that helps students develop lifelong healthy eating behaviors.

Nutrition Promotion

El Puente is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students **shall** receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Physical Activity

El Puente **shall** provide students with age and grade appropriate opportunities to engage in physical activity. In health education classes, the El Puente **shall** include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

Other School Based Activities that Promote Wellness

As appropriate, schools **shall** support students, staff, and parents’ efforts to maintain a healthy lifestyle.

Staff Wellness

El Puente **shall** implement the activities to promote healthy eating and physical activity among school staff, such as application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.

Community Engagement

The school **shall** inform and invite parents to participate in school-sponsored activities throughout the year.

Monitoring and Evaluation

The Wellness Committee **shall** evaluate compliance with the Wellness Policy no less than once every three years with a goal of review and assessment annually in the fall at a staff meeting and parent meeting. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

Recordkeeping

El Puente High School will retain records to document compliance with the requirements of the wellness policy in the main office and/or on El Puente High School’s director’s computer. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public (website);

- Documentation of efforts to review and update the Local Schools Wellness Policy at Parent Meetings; including an indication of who is involved in the update and methods El Puente High School uses to make stakeholders aware of their ability to participate on the SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

El Puente High School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. El Puente High School will make this information available via El Puente High School website and/or El Puente High School-wide communications. El Puente High School will provide as much information as possible about the school nutrition environment. This will include a summary of El Puente’s events or activities related to wellness policy implementation. Annually, El Puente High School will also publicize the name and contact information of the El Puente High School official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

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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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