

Washington Yu Ying PCS
Local Wellness Policy
2024-2027
(Draft pending approval)

Local Wellness Policy Background

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed. This Local Wellness Policy (LWP) outlines the LEA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools at Washington Yu Ying Public Charter School. Specific measurable goals and outcomes are identified below.

Vision/Statement of Responsibility

Washington Yu Ying Public Charter School recognizes that nutrition education; food served in schools and physical activity each affect student wellness. The Yu Ying Board of Trustees also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Yu Ying Board recognizes that it is the School's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition.

The Yu Ying Board further recognizes that the sharing and enjoyment of food and participation in physical activities are fundamental experiences for all District residents and are primary ways to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities. The Yu Ying Board is committed to ensuring that the school complies with all applicable laws in this area.

Local Wellness Committee

Committee Role and Membership

Washington Yu Ying Public Charter School (Yu Ying) will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP. The Local Wellness Committee will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Leadership

The designated official for oversight is Amy Quinn. The State Education Office will also monitor the status of Local Wellness Policies while conducting reviews and site visits for LEAs.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Tom Selishev	Director of Operations	thomas.selishev@washingt onyuying.org	Oversight/Food Service
Amy Quinn	Director of Teaching & Learning	aquinn@washingtonyuyin g.org	Oversight/Garden and Nutrition
Sarah Perkins	Project Development & Grants Coordinator	sperkins@washingtonyuyi ng.org	Oversight
Beth Yurasko	Business Associate	beth@washingtonyuying.o rg	Food Service
Paula Zimmerman	Garden Arts Teacher	pzimmerman@washington yuying.org	School Garden Lead & Compost Collaborative Lead

Xiaohong Zhang	Prekindergarten 4 Lead Teacher	xzhang@washingtoneying.org	School Garden
Victor Sellars	Physical Education Teacher	victor.sellars@washingtoneying.org	Physical Activity/Health
Jada Prather	Physical Education Teacher	jada.prather@washingtoneying.org	Physical Activity/Health
Becky Rosenberg	Assistant Principal/IB PYP Coordinator PreK3-Grade 1	becky.rosenberg@washingtoneying.org	Physical Activity/Health
Sarah Harris	Assistant Principal/IB PYP Coordinator, Grades 2 - 5	sharris@washingtoneying.org	Physical Activity/Health
TBD	Parents		
TBD	Students		

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Washington Yu Ying will develop and maintain a plan for implementing this LWP. This plan will delineate actions and timelines; and include information about who will be responsible to making what change, 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.

Yu Ying will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; Yu Ying will create an action plan, implement the plan, and generate an annual report. Yu Ying will retain records to document compliance with the requirements of this LWP electronically and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;

- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to Yu Ying families.

Yu Ying will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school parent portal <https://yyaccess.washingtonyuying.org/> and through Yu Ying-wide communications. This will include any events or activities related to wellness policy implementation. Annually, Yu Ying also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how families can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, Yu Ying will conduct a Triennial Progress Assessment and develop a report that reviews Yu Ying's compliance with this LWP. This assessment and [report](#) will include a full description of the progress made in attaining the goals of Yu Ying's LWP.

The positions/persons responsible for managing the triennial assessment and report is the Director of Operations, Tom Selishev and Amy Quinn, the Director of Teaching and Learning. It is recommended that these individuals be part of the Local Wellness Committee.

The above referenced individuals will monitor Yu Ying's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. Yu Ying will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

Yu Ying will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

Community Involvement, Outreach and Communications

Yu Ying is committed to being responsive to community input, which begins with awareness of the LWP. Yu Ying will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and

update of the LWP through a variety of means appropriate for Yu Ying. Yu Ying also will 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 [USDA Smart Snacks in School](#) nutrition standards. Yu Ying will actively notify the public about the content of or any updates to this LWP annually, at a minimum. Yu Ying will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, Yu Ying will disseminate this LWP to parents through posting it in the front office, and on the Yu Ying Parent Portal.

Preamble

Washington Yu Ying Public Charter School is committed to the optimal development of every student. Yu Ying believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we 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. For example, 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.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors. *Journal of Adolescent Health*. 2013; 52(5):523–532.

² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

Yu Ying is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Yu Ying that:

- All students in grades PK-5 will have the opportunities, support, and encouragement to be physically active on a regular basis, with both 150 minutes of directed physical activity per week (two 35-45 min. physical education classes, supplemented by a variety of physical activity i.e. yoga, GoNoodle or Chinese exercises for 20 min. each morning) and daily recess of 25 minutes (30 minutes for PK-K) twice per day on all full school days.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Vended food will be contracted with companies who strive to serve healthy nutritious meals, adding at least one whole grain component per meal, locally grown and unprocessed fruits and vegetables when possible.
- Yu Ying has implemented and will continue to develop a reusing, reducing, recycling and composting program to promote environmental sustainability. Food waste will be composted and used in Yu Ying gardens, while all recyclables will be reused or recycled.
- Yu Ying will ensure that no student at Yu Ying goes hungry during the school day.
- To the maximum extent practicable, Yu Ying will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers, if applicable]).

¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

¹² Singh A, Uijtewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. Arch Pediatr Adolesc Med, 2012; 166(1):49-55.

¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. PLoS ONE, 2014; 9(9): e107031.

¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. Pediatrics 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

¹⁶ Kempton MJ, Ettinger U, Foster R, Williams SCR, Calvert GA, Hampshire A, et al. Dehydration affects brain structure and function in healthy adolescents. *Human Brain Mapping*. 2011;32:71–79.

¹⁷ Edmonds CJ, Jeffes B. Does having a drink help you think? 6 to 7-year-old children show improvements in cognitive performance from baseline to test after having a drink of water. *Appetite*. 2009;53:469–472. Edmonds CJ, Burford D. Should children drink more water? The effects of drinking water on cognition in children. *Appetite*. 2009;52:776–779.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- Yu Ying staff will display healthy eating habits in front of students and sweets will not be publicly consumed.
- Classroom Snacks served to Grades Pre-K 3 through 1st must be nut-free and healthy. Healthy snacks include fruits, vegetables, pretzels, goldfish, crackers, etc.
- To promote hydration, free potable drinking water will be available to all students throughout the school day. Yu Ying will make drinking water available where school meals are served during mealtimes.

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education.

Yu Ying aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

- Health promotion and wellness at Washington Yu Ying PCS is based on DCPS standards within the curriculum framework of the International Baccalaureate Primary Years Program (PYP).
- Health and Physical Education is a discipline within the PYP called Personal, Social and Physical Education (PSPE).

Health and Nutrition Education

- Health and Nutrition Education is integrated into PYP units of inquiry, Physical Education classes, and ongoing discussions and activities within each class.
- Students are expected to understand, explain and apply concepts related to health promotion and disease prevention in order to achieve and maintain healthy lifestyles.
- Yu Ying students are able to access, interpret, evaluate and communicate age-appropriate health information that includes cultural, media and technological influences.
- Students engage in activities using interpersonal communication skills that respect differences among people and demonstrate responsible personal and social behavior.
- Health and Nutrition Education is provided an average of at least 75 minutes per week.

- Health and Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities.
- Health and Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Health and Nutrition Education emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Health and Nutrition Education links with school meal programs, other school foods, and nutrition-related community services.

Physical Activity

Yu Ying acknowledges the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a child's education, the school will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The components of the school's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga or the martial arts.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. It shall be the goal for children to engage in physical activity for 60 minutes each day. Yu Ying will ensure that:

- Students are provided with regular opportunities for exercise and other healthy recreation;
- Recess is scheduled for 25 minutes, twice per day, for grade levels 1-5, except on Fridays when dismissal is at 1:10 pm and all grade levels have one 25 minute recess; grades PreK-K are scheduled with two 30 minute recesses per day, except on Fridays with one recess.
- Physical Education through directed physical activity is scheduled for 150 minutes per week all grades;
- Students in grades K - 5 will receive approximately 75 minutes of age-appropriate, culturally-appropriate, Health Education per week. Grades K - 3rd receive Health education within the units they study. Grades 4 & 5 receive 40 minutes per week of Health Education taught by the PE teachers - they receive the other 35 minutes within the units they study;

- Physical education teachers will develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- The quality of physical education curricula is enhanced through site-based and district-wide professional development of physical education teachers;
- An appropriate alternative activity to physical education will be provided for students with a physical disability that may restrict excessive physical exertion;
- Teachers will appropriately limit the amount or type of physical exercise required of students during code red air pollution episodes, excessively hot weather, or other inclement conditions;
- Requiring or withholding physical activity shall not be used to punish students;
- Classroom teachers incorporate physical activity breaks into the academic schedule each day;
- Yu Ying provides and encourages opportunities for non-motorized transport to school (i.e. walking, scooting, biking).

Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus During the School Day.

A component of the educational mission of Washington Yu Ying PCS is teaching students to establish and maintain life-long healthy eating habits. This mission shall be accomplished, in part, through selling and serving healthful food in the schools. Yu Ying will ensure that:

Free and Reduced-Price Meals

- Free and Reduced Priced Meals will follow the guidelines set forth by the National School Lunch Program.

Breakfast and Lunch

- Yu Ying is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:
 - are accessible to all students;
 - are appealing and attractive to students;
 - are served in clean and pleasant settings;
 - meet or exceed current nutrition requirements established by local and federal statutes and regulations;
 - ensure all qualified students will become eligible for free lunch;
- Yu Ying will provide a “Free for all” Breakfast program for all students.

- All lunch periods will last at least 30 minutes per day.

Nutritional Quality of School Meals

- Washington Yu Ying PCS will follow the guidelines set forth by the National School Lunch Program.
- Yu Ying is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.
- Yu Ying will strive to implement the following Farm to School activities:
 - Involving every grade level in our school garden.
 - Planting and harvesting food from our school garden.

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](#).

Water

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. Yu Ying will make drinking water available where school meals are served during mealtimes.

After School Snacks

- Washington Yu Ying PCS will follow the guidelines set forth by the National School Lunch Program.

Competitive Foods and Beverages

Yu Ying is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.

- Yu Ying shall not have vending machines or a school store accessible by students;
- Foods and beverages that meet or exceed the [USDA Smart Snacks in Schools](#) nutrition standards and the DC Healthy Schools Act 2010 may be sold through fundraisers on the school campus during the school day. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks

- nutrition standards and the DC Healthy Schools Act 2010, except for our Chinese New Year Bake Sale, for which we receive an exemption.
- Yu Ying may not sign exclusive contracts, or contracts with confidential clauses, with soft drink, fast food, or snack food companies.
 - Yu Ying does not participate in food or beverage campaigns. If Yu Ying, at the sole discretion of the Executive Director, decides to participate in such a campaign, Yu Ying will follow the Healthy Schools Act and Federal guidelines that any such campaign must ensure that the food or beverages advertised meet or exceed the federal nutritional and Healthy Schools Act standards.

Nutrition Promotion

Yu Ying will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- striving to implement 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards.

Rewards

- If food and drinks are given as a reward, they will follow the same guidelines as parent provided snacks (no junk food).

Celebrations

- Grade level teams will develop and communicate how each class will celebrate birthdays and other special events. In order to promote healthy habits, Yu Ying does not allow cakes, cupcakes or other sweets to be brought to school.

Third Parties

- Third parties are not permitted to sell foods or beverages of any type to students on school property from midnight before the school day begins until 90 minutes after the school day ends.

Section 3: Assure that guidelines for school meals are not less restrictive than those set at the federal level by the Secretary of Agriculture.

The Director of Operations will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or state law.

Section 4: Environmental Sustainability

Yu Ying will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- Contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices:

- School wide recycling programs;
- Composting; and
- Engaging in planting and harvesting in the school garden.