



# **ASPEN PUBLIC SCHOOLS**

## **Health and Wellness Policy 2024-2025**

**Aspen Public School Board Approved 08-15-24**

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## Introduction

Aspen Public Schools (APS) is a non-profit public charter school home to two TK-6th grade elementary schools, Aspen Valley Prep and Aspen Meadow, and one middle-high school, Aspen Ridge. APS is committed to the optimal development of every student. APS 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.

This policy outlines APS' 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. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Aspen Meadow, Aspen Valley, and Aspen Ridge have access to healthy foods throughout the school day – through reimbursable school meals and other foods available throughout the school campus– per Federal and State nutrition standards.
- Students receive quality nutrition education in the classroom that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Our schools engage in nutrition and physical activity promotion and other activities that promote student wellness through our Physical Educators at every campus and grade level.
- School staff are encouraged to practice healthy nutrition and physical activity behaviors.
- Our schools are designated Community Schools that partner with different community organizations that support the work of APS in creating continuity between school and after-school programs for students and staff to practice lifelong healthy habits.
- Aspen's community garden promotes a healthy lifestyle through the teachings of gardening and growing sustainable foods.
- APS establishes and maintains a plan for managing, overseeing, implementing, communicating, and monitoring this policy and its established goals and objectives. This policy applies to all students, staff, and schools within the Charter Management Organization (CMO). Each section below identifies specific, measurable goals and outcomes.
- When appropriate, APS will coordinate the wellness policy with other aspects of school management, including the APS' Strategic Plan.

## **School Wellness Committee**

### **Committee Roles and Responsibilities**

APS will meet with the Health and Wellness Committee at least twice yearly to review goals and oversee school health and safety policies and programs, including development, implementation, and periodic review.

The Health and Wellness Committee will represent different roles at the school levels and include (to the extent possible), but not be limited to: parents and guardians; students; representatives of the school nutrition program (e.g., school nutrition coordinators); physical education teachers; operations director, school health professionals, school administrators, office managers, and school resource officers (e.g., executive director, principal or vice principal, etc.).

### **Leadership**

The CEO or COO will host the meetings with the Health and Wellness committee, facilitate the development of and updates to the wellness policy, and ensure each school's compliance. The designated official for oversight is:

**Shelly Lether, CEO/Executive Director**  
**Matthew Flores, Chief Operating Officer**  
567 W. Shaw Ave Ste. A-1  
Fresno, CA 93704  
559-899-3176

<b>Name</b>	<b>Title</b>	<b>Email address Role on Committee</b>
Shelly Lether	Executive Director	<a href="mailto:shelly.lether@aspenps.org">shelly.lether@aspenps.org</a> Assists in the development and evaluation of the wellness policy and implementation
Matt Flores	COO	<a href="mailto:matt.flores@aspenps.org">matt.flores@aspenps.org</a> Assists in the wellness policy development and implementation
Christine Montenez	Principal, Aspen Valley	<a href="mailto:christine.montenez@aspenps.org">christine.montenez@aspenps.org</a> Assists in the wellness policy development and implementation
Lisa Taylor	Principal, Aspen Meadow	<a href="mailto:lisa.taylor@aspenps.org">lisa.taylor@aspenps.org</a> Assists in the wellness policy development and implementation

Riley Fox	Principal, Aspen Ridge	<a href="mailto:riley.fox@aspensps.org">riley.fox@aspensps.org</a> Assists in the wellness policy development and implementation
Marisela Linton	Nutrition Coordinator	<a href="mailto:marisela.linton@aspensps.org">marisela.linton@aspensps.org</a> Assists in the wellness policy development and implementation
Lorena Moncada	Nutrition Assistant Valley Campus	<a href="mailto:lorena.morcado@aspensps.org">lorena.morcado@aspensps.org</a> Assists in the wellness policy development and implementation
Jessica Poveamaciél	Registered Nurse	<a href="mailto:jessica.poveamaciél@aspensps.org">jessica.poveamaciél@aspensps.org</a> Assists in the wellness policy development and implementation.
Laura Drury	Office Manager	<a href="mailto:laura.drury@aspensps.org">laura.drury@aspensps.org</a> Assists in the wellness policy development and implementation.
Monica Tovar	Aspen Meadow Office Manager	<a href="mailto:monica.tovar@aspensps.org">monica.tovar@aspensps.org</a> Assists in the wellness policy development and implementation
Tim Morgan	Resource Officer Meadow	<a href="mailto:tim.morgan@aspensps.org">tim.morgan@aspensps.org</a> Assists in the wellness policy development and implementation
Jed Melton	Resource Officer Valley	<a href="mailto:jed.melton@aspensps.org">jed.melton@aspensps.org</a> Assists in the wellness policy development and implementation
Jacob Hamilton	Resource Officer Ridge	<a href="mailto:jacob.hamilton@aspensps.org">jacob.hamilton@aspensps.org</a> Assists in the wellness policy development and implementation
Parent		

## **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### **Implementation Plan**

APS will adopt and maintain the plan and coordinate the execution of this wellness policy. This wellness policy and the minutes from the Health and Wellness meetings can be found at [www.aspensps.org](http://www.aspensps.org).

## Recordkeeping

APS will retain records to document compliance with the requirements of the wellness policy at each school location and on their websites:

- [Aspen Valley Prep](#): 4221 N. Hughes Ave. Fresno, CA 93705
- [Aspen Meadow Public](#): 1400 E. Saginaw Way, Fresno, CA 93704
- [Aspen Ridge Public](#): 3821 N. Clark St. Fresno, CA 93726

## Notification of Policy

APS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and its implementation status. APS will make this information available via all websites and school-wide communications, including Parent Square. APS will provide as much information as possible about the school nutrition environment. In collaboration with the school nutrition coordinators, the health and wellness committee will monitor schools' compliance with this wellness policy.

## Revisions and Updating the Policy

The health and wellness committee will update or modify the wellness policy based on community and school needs, goals are met, new health science information and technology emerges, and new Federal or State guidance or standards are issued. **This is a living document.**

## Nutrition

### School Meals

APS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving (nutrition label or manufacturer's specification) and to meet the nutrition needs of school children within their calorie requirements. APS partners with **Revolution Foods** to provide our school meals and snacks for all campuses. APS meal programs aim to improve the diet and health of school children and model healthy eating to support the development of lifelong healthy eating patterns and healthy choices while accommodating preferences and special dietary needs.

All schools within APS participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within APS are committed to offering school meals through the NSLP and SBP programs and other applicable Federal child nutrition programs that:

- Are accessible to all 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.

- Promote healthy foods and beverages.

### **Staff Qualifications and Professional Development**

All school nutrition program coordinators and staff will meet annual education/training requirements to operate an effective kitchen. This will include but is not limited to:

- Food Manager Certification for Nutrition Coordinator and leads
- Food Handlers Certification for all staff

### **Water**

APS will provide free and safe drinking water to all students and staff throughout the school day and ensure it is also available as an optional choice when school meals are served.

- Students can bring and carry (approved) water bottles filled with only water throughout the day. All campuses have refillable water bottle stations in different locations accessible to all staff and students.

### **Celebrations and Rewards**

Classroom snacks brought by parents: APS will encourage parents to provide healthy treats for snack time. For celebrations and parties, please see the parent-student handbook.

### **Nutrition Promotion**

Aspen Public Schools will advocate for healthy food and beverage choices across the campus, encouraging students to try new foods through the school meal programs and our partnership with Revolution Foods.

As Community Schools, APS can broaden its reach by collaborating with various organizations to support our mission and vision. This enables the schools to dedicate time and resources to providing essential tools for our students and their families. By leveraging these collaborations, APS can allocate time and resources more effectively, ensuring that our students and their families can access essential tools and support systems. These resources may include nutritional education, cooking classes, and workshops on healthy living. By integrating these initiatives into the school experience, we strive to empower our students and their families to make informed choices that contribute to their overall well-being.

All schools will teach, model, encourage, and support healthy eating for all students. They will provide nutrition education and actively engage in nutrition

promotion. With the addition of the new Community Garden at Aspen Meadow, classrooms on that campus will offer students the practical knowledge and skills necessary to promote and protect their health. This initiative is part of a comprehensive health education program and will be integrated into other classroom instruction, including physical education classes. The program will promote the consumption of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.

#### **IV. Physical Activity**

Schools will ensure that students have diverse physical activity opportunities that complement, rather than replace, their physical education classes. In addition to the regular physical education curriculum, Extended Learning and ASES (After-School Education and Safety) programs will offer various physical activities, such as boxing, dance, and additional outdoor pursuits. These programs are designed to enrich students' overall physical activity experience.

APS is committed to maintaining safe grounds and facilities for students. This includes ensuring that all playgrounds, sports fields, and gyms are well-maintained and secure. Additionally, APS will provide students access to appropriate, safe, active equipment to support their physical development and recreational activities.

#### **Physical Education**

APS will provide students with physical education using an age-appropriate, sequential curriculum consistent with national and state standards for physical education. The physical education teacher will promote the benefits of a physically active lifestyle, help students develop skills to engage in lifelong healthy habits and incorporate essential health education.

#### **Recess**

All elementary schools will offer at least **20 minutes or more of recess** on all days during the school year. Outdoor recess will be offered when the weather permits outdoor play.

Recess will complement, not substitute, physical education class. Recess monitors, teachers, and aides will encourage students to be active and serve as role models by being physically active alongside them whenever feasible.

#### **After School Activities**

APS provides students ample opportunities to engage in physical activities beyond the regular school day through a range of after-school programs and sports managed by our dedicated Athletic Directors. Each school offers a diverse selection of sports, ensuring every student can participate in activities



that interest them. The available sports include:

- Basketball
- Cheerleading
- Volleyball
- Cross Country
- Track and Field
- Soccer
- Flag Football

With the introduction of Athletic Directors and the expansion of ASES and ELO-P, APS students now have an even broader array of activities. This enhancement aims to provide students with comprehensive extracurricular physical activities, promoting their physical fitness and personal interests.

### **Professional Learning**

APS will provide annual professional development opportunities and resources for staff to enhance their knowledge and skills in promoting healthy behaviors within the classroom and throughout the school. This includes strategies such as incorporating kinesthetic teaching methods or integrating nutrition lessons into subjects like math. These professional learning sessions will help staff understand the connections between academic achievement and health and how health and wellness are woven into ongoing school reform and improvement initiatives.

### **Required Annual Training for all Employees includes:**

- Blood Pathogen Exposure Prevention
- Mandated Reporter: Child Abuse and Neglect
- Medication Administration: Epinephrine Auto-Injectors
- Sexual Harassment Prevention for Non-Manager
- Sexual Misconduct: Staff-to-Student
- Youth Suicide: Awareness, Prevention, and Postvention
- Health Emergencies: Asthma Awareness

## **Healthy Hygiene Practices**

Aspen Public Schools aims to ensure adequate supplies support healthy hygiene behaviors. School sites will have the following available:

- Soap
- Tissues
- No-touch trash cans
- Hand sanitizer
- Medical-grade cleaning supplies

Hand sanitizing dispensers are installed in all classroom entry points. Students must sanitize their hands upon entering and exiting the classroom.

Soap dispensers have been added to all staff and student restrooms, and students will be encouraged to wash their hands frequently.

## **Cleaning and Disinfecting**

APS prioritizes cleaning and disinfection to maintain a healthy student and staff environment. Each campus is staffed with two custodians who ensure the property remains clean throughout the day. Restrooms and commonly touched surfaces are cleaned and sanitized daily to uphold the highest hygiene standards.

We outsource all janitorial supplies to ensure the highest quality and effectiveness. This includes a comprehensive range of products such as cleaning sprays, wipes, floor cleaners, disinfectants, soaps, and other necessary cleaning agents. By partnering with specialized suppliers, we guarantee that our custodial staff has access to the best materials available to maintain the cleanliness and sanitation of our facilities.

Additionally, we contract a professional night janitorial service to thoroughly clean all classrooms, gyms, offices, cafeterias, and auditoriums each night. By doing so, we reinforce our commitment to providing a safe and sanitary learning environment and recognize the importance of maintaining clean spaces for the well-being of our school community.