



# ASPEN PUBLIC SCHOOLS

## **Health and Wellness Policy 2025-2026**

Revised September 26, 2025  
Revision Board Approved December 10, 2025

## **Introduction**

Aspen Public Schools (APS) is proud to serve our community through two transitional kindergarten through sixth-grade elementary schools, Aspen Valley Prep and Aspen Meadow, and our middle-high school, Aspen Ridge Public. As a nonprofit public charter organization, we are dedicated to the whole-child approach, supporting each student's academic, personal, social, nutritional, and emotional growth.

We know that student success depends on a healthy and positive learning environment. That's why APS is committed to creating safe, welcoming, and engaging schools where students feel supported and can thrive throughout the year.

This Wellness Policy outlines our commitment to helping students build healthy habits. Our goal is to ensure every child has access to nutritious food and regular opportunities for physical activity during the school day while also reducing distractions, like unnecessary advertising that can distract from a focus on health and learning.

Our Wellness Plan aligns with our School Safety Plan, Instructional Continuity Plan, and LCAP Goal efforts. APS promotes a positive school climate through anti-bullying initiatives and restorative practices, ensuring every student feels included and supported. Our goals include providing nutritious meals, offering regular opportunities for physical activity, and promoting a positive and welcoming school climate. We also seek support from parents and guardians to help reinforce student wellness efforts at home and in the community.

Supporting students' emotional well-being is central to our work, which is why we implement anti-bullying initiatives and restorative practices to create a safe and caring atmosphere. We also strive to minimize distractions on campus so the focus remains on learning and health. At APS, students have access to healthy, nutritious meals throughout the school day in compliance with federal and state nutrition standards. In the classroom, students learn about healthy eating habits that can last a lifetime.

APS charters provide many opportunities for physical activity before, during, and after school to keep students active and engaged. Across all campuses and grade levels, our Physical Education teachers lead programs and activities that encourage nutrition, fitness, and overall wellness. After-school programs include dance, competitive sports, and a boxing club.

Staff members are also encouraged to model healthy habits, including the use of brain breaks and other movement activities throughout the school day.

As designated Community Schools, we partner with local organizations to create continuity between the school day and after-school programs so students and staff can practice lifelong healthy habits.

APS is working with the committee to create a plan for managing, overseeing, implementing, communicating, and monitoring this policy and its goals. The Wellness Policy applies to all students, staff, and schools within the organization. Each section of the policy outlines specific, measurable goals and outcomes, and when appropriate, APS will coordinate wellness efforts with other aspects of school management, including the APS Strategic Plan.

## **School Wellness Committee**

### **Committee Roles and Responsibilities**

APS will meet with the 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 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 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**

**Tiffany Hendy, Chief Operating Officer**

567 W. Shaw Ave Ste. A-1

Fresno, CA 93704

559-899-3176

### **Wellness Committee 2025-26**

<b>Name</b>	<b>Title</b>	<b>Email address/Role on Committee</b>
Shelly Lether	Executive Director/CEO	<a href="mailto:shelly.lether@aspenps.org">shelly.lether@aspenps.org</a> Assists in the development and evaluation of the wellness policy and implementation
Tiffany Hendy	COO	<a href="mailto:tiffany.hendy@aspenps.org">tiffany.hendy@aspenps.org</a> Assists in the wellness policy development and implementation
Christine Montenez	Principal, Aspen Valley	<a href="mailto:christine.montanez@aspenps.org">christine.montanez@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@aspenps.org">riley.fox@aspenps.org</a> Assists in the wellness policy development and implementation
Marisela Linton	Nutrition Coordinator	<a href="mailto:marisela.linton@aspenps.org">marisela.linton@aspenps.org</a> Assists in the wellness policy development and implementation

Avninder Singh	Business Manager	<a href="mailto:avninder.singh@aspensps.org">avninder.singh@aspensps.org</a> Assists in the wellness policy development and implementation
Jed Melton	Resource Officer Manager	<a href="mailto:jed.melton@aspensps.org">jed.melton@aspensps.org</a> Assists in the wellness policy development and implementation
Nicole Rivera	CAO	<a href="mailto:nicole.rivera@aspensps.org">nicole.rivera@aspensps.org</a> Assists in the wellness policy development and implementation
Robert Theus	After-School Director	<a href="mailto:robert.theus@aspensps.org">robert.theus@aspensps.org</a> Representing Expanded Learning programs
Kathy Steele	Parent Committee Member (Valley)	<a href="mailto:kjo120@gmail.com">kjo120@gmail.com</a> Parent representative from Aspen Valley
Veronica Cardenas	Parent Committee Member (Meadow)	<a href="mailto:cardenasveronica@rocketmail.com">cardenasveronica@rocketmail.com</a> Parent representative from Aspen Meadow
Ridge Parent	Committee Member	
Other		

### **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 Wellness Committee will update or modify the wellness policy based on community feedback and school needs, goals are met, new health science information and technology emerge, and new Federal or State guidance or standards are issued. **This is a living document. As such, the board will approve the revisions in the Fall of each year.**

## **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. 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.

## **Nutrition Education**

APS will include educational tie-ins connecting the featured produce to science, health, and cultural learning, encouraging students to explore nutritious choices and develop lifelong healthy habits.

APS will provide families with information about the National School Lunch Program (NSLP), including how the federal reimbursement structure operates and how funds are used to support school meal services. Communication will explain that APS participates in the NSLP to ensure all students have access to nutritionally balanced, low-cost, or free meals in accordance with federal and state guidelines.

## **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, after-school 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 in the process of remodeling in the Summer of 2025. 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 **20-30 minutes of recess** on all days during the school year and during after-school programs. 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 after-school programs, 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 physical educators 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. 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-Managers
- 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

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 employ staff 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.