



ישיבה אור אלחנן חב"ד

Yeshiva Ohr Elchonon Chabad**West Coast Talmudical Seminary**

HIGH SCHOOL AND RABBINICAL COLLEGE

7215 Waring Avenue • Los Angeles, CA 90046

(323) 937-3763 • (323) YESHIVA • Fax: (323) 937-9456 • yoec@yoec.edu

Wellness Policies on Nutrition and Physical Activity

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Yeshiva Ohr Elchonon Chabad 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. The school understands that resources are not equally distributed. The Yeshiva will maintain a focus on health equity and will work to ensure that all students and staff across the school have equitable access to health and wellness efforts.

The school recognizes that the out-of-school time (OST) settings, such as academic enrichment programs (e.g., reading or math-focused programs), specialty programs (e.g., sports teams, STEM programs and arts enrichment programs) and multipurpose programs that provide an array of activities, provide critical opportunities to teach and reinforce healthy habits. As such, the school will promote the use of the National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards among all school-based OST program providers.

Therefore, it is the policy of the Yeshiva Ohr Elchonon Chabad that students will be provided:

1. **Nutrition promotion:** Access to meals with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students with accommodation to the religious,

ethnic, and cultural requirements of the student body; and will provide clean, safe, and pleasant settings with adequate time for students to eat, and access to potable water.

2. **School meals:** to the maximum extent practicable, all students in our school will be encouraged to participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program and CACFP after-school dinner and snack.
3. **Nutrition education and physical activity:** Yeshiva Ohr Elchonon Chabad will encourage nutrition education and physical education within the school curriculum to foster lifelong habits of healthy eating and physical activity. Yeshiva will establish linkages between health education and school meal programs, and other physical activity related school and community opportunities.
4. **Smart snacks:** foods and beverages sold or served at school will meet federal *Smart Snacks* requirements and the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
5. **School based physical activity:** All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis within the classroom setting and beyond the bell.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The yeshiva maintains the establishment of an ongoing School Wellness Committee (SWC) that supports LWP implementation as well as LWP monitoring and reporting. Yeshiva Ohr Elchonon Chabad will create, strengthen, and work with existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

Yeshiva Ohr Elchonon Chabad's school wellness committee consists of a group of individuals representing the school, and will be headed by the School administrator, Rabbi Mendel Spalter. The SWC is open to include the school administrator, parents and/or caregivers, students, representatives of the school nutrition program, teachers, school counselors, psychologists or social workers, school principals, school board members, community health professionals, general public, community stakeholders, and health professionals. The names and contact information of these individuals is available upon request.

II. Nutritional Quality of Foods and Beverages Sold, Served and Marketed on Campus

The USDA Child Nutrition Programs (child nutrition programs) aim to improve the health of students, help mitigate hunger and obesity and model healthy eating by providing meals that are low in fat and sodium, and abundant in fruits, vegetables and whole grains. These programs support the development of lifelong healthy eating patterns while accommodating cultural food preferences and special dietary needs. In order to be compliant with the USDA final rule, Yeshiva Ohr Elchonon Chabad will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) for breakfast and lunch as well as Child and Adult Care Food Program (CACFP) for after school snack and dinner. YOEC will provide meals that meet the nutrition standards for school meals by including fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans, and peas and legumes) , grains (whole grain-rich), meats and meat alternates, fat-free and low-fat milk, and access to free drinking water

In addition, school meals will be accessible to all students, and the school will accommodate special dietary needs and food allergies as required by federal regulations. School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals.

In the providing of school meals, the school will:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that eating settings are clean and inviting
- provide adequate time to eat school meals, meaning that students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- provide meals to all students free of charge
- prohibit the use of food as a reward or the withholding of foods as a punishment
- ensure that menus are created/reviewed by a qualified nutrition professional
- provide menus in the cafeteria through the use of menu boards, placards, or other point-of-purchase materials and include include nutrient content and ingredients upon request
- ensure that students are served lunch at a reasonable and appropriate time of day
- promote participation in child nutrition programs among students and caregivers to ensure that caregivers know which programs are available in the school and have access to those programs
- encourage staff to model healthy eating behaviors
- not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
- implement the following farm-to-school activities:
 - incorporating local or regional foods into school meal programs
 - reinforcing messages about agriculture and nutrition throughout the learning environment
- promote healthy food and beverage choices using the following marketing and merchandising techniques:
 - displaying whole fruit options in an attractive manner

- making sliced or cut fruit available daily
- displaying daily fruit options in the line of sight and reach of students
- bundling daily vegetable options into all grab-and-go meals available to students
- training all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meal
- placing white milk in front of other beverages in all coolers

Yeshiva Ohr Elchonon Chabad will engage students, through taste-tests of new entrees and surveys, in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Yeshiva Ohr Elchonon Chabad should share information about the nutritional content of meals with parents and students.

Yeshiva Ohr Elchonon Chabad will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals¹. Toward this end, Yeshiva Ohr Elchonon Chabad may provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go”.

Water Availability

Access to safe, free drinking water helps to increase students’ overall water consumption, maintain hydration and reduce energy intake when substituted for sugar-sweetened beverages. In addition, adequate hydration may improve cognitive function among children and adolescents, which is important for learning.

The Yeshiva requires:

- free, safe and unflavored drinking water is available to students during the school day and during the extended school day* (including during out-of-school time/and before and after school),
- water cups/jugs are available in the cafeteria if a drinking fountain is not present
- students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards

Sharing of Foods and Beverages. Yeshiva Ohr Elchonon Chabad discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria, fundraisers, school stores, etc.)

The Yeshiva requires that all foods and beverages sold outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after

¹ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

school from midnight to one-half hour after the end of the official school day) will, at a minimum, meet Smart Snacks.

To qualify as a Smart Snack, a snack or entrée must:

- be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- have as the first ingredient a fruit, vegetable, dairy product or protein food, or
- be a combination food that contains at least ¼ cup of fruit and/or vegetable, and
- meet the following minimum standards for calories, sodium, sugar and fats:.

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

To meet standards for beverages sold, compliant beverages must meet the following requirements:

- Fruit or Vegetable juice must be 100 percent juice (can be diluted with water, no dilution limit), and contain no added sweeteners, and must be less than or equal to 12 fluid ounce serving size.
- Milk must be one percent (unflavored), nonfat (flavored, unflavored), and less than 12 fluid ounce serving size. Non-dairy milk must be nutritionally equivalent to milk.
- Water must contain no added sweeteners or flavors and has no serving size limit.
- Other flavored beverages: “No calorie” beverages must be ≤ 5 calories per 8 fl.oz. and ≤ 20 fl oz. serving size. “Low-calorie” beverages must be ≤ 40 calories per 8 fl oz. and ≤ 12 fl oz. serving size

Foods and Beverages served and offered on the school campus. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks. Yeshiva Ohr Elchonon Chabad will disseminate a list of healthful snack items to teachers and after-school program personnel.

Yeshiva Ohr Elchonon Chabad provides snacks through after-school programs and receives reimbursements through the CACFP.

Yeshiva Ohr Elchonon Chabad will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,² and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations are an important part of supporting students. However, classes should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

The school will make available for caregivers and all school and school-based OST staff a list of healthy and non-food party ideas, a list of foods and beverages that meet Smart Snacks and a list of healthy and non-food rewards.

The school requires that fundraising efforts sell only non-food items or foods and beverages that meet or exceed Smart Snacks. The school encourages schools to use fundraisers that promote physical activity like walk-a-thons, Jump Rope for Heart or fun runs.

Foods and Beverages Marketing Policies

All foods and beverages marketed or promoted to students on the school campus during the school day and during the extended school day (including during out-of-school time/and before and after school) will meet or exceed Smart Snacks.

The marketing of products that do not meet Smart Snacks, in any and all of the following ways, is prohibited:

- brand names, trademarks, logos or tags, including on cups used for beverage dispensing; menu boards; coolers; trash cans; vending machines and other foodservice equipment; posters; book covers; pupil assignment books or school supplies; uniforms; school buses and other vehicles; athletic fields or school equipment, such as marquees; message boards; scoreboards and backboards displayed distributed, offered or sold by the district
- advertisements in school publications and school mailings; during broadcasts on school radio stations and in-school television; through digital media, such as computer screensavers; school-operated or school-sponsored websites and servers; or through the school public announcement system• free samples, taste tests or coupons for products
- educational incentive programs (such as contests that use foods or beverages as a reward) including the promotion of programs that provide schools with supplies or funds when caregivers or participants purchase specific food products

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion. Yeshiva Ohr Elchonon Chabad aims to teach, encourage, and support healthy eating by students. Yeshiva Ohr Elchonon Chabad should provide nutrition education and engage in nutrition promotion that:

1. is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

² Unless this practice is allowed by a student's individual education plan (IEP).

2. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting Classroom physical activity is defined as any physical activity done in the classroom. Classroom physical activity can take place at any time and occur in one or several brief periods of time during the school day. Classroom physical activity should be offered in addition to physical education and recess and at school. The two primary approaches for classroom physical activity are:

- physical activity integrated into planned academic instruction
- physical activity outside of planned academic instruction for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:
 1. classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle.
 2. opportunities for physical activity will be incorporated into other subject lessons; and
 3. classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) 9-12 All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education or its equivalent of at least 225 minutes/week for high school students for the entire school year.

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The Yeshiva requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.

Daily Recess. All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Yeshiva Ohr Elchonon Chabad would discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Yeshiva Ohr Elchonon Chabad would give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. All students at Yeshiva Ohr Elchonon Chabad high school will offer extracurricular physical activity programs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Support For and Promotion of Active Transportation

YOEC supports active transportation of students bicycling, scooter and walking transportation to school by:

- communicating broadly their support for walking and bicycling to school; publicizing tools and resources for active transportation through new student communications including student/caregiver flyers and other communication materials
- providing prominent and secure storage facilities for bicycles and other transportation modes, such as skateboards and scooters (e.g., sheltered bicycle parking, shed, cage or fenced area)
- providing instruction on walking/bicycling safety to students
- improving safe access to school entrances for students arriving on foot or by bicycle by ensuring designated routes on driveways, through parking lots and to bicycle parking, and by prioritizing sidewalks and crosswalks as well as separating modes of arrival to school.

Use of School Facilities Outside of School Hours. School spaces and facilities are available to students before during, and after the school day. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The director of Yeshiva Ohr Elchonon Chabad or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and periodic review and update of this LWP.. The school is encouraged to refer to the School Wellness Committee Toolkit for guidance.

School food service staff at Yeshiva Ohr Elchonon Chabad will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school designee or principal.

Annual Policy Review. To help with the development of the school’s wellness policies, Yeshiva Ohr Elchonon Chabad will conduct assessments every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Yeshiva Ohr Elchonon Chabad will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Yeshiva Ohr Elchonon Chabad, will, as necessary, revise the wellness policies and develop work plans to facilitate improved implementation. The school may use the Healthy Schools Program Assessment or the School Health Index as a tool to complete an annual school-level health and wellness assessment.

The Yeshiva requires that all efforts related to obtaining federal, state or association recognition of and/or funding for healthy school environments be coordinated with and complementary of this LWP.

Triennial Assessment A formal triennial assessment will take place every three years to formally assess the schools stated goals and implementation of its LWP and will compare the LWP to a model LWP to assist in identifying areas of improvement.

Public Notification In order to be compliant with the USDA final rule, the school will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to its content and any updates, school-level implementation status, the names and contact information of the district and school officials leading and coordinating the SWC, information on how the public can get involved with the SWC and mechanisms for the public to provide feedback and comments.

Non-discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.