

Journey School

SCHOOL WELLNESS POLICY

I. Policy Purpose

Journey Charter School Food Authority (Journey SFA) is committed to creating a school environment that promotes student health, well-being, and academic success. This Local School Wellness Policy establishes goals and guidelines for nutrition promotion, nutrition education, physical activity, and other school-based wellness activities in compliance with the Healthy, Hunger-Free Kids Act of 2010 and 7 CFR §210.31.

II. Policy Leadership

Journey SFA shall designate one or more Wellness Policy Leaders who have the authority and responsibility to ensure compliance with this policy.

The Wellness Policy Leader(s) will oversee implementation, coordination, monitoring, and evaluation of the policy.

III. Stakeholder Involvement

Journey Charter School Food Authority will permit parents, students, representatives of the school food authority, teachers, school administrators, charter governing board members, and members of the public to participate in the development, implementation, review, and update of this Local School Wellness Policy.

Stakeholders will be encouraged to participate through meetings, surveys, and public notices.

IV. Wellness Committee

Journey SFA shall establish a Wellness Committee that may include parents or guardians, students as age-appropriate, school food authority staQ, teachers, school administrators, charter board representatives, and community members.

The Wellness Committee shall assist with policy development, implementation, review, and evaluation.

V. Nutrition Standards A. School Meals

Journey SFA will operate the National School Lunch Program and, as applicable, the School Breakfast Program in accordance with federal regulations.

School meals will meet or exceed USDA meal pattern requirements and emphasize fruits, vegetables, whole grains, lean protein, and low-fat dairy. Sodium, saturated fat,

and added sugars will be limited. Special dietary needs will be accommodated as required by law.

Students will be provided adequate time to eat meals in a clean, safe, and supportive environment.

B. Nutrition Standards for Competitive Foods

All foods and beverages sold or provided to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

This includes à la carte items, vending machines, school stores, and fundraisers conducted during the school day.

C. Fundraising

Journey SFA encourages non-food or healthy food fundraisers. Any food-based fundraisers conducted during the school day must comply with Smart Snacks in School standards.

D. Celebrations and Classroom Activities

Journey SFA encourages non-food celebrations and rewards and the inclusion of healthy food options when food is provided. Classroom practices will support positive relationships with food.

VI. Nutrition Promotion and Education

Journey Charter School Food Authority shall establish nutrition promotion and nutrition education goals that promote student wellness and encourage lifelong healthy eating behaviors.

Nutrition education will be developmentally appropriate, culturally relevant, integrated into the curriculum when feasible, and designed to reinforce federal nutrition program messages and healthy decision-making skills.

VII. Physical Activity

Journey Charter School Food Authority shall establish physical activity goals that promote student wellness and encourage regular physical activity throughout the school day.

The school will provide physical education aligned with state standards, encourage daily opportunities for physical activity including recess, and promote movement throughout the school day.

Physical activity will not be withheld as punishment nor used as a disciplinary consequence.

VIII. Other School-Based Wellness Activities

Journey SFA supports additional wellness activities that promote student health, including mental and emotional wellness supports, stress management activities, and safe, inclusive, and supportive school environments.

IX. Public Notification

Journey Charter School Food Authority shall inform and update the public on an annual basis about the content of the Local School Wellness Policy, the results of the triennial assessment, and how the public can participate in the development, implementation, and review of the policy.

Public notification may occur through the school website, newsletters, public meetings, or other appropriate communication methods.

X. Triennial Assessment

Journey Charter School Food Authority shall assess compliance with this Local School Wellness Policy at least once every three years.

The triennial assessment will measure compliance with the policy, compare the policy to model local school wellness policies, and describe progress made toward achieving the policy's goals.

The results of the triennial assessment will be made available to the public.

XI. Recordkeeping

Journey SFA shall retain records documenting compliance with the Local School Wellness Policy, including the policy itself, documentation of stakeholder involvement, triennial assessment results, and public notifications. These records will be available for review during USDA Administrative Reviews.

XII. Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity

conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

This institution is an equal opportunity provider.

XIII. Adoption and Review

Adopted: 6.16.25

Revised 2.26.26

Effective Date: 6.16.25

Next Triennial Assessment Due: 6.16.28