

Heritage K-8 Charter School Local School Wellness Policy

Heritage K-8 Charter School is committed to providing a school environment that promotes and protects student health and ability to learn. We aim to help students to learn about developing a healthy lifestyle, including implementing a healthy diet and engaging in physical activity. Heritage K-8 Charter School, as a participant in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will meet the Local School Wellness Policy (LSWP) requirements set forth in Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

Nutrition Promotion, Education and Physical Activity Goals

- School meal programs will be consistent with state and USDA requirements.
- Students will have sufficient time to eat a healthy meal during the school day.
- School-sponsored events will emphasize the importance of healthy food choices.
- School accomplishments will be celebrated with non-food rewards.
- Students will receive health instruction across grade spans.
- Students will receive sufficient time for daily physical activity throughout the school day.

Nutrition Guidelines for Foods and Beverages on the School Campus

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- contain calories and sodium specific for grade levels;
- contain no more than 10% of total calories from saturated fat, averaged over a week;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that grains are whole grain.

Students will have access to drinking water throughout the day.

Policy for Food and Beverage Marketing

Only food and beverage that meet the nutrition guidelines will be marketed or advertised to students during the school day.

Stakeholder Participation in LSWP

Heritage K-8 Charter School will convene a Wellness Committee that will meet periodically to establish goals for and evaluate school health policies and programs. This will include a review

and update of this wellness policy. The Wellness Committee will include administrator, teacher, parent and community participants.

Measuring Triennial Effectiveness

At least once every three years, Heritage K-8 Charter School will evaluate compliance with the wellness policy to assess its implementation and effectiveness. It will evaluate the school's compliance as well as a description of the progress made toward achieving wellness goals. This progress report will be presented to the governing board and will be made available on the school website.

Annual Public LSWP Notification

Heritage K-8 Charter School will inform families and the public regarding the wellness policy and any updates. This information will be made available on the school website or in school-wide communications.

LEA LSWP Compliance Officials

- Jonathan Takagi - Business Manager - jtakagi@amhcs.org
- Jason Gaylord - Principal - jgaylord@amhcs.org
- Marc Gilbertson - Principal - mgilbertson@amhcs.org
- Sandi Knapp - Principal - sknapp@amhcs.org

Non-Discrimination Statement

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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.

Adopted by the Heritage K-8 Board of Directors on February 18, 2026