

## 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). The school will inform all families at the beginning of each school year regarding the availability of free meals.

### Nutrition Promotion, Education and Physical Activity Goals

- School meal programs will be consistent with state and USDA requirements.
- After receiving food, students will have at least 20 minutes to eat lunch.
- School-sponsored events will emphasize the importance of healthy food choices.
- School accomplishments will be celebrated with non-food rewards and physical activity will be encouraged as a reward when feasible.
- Physical activity will be neither required nor withheld as punishment
- Students will receive at least 20 minutes of active daily recess
- Students will receive health and nutrition instruction across grade spans and integrated into the broader curriculum, where appropriate, to provide the knowledge and skills necessary to promote healthy choices.
- Students will receive sufficient time for daily physical activity throughout the school day, including before and after school..
- The school's standards-based physical education curriculum is aligned with state standards and identifies the progression of skill development in grades K-8. It will focus on personal fitness.
- Physical education classes will be taught by certificated personnel that receive professional development opportunities. Classes will be at least 40 minutes long, offered weekly for K-6 and daily for grades 7-8. Classes will be mandatory and not substituted with other courses.
- Staff will be encouraged to model healthy nutrition and physical activity for students
- Health and wellness classes will be offered to staff through district benefits program

### Nutrition Guidelines for Foods and Beverages on the School Campus

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

- comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served, as specified in [7 CFR 210.10](#) or [220.8](#);
- comply with USDA nutrition standards;
- be distributed to all students at all schools free of charge;
- be appealing and attractive to students, with the healthiest choices prominently displayed;

- 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 and include fresh, locally-sourced ingredients;
- 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 at water fountains and bottle filling stations located throughout the campuses.

### Policy for Food and Beverage Marketing

Only food and beverage that meet the nutrition guidelines under [7 CFR 210.11](#) will be marketed or advertised to students during the school day.

### Food and Beverage Sales

Competitive foods or beverages will not be sold during the school day or in after school programs. No vending machines or student stores are present on campuses.

### Food and Beverage Fundraisers

Fundraisers during the school day will not involve food.

### Staff Training

All school nutrition program directors, managers and staff will meet hiring and annual training requirements in the [USDA Professional Standards for Child Nutrition Professionals](#). The school will provide training to meet learning needs.

### 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. The school community will be invited via email or public posting.

### 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 utilize the Wellness School Assessment Tool. 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](mailto:jtakagi@amhcs.org)
  - The Business Manager will be responsible for ensuring that the wellness policy is implemented in all schools.
- Jason Gaylord - Principal - [jgaylord@amhcs.org](mailto:jgaylord@amhcs.org)
- Marc Gilbertson - Principal - [mgilbertson@amhcs.org](mailto:mgilbertson@amhcs.org)
- Sandi Knapp - Principal - [sknapp@amhcs.org](mailto:sknapp@amhcs.org)

## Non-Discrimination Statement

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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](#), 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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Adopted by the Heritage K-8 Board of Directors on March 25, 2026