

STOCKTON BAPTIST SCHOOL

Student Wellness Policy. 2025-2026

Stockton Baptist School recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students.

The school will develop student wellness involvement among parents/guardians, students, staff and food service.

All elementary school students will have at least 20 minutes per day of supervised recess, preferably outdoors, during which time teachers should encourage moderate to vigorous physical activity and provision of adequate space and equipment.

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.

Stockton Baptist School participates in the National School Lunch Program, Breakfast Program and afterschool Snack Program and shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade.

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, as a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Over a variety of fruits and vegetables
- Serve low-fat milk and fat-free flavored milk

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn;

- Stockton Baptist School will, to the extent possible, operate the School Breakfast Program.
- To the extent possible, utilize methods to serve school breakfast that encourage participation.
- Will notify parents and students of the availability of the Breakfast Program.
- Will encourage parents to provide a healthy breakfast for their children through take-home materials.

Stockton Baptist School will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-price school meals.

Stockton Baptist School, to the extent possible:

- Will provide students with at least 15 minutes to eat after sitting down for lunch.
- Should schedule meal periods at appropriate times, e.g., lunch begins at 11:30 and ends at 12:30.
- Should not schedule tutoring or activities during mealtimes, unless students may eat during such activities.

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

As part of the school's responsibility to operate a food service program, the school will provide continuing development for all nutrition professionals in the school. The school recognizes the cultural diversity within the student population and will include as part of staff development to reflect the diversity of healthy food traditions in student population. Staff development programs would include appropriate certification and/or training programs for child nutrition direction, school nutrition managers and cafeteria workers, according to their levels of responsibility.

We will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on children's diets. Any adult, or any child not enrolled in the school shall not eat from a child's plate that is considered as reimbursable meal. A reimbursable meal must be served and consumed only on school grounds or other school approved and supervised premises.

School Meal Programs

Stockton Baptist School participates in the National School Lunch Program and School Breakfast Program.

Meals served through these programs will:

- Meet federal nutrition requirements.
- Be appealing and attractive to students.
- Be served in a clean and pleasant environment.
- Include a variety of fruits and vegetables.
- Include low-fat or fat-free milk options.

The school will promote participation in the school breakfast and lunch programs and will make reasonable efforts to eliminate any social stigma associated with receiving free or reduced-price meals.

Students will have adequate time to eat meals and access to handwashing or sanitizing before meals.

Goals for Nutrition Promotion, Education, Physical Activity and Other School-Based Activities

Stockton Baptist School is committed to promoting student wellness through nutrition promotion, nutrition education, physical activity, and other school-based wellness initiatives. The school encourages students to develop lifelong healthy eating habits by promoting the consumption of fruits, vegetables, whole grains, and low-fat dairy products through the school meal programs and educational opportunities. Nutrition information may be incorporated into classroom instruction when appropriate and reinforced through school communications, events, and wellness activities. The school will support school-based activities that promote healthy lifestyles, including nutrition awareness and encouragement of healthy food choices among students and families. The school will promote healthy food choices through posters, announcements, and classroom discussions.

Students will receive a minimum of 20 minutes of recess daily.

The school will provide at least 60 minutes of physical activity opportunities per day, including PE, recess, or structured activities.

Foods Provided but Not Sold

Stockton Baptist School encourages that foods provided to students during the school day but not sold — such as classroom celebrations, snacks brought by parents, or incentive foods — promote student health.

The school encourages:

- Healthy snack options such as fruits, vegetables, whole grains, and low-fat dairy products
- Limiting foods high in sugar, fat, and sodium
- Non-food rewards whenever possible

Teachers are encouraged to limit classroom celebrations involving food during the school day.

Food and Beverage Marketing

Only foods and beverages that meet **USDA Smart Snack standards** may be marketed or advertised on the school campus during the school day.

This includes:

- posters
- scoreboards
- vending machines
- educational materials
- school publications
- school websites

Any foods or beverages marketed to students during the school day must meet federal competitive food standards.

Competitive Foods and Beverages

Stockton Baptist School does not currently sell competitive foods or beverages to students during the school day. If competitive foods are sold in the future, all items must meet applicable local, state, and federal requirements, including USDA Smart Snacks in Schools standards set forth in 7 CFR 210.11.

The term “sold” refers to food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.

The district shall follow nutrition standards for Preschool through grade twelve, including before- and after-school programs.

Food or beverages sold for fundraising on campus during the school day must meet the federal nutrition guidelines in 7 CFR 210.11.

Food or beverages that do not meet the nutrition standards may only be sold to students:

- If the sale takes place off and away from school campus; or
- On school grounds 30 minutes after the end of the school day, consistent with state and local regulations.

Food and Beverages (Available outside the school meal programs):

- The term “sold” refers to food or beverages provided to student on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- We shall follow nutrition standards for Preschool through grade twelve, including before and after school programs.
- Food or beverages sold for fundraising on campus during the school day must meet the federal nutrition guidelines in CFR 210.11.
- Food or beverages that do not meet the nutrition standards may be sold to students:
 - If the sale takes place off and away from school campus; or on school grounds, if sales occur 30 minutes after the end of the school day.

Staff Wellness

Stockton Baptist School recognizes the importance of staff health and wellness. The school will assess the school’s compliance with the policy at least once every three years...

The school will:

- Conduct periodic reviews of policy implementation
- Evaluate progress toward wellness goals
- Update the wellness policy as necessary
- Make the wellness policy available to the public

The school will review the policy at least once every three years as required by federal regulations.

Fundraising Activities

Schools should encourage all school-based organizations to use nonfood items for fundraising. To the extent possible to support children’s health and school nutrition-education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity.

Snacks

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. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

- If eligible, food service will offer snacks with after school enrichment programs.
- If eligible, school that provides snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations

Teachers should to the extent possible, 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 food and beverages sold individually (above).

Public Participation in Development and Review of the Wellness Policy

Stockton Baptist School encourages the involvement of parents, students, school staff, administrators, and members of the public in the development, implementation, review, and update of the Local School Wellness Policy. The school will make the policy available to the public and provide opportunities for participation through school meetings, communications, or other engagement opportunities. Feedback from the school community will be considered when reviewing and updating the wellness policy.

Stockton Baptist School will periodically assess the implementation of the Local School Wellness Policy and measure progress toward achieving the goals outlined in the policy. The school will monitor compliance with nutrition standards, school meal program requirements, and physical activity opportunities. Information about the wellness policy and progress toward meeting its goals will be shared with the school community through school communications or other public methods.

Parents, students, school staff, administrators, food service staff, and the general public are invited to participate in the development, implementation, review, and update of the Local School Wellness Policy.

Participation opportunities may include:

- wellness committee meetings
- surveys
- public comment opportunities
- school meetings or forums.

Description of How Required Participants Can Participate in the Wellness Policy

Stockton Baptist School encourages participation from members of the school community in the development, implementation, review, and update of the Local School Wellness Policy. Participants may include parents, guardians, students, teachers, school administrators, food service staff, and members of the general public. The school will provide opportunities for participation through school meetings, communications, or other engagement activities. The wellness policy will be made available to the public and feedback from the school community will be considered when reviewing and updating the policy.

Reporting to the Public

Stockton Baptist School will periodically evaluate the implementation and effectiveness of the Local School Wellness Policy to ensure compliance with federal requirements and to assess progress toward established wellness goals. The school will review school meal programs, nutrition promotion activities, and opportunities for physical activity to determine whether the policy is being implemented as intended. The results of these evaluations and any updates to the wellness policy will be made available to the school community through school communications or public postings. The results of the evaluations and any update will be made available annually.

Monitoring and Implementation

The **Food Service Director** is responsible for ensuring compliance with the Local School Wellness Policy.

The school will:

- The school will assess the school's compliance with the policy at least once every three years and

make assessment results available to the public as required by federal regulations.

- Measure progress toward wellness goals
- Monitor compliance with nutrition standards
- Update the policy as needed.

Posting Requirements

Stockton Baptist School shall post the policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

CDE USDA Nondiscrimination 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, audiotope, 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;

fax:

202-690-7442; or

email:

Program.Intake@usda.gov.

This institution is an equal opportunity provider.

PROGRAM IMPLEMENTATION AND EVALUATION

The Food Service Director, Kelly Lopez, will ensure compliance with the Wellness Policy.

Revised: May 2026