

The Career Technical Education Charter (CTEC) is committed to supporting the health and wellness of its students by promoting proper nutrition, physical activity, and mental well-being. In compliance with California state laws and federal guidelines, this comprehensive plan prioritizes student wellness to enhance academic success and lifelong healthy habits.



"Wellness is the complete integration of body, mind, and spirit—the realization that everything we do, think, feel, and believe has an impact on our state of health." – Greg Anderson



FOR MORE INFORMATION

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School Wellness Policy

Career Technical
Education Charter
ctec.fcoe.org

Wellness Goals:

1. **Healthy Eating:** Ensure all students have access to nutritious, appealing meals that meet USDA and state standards.
2. **Physical Activity:** Encourage daily physical activity through PE classes, sports, and active play.
3. **Mental Health:** Provide resources to support emotional well-being and stress management.
4. **Family and Community Involvement:** Foster a culture of wellness through partnerships, workshops, and family events.

Key Components:

1. **Nutritious Meals:** Fresh, locally sourced options, vegetarian/vegan choices, and compliance with USDA standards.
2. **Physical Activity:** Daily 30-minute physical activity minimum, credentialed PE teachers, and after-school sports.
3. **Mental Wellness:** Counseling, social-emotional learning, and mindfulness activities like yoga and meditation.
4. **Community Engagement:** Workshops, fitness nights, health fairs, and local gym partnerships for students.



Join the Collaborative Wellness Teams!

Student Programs and Resources

1. **District Wellness Council (DWC):** Guides district-wide wellness goals, reviews policies, and ensures compliance.
2. **School Site Wellness Committees (SSWC):** Implements site-specific initiatives, organizes events, and monitors success.



Student Programs and Resources

1. **“Share Basket” and “Last Call” Options:** Students can access extra food servings or share unopened items.
2. **Physical Fitness Opportunities:** Support for walking/biking to school, fitness challenges, and active learning activities.
3. **Mental Health Support:** Accessible counseling, SEL programs, and school-wide mental health awareness campaigns.



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> (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
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