

La Academia Dolores Huerta Charter Middle School

Purpose

La Academia Dolores Huerta is a **Community Eligibility Provision (CEP)** campus, which means **all students receive free breakfast and lunch daily**. As part of our participation in CEP and federal school nutrition programs, the school is **required to uphold and enforce strict healthy nutrition guidelines** to ensure a safe, equitable, and compliant environment for all students.

To maintain equity, safety, and compliance with school nutrition and fundraising guidelines, La Academia Dolores Huerta (LADH) regulates the sale of food, snacks, and other items on campus.

On-Campus Meals & Expectations

- Breakfast and lunch are provided at no cost to all students.
- All food must be consumed in designated eating areas unless otherwise approved by staff.
- Students are expected to clean up after themselves and properly dispose of all trash in provided receptacles.

Dietary Needs & Restrictions

- If your child has any **food allergies, dietary restrictions, or medical nutrition needs**, families must notify the school office.
- **Medical documentation from a healthcare provider is required**, including specific instructions, so we can safely accommodate your child's needs.
- This ensures we can support students appropriately while maintaining a safe environment for all.

Outside Food & Deliveries

- **Outside or commercially prepared food (e.g., fast food, coffee shop items, food delivery services such as DoorDash, Uber Eats, etc.) is not permitted on campus during the school day.**
- Parents/guardians may not drop off outside food for students during school hours.
- Due to CEP requirements and federal nutrition guidelines, the school must **consistently enforce these expectations across all students.**
- This policy supports:
 - Student health and safety, including food allergies and dietary restrictions
 - Equity among all students, as meals are provided free of charge
 - Minimizing disruptions to the instructional day

Personal Food Items

- Students may bring **individual food items for personal consumption only.**
- **Food items may not be shared, distributed, or sold to other students** at any time during the school day.

POLICY: STUDENT NUTRITION AND OUTSIDE FOOD

La Academia Dolores Huerta Charter Middle School

- Any food items that are shared, distributed, or sold will be **confiscated**.
- This expectation is in place to support:
 - Student health and safety, including food allergies
 - Compliance with school nutrition guidelines
 - Equity among all students

Items Requiring Preparation

- Food items that require **on-campus preparation** (e.g., heating or adding hot water, such as instant noodles/ramen) are **not permitted for preparation at school**.
- If such items are brought, they must be **fully prepared at home** and ready to eat without the need for heating or additional preparation.

Restricted Items

- **Energy drinks are strictly prohibited on campus.**
- Any outside food or restricted items brought to campus that violate this policy may be **confiscated and discarded**.

Special Occasions

- Exceptions may be made for **school-approved events or activities** (e.g., celebrations, field trips, or staff-approved incentives) at the discretion of administration.

POLICY: STUDENT NUTRITION AND OUTSIDE FOOD

La Academia Dolores Huerta Charter Middle School ENERGY DRINKS & STUDENT SUCCESS

Why Energy Drinks Don't Belong in Middle School

Energy drinks are NOT safe for middle school students.

They contain high levels of caffeine, sugar, and stimulants that can negatively impact a student's health, behavior, and ability to learn.

How Energy Drinks Affect Students at School

Focus & Learning

- Difficulty concentrating in class
- Trouble completing assignments
- Increased distractibility

Sleep & Attendance

- Poor sleep at night
- Fatigue during the school day
- Increased absences or early check-outs

Behavior & Emotions

- Anxiety and irritability
- Mood swings
- Difficulty regulating emotions
- Increased classroom disruptions

Physical Health

- Rapid heartbeat and jitteriness
- Headaches and dehydration
- Energy "crashes" that leave students feeling worse



The Bottom Line

Energy drinks may seem like a quick boost, but they actually reduce focus, disrupt sleep, impact behavior, and interfere with academic success.

Better Choices for Energy

- Water
- Healthy meals & snacks
- Proper sleep
- Regular physical activity

School Reminder

To support a safe and productive learning environment, energy drinks are not allowed on campus and will be confiscated.

Let's Work Together
Healthy students = Better focus, behavior, and success in school.

La Academia Dolores Huerta Charter Middle School

BEBIDAS ENERGÉTICAS Y EL ÉXITO ESTUDIANTIL

Por qué las bebidas energéticas no pertenecen a la escuela secundaria

Las bebidas energéticas NO son seguras para estudiantes de middle school.

Contienen altos niveles de cafeína, azúcar y otros estimulantes que pueden afectar negativamente la salud, el comportamiento y la capacidad de aprender de los estudiantes.

Cómo afectan las bebidas energéticas a los estudiantes en la escuela

Enfoque y Aprendizaje

- Dificultad para concentrarse en clase
- Problemas para completar tareas
- Mayor distracción

Sueño y Asistencia

- Mal descanso por la noche
- Cansancio durante el día escolar
- Más ausencias o salidas tempranas

Comportamiento y Emociones

- Ansiedad e irritabilidad
- Cambios de humor
- Dificultad para controlar emociones
- Más interrupciones en el salón de clases

Salud Física

- Latidos rápidos del corazón y temblores
- Dolores de cabeza y deshidratación
- “Bajones” de energía que hacen sentir peor al estudiante



En Resumen

Las bebidas energéticas pueden parecer una solución rápida para tener energía, pero en realidad reducen la concentración, afectan el sueño, impactan el comportamiento e interfieren con el éxito académico.

Mejores Opciones para Tener Energía

- Agua
- Comidas y meriendas saludables
- Dormir lo suficiente
- Actividad física regular
- Recordatorio Escolar

Para apoyar un ambiente de aprendizaje seguro y productivo, las bebidas energéticas no están permitidas en la escuela y serán confiscadas.

Trabajemos Juntos

Estudiantes saludables = Mejor enfoque, mejor comportamiento y mayor éxito escolar.