

## COMPREHENSIVE SCHOOL HEALTH/NUTRITION PROGRAM

*Comprehensive School Wellness Program – School affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students.*

**Quality and Effective Health Education** –helps students acquire knowledge, personal skills and attitudes to take increasing responsibility for their own health and practice healthful behaviors. The sequential health education curriculum includes instruction on physical activity topics that complement the instruction students receive in quality Physical Education programs. There is an inter-relationship of Health Concepts and Physical Education Standards.

Students need to learn to take responsibility for their own health and to adopt health-enhancing attitudes and behaviors:

- every school shall be a healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character
- each school shall be organized to reinforce students’ adoption of health-enhancing behaviors, and school staff shall be encouraged to model healthy lifestyles

The schools will create a culture that supports all children and youth in building developmental assets.

- every school will create a caring school climate where every child feels valued and supports: the development of boundaries and expectations, empowerment, constructive use of time, commitment to learning, positive values, positive identity, social competencies and support.
- Sites will use the project Cornerstone survey to evaluate and plan appropriate programs related to the development of assets in children

**School Health Services** – promotes the health of students through prevention, health screenings (eye, ear, and scoliosis), early intervention and remediation of specific health programs, and direct services to students. School leaders shall ensure, with available resources, that the nutrition, health services, and social services students need in order to learn are provided either at the school site or in cooperation with the community agencies.

**Community Collaboration** – promotes a collaborative partnership with parents and community agencies to address the comprehensive health needs of students and their families. Integrated family and community involvement activities are designed to engage families as active participants in their student’s education, encourage the ability of families to support students’ school achievement, and foster collaboration with community resources and services to respond more effectively to the health-related cultural needs of students.

**Quality Physical Education Program** – exposes students to the skills necessary to perform a variety of physical activities, ensures that students participate regularly in physical activities, teaches the benefits of involvement in physical activities, and emphasizes the value of physical activity and its contributions to a healthful lifestyle.

Physical Education is a multifaceted process that teaches a wide range of skills and activities with the aim of the students becoming physically educated, physically fit, able to enjoy a variety of physical activities and committed to lifelong health and physical wellbeing. It is a continuing process of articulated, sequential, developmental skills, talents, attitudes, and behaviors. (*Physical Education Framework, for California Public Schools Kindergarten through Grade Twelve.*)

***The Physical Education Model Content Standards for California Public Schools, Kindergarten through Grade Twelve*** represents the essential skills and knowledge that all students need to maintain a physically active, healthy lifestyle. *Education Code* section 51210 requires 200 minutes of physical education every 10 school days for students in grades one through six, and *Education Code* section 51222 provides for 400 minutes of physical education every 10 school days for students in grades seven through twelve.

***The Physical Education Model Content Standards*** establish specific learning goals and objectives for physical education. Those standards will be the focus of our district program.

The California Physical Fitness Test (PFT) will be administered to 5<sup>th</sup> and 7<sup>th</sup> grade students. The PFT is designed to assess six key fitness areas that represent three broad components of fitness: (1) aerobic capacity, (2) body composition, and (3) muscular strength, endurance and flexibility. Results of the PFT will be analyzed by teachers and used when designing instruction.

After school sports and programs that support physical activity will be supported at the school site and within the community. Information and resources regarding programs shall be made available to parents/guardians.

***Schools are encouraged to:***

- Create an environment which supports healthy eating practices and allows adequate time for food consumption.
- Maintain dining areas that are pleasant, clean and inviting places to eat school meals.
- Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program.
- Develop and practice good nutrition. All school activities including fund raising, classroom parties and incentive awards, should reflect the same sound nutritional education practices that are taught in the classroom and implemented by the Child Nutrition Department.
- Maintain nutritional integrity. Nutritional integrity is a guaranteed level of performance that assures that foods available in schools for children are consistent with the recommended dietary allowances and dietary guidelines and when consumed, contributes to the development of lifelong, healthy eating habits.

***Child Nutrition is committed to:***

- Monitoring student meal preferences on an on-going basis.
- Providing children with a wide variety of foods to choose from with a strong emphasis on fresh, healthful and low-fat foods.
- Maintaining nutritional integrity.
- Working with the food industry to provide healthy food options.
- Emphasizing customer service.
- Providing Child Nutrition staff with training in food safety, marketing, preparation and service of healthy menu items.
- Providing parents, teachers, administrators and staff, information on safe and healthy foods that would be acceptable for special events.
- Complying with Federal and State Regulations.

*Food outside the Child Nutrition program:*

- **Foods that are sold or dispensed to students must meet the health department's standards in regard to storage, preparation, and serving.**
- Homemade food products may not be sold or distributed to students to minimize risk of food-borne illness.
- Foods and beverages offered for classroom parties will not be served until after the scheduled lunch period.
- Schools will not use food or beverages that do not meet the BUSD nutrition standards as rewards for academic performance or good behavior.

*Fundraising*

- All foods or beverages offered for sale at any school on any school day by any student or adult entity or organization must be approved by the Governing Board, **as set forth by Berryessa USD Administrative Regulation 3554.**
- Non-food related fundraising activities are encouraged.
- Homemade food products may not be sold or distributed to minimize the risk of food-borne illness.
- Parent organizations must plan on campus food and beverage sales to end one hour before school starts or to begin 30 minutes after school hours, so that there is no interference with the school's breakfast and lunch programs.
- All parent or student groups selling or serving food or beverages on campus to students must sell items that are single-serve, prepackaged and follow the Berryessa USD nutritional standards outlined in exhibits A and B.
- For any event at which food or beverages are sold or given to the public a Santa Clara Environmental Health Department form or permit must be completed.
  - For prepared, ready to serve food and beverages donated by a licensed food facility such a local restaurant or market, a Craven Act form must be completed.

***Nutrition Standards:***

Berryessa Union School District Nutrition Standards are presented in attached Exhibits A and B. The attached standards will not supercede the law. If a law conflicts with the attached nutrition standards, the law will take the place of nutrition standards.

***Federal Regulations Definitions:***

**Competitive Foods: means any foods sold to children during meal periods in competition with the Child Nutrition program.**

Food of Minimal Nutritional Value (FMNV): means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving.

The eight nutrients to be assessed for this purpose are – protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron. The categories of FMNV include: soda water, water ices, chewing gum, certain candies, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

**IMPLEMENTATION/EFFECTIVENESS**

**The Superintendent or appropriate designees in collaboration with administrators, teachers, and community agencies will oversee the implementation of the local wellness policy. The wellness committee will meet annually to address their responsibility to ensure that schools implement and sustain the local wellness policy.**

## Legal References:

Health and Safety Code

113700-114455 Health and Safety Code

Federal Regulations Definition

210.11 Federal Register

Code of Regulations, Title 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

United States Code, Title 20

1232g Federal Educational Rights and Privacy Act

6301-6514 Title 1 programs

United States Code, Title 42

1751-1769 National lunch Programs

1771-1791 Child Nutrition

1773 School breakfast program

Code of Regulations, Title 5

15500-15501 Food Sales by student organizations  
15500 Food sales in elementary schools  
15501 Sales in high schools and junior high school  
15510 Mandatory meals for needy students  
15530-15535 Nutrition education  
15550-15565 School lunch and breakfast program

Education Code

Ed Code Sec. 204 of S. 2507 Local Wellness Policy  
E.C. 38080-38103 Cafeteria, establishment and use  
E.C. 38085-Sale of specified food items  
E.C. 45103.5 Contracts for management consulting services; restrictions  
E.C. 48931 Authorization and sale of food  
E.C. 49430-49436 Pupil Nutrition, Health, Achievement Act of 2001  
E.C. 49490-49493 School Breakfast and lunch programs  
E.C. 49500-49505 School meals  
E.C. 49510-49520 Nutrition  
E.C. 49530-49536 Child Nutrition Act  
E.C. 49547-48548.3 Comprehensive nutrition services  
E.C. 49550-49560 Meals for needy students  
E.C. 49570 National School Lunch Act  
Ed Code Sec. 51210 Course of study, Grades 1- 6  
Ed Code Sec. 51220 Course of student, Grades 7- 12  
Ed Code Sec. 511220 Physical Education  
E.C. 51520 School premises; prohibited solicitations

## EXHIBIT A

Elementary Schools (Schools with Grades 5 or lower)		
Issue	Standards	Rationale
General Statement	<ul style="list-style-type: none"> <li>• Items sold ala carte are intended to supplement meals from school and/or from home, not to compete with the reimbursable meal.</li> <li>• Limit beverage sales to juice and milk.</li> <li>• No foods of minimal nutritional value (FMNV).</li> <li>• Total fat content <math>\leq</math> 35% of calories</li> <li>• Saturated fat content <math>\leq</math> 10%</li> </ul>	<ul style="list-style-type: none"> <li>• Children who buy the reimbursable meal receive more nutrients than those who purchase ala carte.</li> <li>• Extras consumed may result in rejection of meal items and/or overeating.</li> <li>• FMNV means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving.</li> <li>• The categories of FMNV include: soda water (carbonated beverages, unless approved by the USDA), water ices (frozen sweetened water e.g., Popsicles), chewing gum, candies (such as: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn).</li> <li>• Follows USDA guidelines for healthy diets.</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• Beverages sold ala carte may not exceed 250 calories.</li> <li>• Fruit juices must contain 100% juice.</li> <li>• Milk, any type, reduced fat.</li> <li>• No beverage of minimal nutritional value.</li> <li>• No artificial sweeteners.</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive fluid intake results in rejection of other foods that provide required nutrients.</li> <li>• Fluids from natural sources are essential to good health.</li> <li>• Fruits and vegetables contain vitamins and minerals.</li> </ul>
Snacks Desserts	<ul style="list-style-type: none"> <li>• Snacks and desserts served may not exceed 175 calories.</li> <li>• Exception: if served on the menu meeting nutrient standards or the meal pattern for the grade group for the week.</li> <li>• No foods of minimal nutritional value (FMNV).</li> </ul>	<ul style="list-style-type: none"> <li>• Snacks are intended to supplement a meal.</li> <li>• There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.</li> <li>• Extra calories can result in the rejection of meal items and/or overeating.</li> </ul>
Food Outside the Child Nutrition Program	<ul style="list-style-type: none"> <li>• Fundraising sales of food or beverage items on campus must end one hour before or begin 30 minutes after school hours.</li> <li>• Classroom parties, giveaways and other school functions can not compete with the National School Lunch and Breakfast Program and needs to adhere to the same standards as the Child Nutrition program and health department regulations.</li> <li>• Homemade foods and beverages are not permitted for sale or distribution to students.</li> <li>• Non-school approved sales or fundraisers may not occur at anytime on school campus.</li> </ul>	<ul style="list-style-type: none"> <li>• Laws and regulations.</li> <li>• District policy states that no sales of food or beverage items may be sold during the school day except for the Child Nutrition program.</li> <li>• Extra calories can result in the rejection of meal items and/or overeating.</li> <li>• Homemade foods do not adhere to local health codes and pose a greater risk of food-borne illness.</li> </ul>

**EXHIBIT B**

**Middle Schools (Schools with Grades 6-8)**

Issue	Standards	Rationale
General Statement	<ul style="list-style-type: none"> <li>• Items sold ala carte are intended to supplement meals from school and/or home, not to compete with the reimbursable meal. In addition, at this grade level, limited entrée items may be offered for those who choose not to participate in the meal program.</li> <li>• Any item served on the reimbursable meal menu may be offered ala carte.</li> <li>• No foods of minimal nutritional value (FMNV).</li> <li>• Total fat content <math>\leq</math> 35 % of calories</li> <li>• Saturated fat content <math>\leq</math> 10 % of calories</li> </ul>	<ul style="list-style-type: none"> <li>• Children who buy the reimbursable meals receive more nutrients than those who purchase ala carte.</li> <li>• Extras consumed may result in rejection of meal items and/or overeating.</li> <li>• FMNV means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving.</li> <li>• The categories of FMNV include: soda water (carbonated beverages, unless approved by the USDA), water ices (frozen sweetened water e.g., Popsicles), chewing gum, candies (such as: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn).</li> <li>• Follows USDA guidelines for healthy diets.</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• Beverages sold ala carte may not exceed 250 calories.</li> <li>• Water, unflavored or flavored.</li> <li>• Fruit juices must contain <math>\geq</math> 50 % juice.</li> <li>• Milk, any type, reduced fat.</li> <li>• Other beverages <math>\leq</math> 25 gm added sugar per 12 oz.</li> <li>• No beverages of minimal nutritional value.</li> </ul>	<ul style="list-style-type: none"> <li>• Standards for meals show an increase need in caloric intake by approximately 20% from elementary school to middle school.</li> <li>• Excessive fluid intake results in rejection of other foods that provide required nutrients.</li> <li>• Ala carte beverages are not intended to replace a meal.</li> </ul>
Snacks Desserts	<ul style="list-style-type: none"> <li>• Snacks and desserts sold ala carte may not exceed 250 calories. Exception: if served on the menu meeting nutrient standards or the meal pattern for the grade group for the week.</li> <li>• No foods of minimal nutritional value (FMNV).</li> </ul>	<ul style="list-style-type: none"> <li>• Snacks sold ala carte are intended to supplement a meal.</li> <li>• There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.</li> <li>• Snacks are not intended to replace a meal.</li> </ul>
Entrees	<ul style="list-style-type: none"> <li>• Entrees not on the menu that are offered for sale <math>\leq</math> 400 calories.</li> <li>• Menu planners are encouraged to increase meal entrée choices in an effort to increase participation in reimbursable meal programs and entice students away from purchasing ala carte.</li> </ul>	<ul style="list-style-type: none"> <li>• The calorie nutrient standard for lunch for this group is 783 calories on average; more for active and male students and less for inactive and female students.</li> <li>• Items not offered on the reimbursable meal detract from meal sales, the best source for a healthy diet.</li> </ul>
Food Outside the Child Nutrition Program	<ul style="list-style-type: none"> <li>• Fundraising sales of food or beverage items on campus must end one hour before or begin 30 minutes after school hours.</li> <li>• Classroom parties, giveaways and other school functions can not compete with the National School Lunch and Breakfast Program and needs to adhere to the same standards as the Child Nutrition Program and health department regulations.</li> <li>• Non-school approved sales or fundraisers may not occur at anytime on school campus.</li> <li>• Homemade foods and beverages are not permitted for sale or distribution to students.</li> </ul>	<ul style="list-style-type: none"> <li>• Laws and regulations.</li> <li>• District policy states that no sales of food or beverage items may be sold during the school day except for the Child Nutrition Program.</li> <li>• Extra calories can result in the rejection of meal items and/or overeating.</li> <li>• Homemade foods do not adhere to local health codes and pose a greater risk of food-borne illness.</li> </ul>