

## STUDENT WELLNESS

BP5030 (a)

The CUHSD Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students.

### Introduction

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and learning;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, the eight components of coordinated school health, as described by the *Health Framework for California's Public Schools* and the Centers for Disease Control and Prevention (CDC) include an integrated and collaborative approach for health education, physical education, nutrition services, health services, a safe and healthy school environment and counseling services;

Whereas, 73 percent of California's students do not achieve minimum fitness levels (the test used for physical fitness testing is *FITNESSGRAM*, designated by the State Board of Education);

Whereas, the *California Education Code* requires that students in grades 9-12 receive 400 minutes of physical education instruction every ten days;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars, and other fund-raising events include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Campbell Union High School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Campbell Union High School District that:

- The school district will engage students, parents, health educators, physical educators, other teachers, food service professionals, school nurses, community health professionals, school administrators, school board members, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, physical education, and physical activity policies
- All students will have opportunities, support, and encouragement to be physically active on a regular basis
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S., Dietary Guidelines for Americans*
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat
- To the maximum extent practical, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program)
- Schools will provide physical education and nutrition/health education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, physical education, school health services, counseling and psychological services, related community services, and the other components of coordinated school health
- Schools will provide an environment that includes school facilities that support physical education/activity, nutrition education programs, and a safe environment. Schools will also provide an environment that reinforces classroom instruction, adequate and sheltered space for distributing, eating and enjoying meals. This space is to include indoor areas such as a cafeteria and or other indoor space.

## **NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE OUTSIDE THE SCHOOL MEAL PROGRAMS**

The Campbell Union High School District will include nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Individual food items sold or served outside the federal reimbursable meal programs should meet local, state, and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

The Campbell Union High School District policy will include:

### **BEVERAGES:**

The only beverages that may be sold or served are:

- Water, with no added sweeteners
- Milk, flavored or unflavored, non-fat, 1%, 2% or other equivalent nondairy milk and no larger than 12 ounce serving size
- Fruit juice, 100% or at least 50% fruit juice with no added sweeteners, and no larger than an 8 ounce serving size
- Vegetable juice, at least 50% vegetable juice and no larger than an 8 ounce serving size
- Electrolyte replacement beverages with no more than 42 g added sweetener per 20 ounce serving

### **FOODS:**

The only foods that may be sold or served are:

- Not more than 35% of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs and cheese)
- Not more than 10% of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables)
- Portion size of a la carte foods shall not exceed the portion size of the food served through the federal reimbursable meal programs
- Snack items (e.g., cookies, candies, chips) shall not exceed 200 calories per package

Schools are encouraged to use whole, fresh, unprocessed foods and ingredients whenever possible.

Schools are encouraged to offer fresh fruits and vegetables whenever possible.

Schools are encouraged to use foods low in sodium whenever possible.

***Food/beverage marketing in schools***

Eliminate the marketing and advertising of unhealthy foods and beverages. Any foods or beverages that do not meet the above criteria should not be promoted in any way, e.g., through signage, vending machine fronts, logos, scoreboards, school supplies.

***Fundraising***

Encourage the use of non-food items for fundraising. All foods used shall meet the above criteria.

***Rewards***

No food or beverage should be used in the classroom for celebrations, parties, or rewards.

***School-sponsored events***

Offer and promote healthy food and beverage products at all school-sponsored events. Non-compliant foods may be sold provided:

- The sale of those items takes place off of and away from school premises, or
- The sale of those items takes place on school premises at least one-half hour after the end of the school day, or
- The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

1. The Campbell Union High School District assures that the guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools

*(cf. 3553 – Free and Reduced Price Meals)*

**NUTRITION GUIDELINES FOR CHILD NUTRITION REIMBURSABLE MEAL PROGRAMS**

**Healthy School Meals and Snacks**

***All meals***

All schools in the district will participate in all available federal school nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Summer Food Service Program (SFSP).

- The Campbell Union High School district will seek to maximize federal and state nutrition funding

- Schools with 75 percent or more students eligible for free and reduced price school meals that do not implement Provision 2 or 3 (see guidelines), will explain their rationale annually at a school board meeting
- Schools that do not operate one or more federal food program(s) will explain the deficiency annually at a school board meeting
- The superintendent and the school nutrition committee will revisit provisions dealing with school meals and report to the Board of Trustees to ensure that school meals meet or exceed all federal, state and local laws, standards and requirements and are in accordance with the Dietary Guidelines for Americans. The evaluation and reviews should take place soon upon completion of the School Meals Initiative and updated Guidelines and no less than once every five years.

***Meals served through the Child Nutrition Programs will:***

- Be appealing and attractive to children of various ages and diverse backgrounds
- Be served in clean and pleasant settings.
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week
- Include only low-fat (one percent) and fat-free milk and nutritionally equivalent non-dairy alternatives
- Contain whole grains in at least half of the grains served
- Include only food items, except for fruits and vegetables, that contain no more than 35 percent of their weight in sugar
- Plan to reduce food items that contain trans fatty acids. (When trans fatty acid levels are readily available on the food label, then plans to reduce amounts of trans fatty acids to trace amounts)
- Meet target levels for sodium, fiber, and cholesterol **Check new regulations**

<u>Sodium</u>	<u>Fiber</u>	<u>Cholesterol</u>	
Breakfast	825 mg	4 gms	75 mg
Lunch	1100 mg	6 gms	100 mg

Students and parents should be engaged in selecting foods to be sold and served, through taste testing, community meetings, and surveys. Information concerning the nutritional content of all schools meals and snacks should be shared with students and parents, if available.

In order to expand participation in the child nutrition programs and to conform to existing legal requirements, schools will do everything possible to ensure that their low-income students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced price meals and snacks.

Students will be discouraged from sharing food and beverages, given concerns about allergies and special diets.

### ***Breakfast***

- Schools will encourage participation by implementing, whenever feasible, classroom breakfast, grab-and-go, second change breakfast, breakfast on the bus, breakfast during morning break or recess, and other options
- Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation. Students will have at least 10 minutes to eat after sitting down
- Schools will promote the importance of healthy breakfast and the SBP to students and families.

### ***Lunch***

- Students will have at least 20 minutes to eat after sitting down
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in cafeterias to attract students
- Lunch will be served at appropriate intervals from other meals
- Students will be allowed to eat when engaged in scheduled mealtime activities
- There will be access to hand washing before eating.

### ***Summer Food Service Program***

- Schools with 50 percent or more students eligible for free and reduced price meals will sponsor the Summer Food Service Program or the Seamless Summer Waiver Option. If the school does not participate in these programs, then they should assure that some other neighborhood agency sponsors Summer Food Service Program during summer school.
- After summer school, schools will refer children to other Summer Food Service Program sites until school resumes.

### ***Other concerns***

- The school district will provide continuing development for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

## **MEASURING IMPLEMENTATION OF LOCAL SCHOOL WELLNESS POLICY AND DESIGNATING RESPONSIBILITY FOR IMPLEMENTATION AND ENFORCEMENT**

The Superintendent designates one person at every school to plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented

*(cf. 0500 – Accountability)*

The Campbell Union High School District shall continue the wellness committee, made up of parents/guardians, students, school food service professionals, school administrators, Board representative, and members of the public in the process of developing and the continuation of the district-wide wellness policy. (42 USC 1751)

*(cf. 9140 – Board Representatives)*

The Board may utilize existing school health councils or other committees, or may establish an advisory committee or working groups including representatives of the above groups, to develop policy recommendations.

*(cf. 1220 – Citizen Advisory Committees)*

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall provide periodic reports to the Superintendent or designee regarding the status of its work.

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

(cf. 4112.4/4212.4/4312.4 – *Health Examinations*)  
(cf. 5131.6 – *Alcohol and Other Drugs*)  
(cf. 5131.61 – *Drug Testing*)  
(cf. 5131.62 – *Tobacco*)  
(cf. 5131.63 – *Anabolic Steroids*)  
(cf. 5141 – *Health Care and Emergencies*)  
(cf. 5141.3 – *Health Examinations*)  
(cf. 5141.31 – *Immunizations*)  
(cf. 5141.32 – *Health Screening for School Entry*)

*Legal reference:*

EDUCATION CODE

49430-49436 *Pupil Nutrition, Health, and Achievement Act of 2001*

49490-49493 *School breakfast and lunch programs*

49500-49505 *School meals*

49510-49520 *Nutrition*

49530-49536 *Child Nutrition Act*

49540-49546 *Child care food program*

49547-49548.3 *Comprehensive nutrition services*

49550-49560 *Meals for needy students*

49570 *National School Lunch Act*

51222 *Physical education*

51223 *Physical education, elementary schools*

CODE OF REGULATIONS, TITLE 5

15500-15501 *Food sales by student organizations*

15510 *Mandatory meals for needy students*

15530-15535 *Nutrition education*

15550-15565 *School lunch and breakfast programs*

UNITED STATES CODE, TITLE 42

1751-1769 *National School Lunch Program, especially:*

1751 *Note Local wellness policy*

1771-1791 *Child Nutrition Act, including:*

1773 *School Breakfast Program*

1779 *Rules and regulations, Child Nutrition Act*

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 *National School Lunch Program*

220.1-220.21 *National School Breakfast Program*

*Management Resources:*

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

Health Framework for California Public School, Kindergarten Through Grade  
Twelve, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment  
and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION

(NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

Changing the Scene, Improving the School Nutrition Environment: A Guide to  
Local Action, Team Nutrition, Food and Nutrition Services, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division:

<http://www.cde.ca.gov/ls/nu>

California Department of Health services: <http://www.mch.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

National Alliance for Nutrition and Activity:

<http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education:

<http://www.boards@nasbe.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

School Nutrition Association: <http://www.asfsa.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture:

[http://www.fns.usda.gov/m/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/m/Healthy/wellnesspolicy_steps.html)