

STUDENT

Student Wellness

School Meals

Families will be notified annually in writing of need-based programs for free or reduced price meals and eligible families will be encouraged to apply. Every effort shall be made to maintain confidentiality, prevent overt identification and eliminate any social stigma with regard to meals served to children receiving free or reduced price meals. (BP 3553)

Create a school climate consistent with the goal of promoting healthy eating:

1. Nutritious and appealing foods, such as fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or offered at school.
2. All students shall be provided equal access to the school meal programs. (BP 3553)
3. Meals provided will comply with USDA nutrition guidelines and all other requirements for participation in the National School Lunch Program. (AR 3550)
4. Foods prepared and served will comply with the district HACCP (Hazard Analysis Critical Control Point) Food Safety Program, local health department regulations, and the California Uniform Retail Food Facilities Law.
5. Nutrition standards shall be followed for all school meals served and/or recommended for food items sold on school campuses. (See AR 3550, AR 3554)
6. Schools shall encourage students to make nutritious food choices.
7. Menus and nutritional information describing the contents of foods sold will be printed on the district web site and posted at schools.
8. Posters promoting nutrition wellness concepts will be posted in serving areas.
9. Adequate time, at least 20 minutes sitting down, shall be provided for students to eat meals in a clean and pleasant setting.
10. Children will be discouraged from sharing foods or beverages with one another during meal or snack times given concerns about allergies and other restrictions of some children's diets.
11. The lunch period should be scheduled to start no earlier than 11:00 a.m. and no later than 1:15 p.m.
12. Students will be encouraged to eat nutritiously during club meetings, student council or other lunchtime activities if food is provided.
13. Access to hand washing or hand sanitizing before eating lunch or snacks will be provided.
14. Modified meals shall be prepared for students with food allergies or other special food needs by physician's written request.

15. A variety of foods will be offered at schools daily including at least one vegetarian entrée.
16. Students will participate in food taste tests and surveys to guide food selections.
17. District food service supervisors shall maintain accredited Food Safety Certification. (AR 4213.2)
18. District food service staff shall receive semi-annual professional development training. (AR 4213.2)

Foods Sold Or Served Individually

Celebrations and fundraising activities on campus:

1. Schools will encourage fundraising activities that promote physical activity.
2. School fundraising activities will encourage the consumption of nutritious foods and beverages that meet nutrition and portion size standards.
3. Nutrition standards shall be followed for all individual school foods served and/or recommended for food items sold on school campuses. (AR 3550, AR 3554)
4. The district will disseminate a list of healthful snack items to principals, teachers, after-school program personnel, and parents.
5. Fundraising exemption: Foods that do not meet the district nutrient standards for foods served and sold on the school campuses (AR 3554) may be sold at least one-half hour after the end of the school day or off the school premises. (BP 3554)
6. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. It is recommended that each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to principals, teachers, and parents. (BP 3550)
7. It is recommended that foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually. (BP 3550)
8. It is recommended that schools will not use foods or beverages, especially those that do not meet nutrition standards as a reward for academic performance or good behavior, and will not withhold food or beverages as a consequence. (BP 3550)
9. School-based marketing during the school day will be consistent with nutrition education and health promotion.

Nutrition Education And Promotion

1. Instruction will be provided at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Nutrition instruction includes classroom integration with subjects such as math, science, language arts, social studies, and elective subjects.
3. Nutrition education includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as taste testing, cooking, school gardens, and/or field trips.

4. Lessons promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
5. The program emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
6. Lessons link instruction with school meal programs, other school foods, and nutrition related community services.
7. The program teaches media literacy with an emphasis on food marketing.
8. The nutrition program includes the promotion of a healthy lifestyle and recognizes nutrition related health problems.
9. Teacher training is included when the new materials become available.
10. After-school childcare and enrichment programs will be encouraged to follow sound nutrition practices and align with district policies.

Physical Education And Integrating Physical Activity Each Day

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, playing video games, or using the computer.
2. Opportunities for physical activity will be incorporated into other subject lessons when possible.
3. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.
4. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity.
5. Schools will disseminate information about opportunities for physical activity outside of school through newsletters or take-home materials, special events, or active physical education homework.
6. Schools should enable students to receive the nationally recommended amount of daily physical activity: 60 minutes per day excluding PE. For example: recess, lunch, classroom stretch and activity breaks.
7. All students have 20 minutes a day of supervised recess. Elementary schools have 45 minutes for lunch allowing time to eat and exercise. Middle schools have 30-35 minutes for lunch.
8. All students in grades K-8, including students with disabilities, special health-care needs, and those in alternative educational settings, will receive physical education for at least 100 minutes per week in grades K-5 and 210 minutes per week in grades 6-8. The K-8 school follows the K-5 requirements. (BP 6146.5)
9. Physical education instructors will receive training and that training will be updated as needed.
10. Students will spend at least 50% of their physical education time participating in moderate to vigorous physical activity.

11. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
12. Physical education staff will appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.
13. Recess times are preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
14. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to move about and be moderately active.
15. Teachers, school and community personnel will avoid using physical activity (e.g. running laps, pushups) or will avoid withholding opportunities for physical activity, as punishment. Ensure that if students spend time inside during a recess, they will have an opportunity to exercise.
16. After-school programs will offer a range of activities that meet the needs and abilities of all students including boys, girls, students with disabilities, and students with special health-care needs. School policies for safety will apply at all times.
17. After-school childcare 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.
18. To encourage walking and safety, all schools will have a safe route plan based on an assessment done by the principal and district staff. Schools will involve the city or police as appropriate. Maps showing safe drop-off areas and crosswalks around school will be distributed annually to the community. Safe routes will be reviewed annually along with the Safe School Plan.

Implementing The Policy

1. The Wellness Committee will include representatives from the community, district health services, Student Nutrition Services, physical education staff, school administrators, teachers, and others as directed by the superintendent.
2. The Committee will develop specific quality indicators that will be used to measure the implementation of the policy. The superintendent or designee will approve these indicators. A baseline assessment of the school existing nutrition and physical activity environments and policies provided information to support the development of the Wellness Policy.
3. Every two years the superintendent or designee will develop a summary report on district-wide compliance with the district established wellness policy, based on input from schools and district. The wellness policy will be monitored by Instructional Services Director.
4. The report will be provided to the Board of Education and distributed to principals, PTA/Home School Club representatives, and school health services personnel.