

WELLNESS POLICY

Preamble

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 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, a safe and healthy school environment, parent and community involvement, health promotion for staff, and psychological and counseling services;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, 73 percent of California's students do not achieve minimum fitness levels;

Whereas, the *California Education Code* requires that students in grades 1-6 receive 200 minutes of physical education instruction every ten days and students in grades 7-12 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 food and beverages of little nutritional value, such as carbonated beverages, imitation fruit juices, chips, candy, cookies, and a variety of 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 a successful school wellness policy;

Thus, the Milpitas Unified 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, the following goals of the Milpitas Unified School District have been established:

1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

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2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. 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.
5. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

I. Involvement of School and Community Stakeholders in Developing the Wellness Policy

The council will consist of parents, students, representatives from the child nutrition department, school board members, school and district administration, teachers, district nurse, physical education representative, other district staff and community members.

II. Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness

A. Nutrition Education

The Milpitas Unified School District aims to teach, encourage, and support healthy eating by students.

1. Elementary schools in grades one through six will provide a comprehensive health education program based on EC Section 51210.
2. Secondary schools will include a variety of health topics in the curricula, which can be offered in a variety of classes, (i.e., health, P.E., science). EC Section 51890
3. Schools should utilize free materials to enhance health education programs, (i.e. Dairy Council of American, Santa Clara County Office of Education, Fit For Life).
4. Teachers are encouraged to integrate health instruction in subjects such as math, language arts, social sciences, and elective subjects;
5. Schools are encouraged to provide enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

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6. Schools will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
7. Schools will emphasize caloric balance between intake and energy expenditure (physical activity/exercise) and teach media literacy with an emphasis on food marketing.

B. Physical Activity

Schools will provide all students in kindergarten through grade twelve the opportunity, support and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs. Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, competency, personal and social behavior, skills, and confidence necessary for an active lifestyle. Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.) or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.)

1. Minimum requirements

All schools must adhere to the minimum requirements for physical education set forth by EC sections 51210, 51222 and 51223. All K-12 (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction:

- a. A minimum of 200 minutes for every 10 school days for students in grades 1-6 and 400 minutes for every 10 school days for students in grades 7 through 12.
- b. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified or adapted physical education program. (EC Section 51241)
- c. High school students who are exempt from two years of physical education in grades 10, 11 or 12 per district policy, must be provided with the opportunity to participate in a variety of physical education elective courses. (EC Section 51222(b) and 51241)

2. Physical education instruction is delivered by a teacher credentialed to teach physical education or a physical education instructional assistant in grades 1-3.

- a. High school physical education course content will include each of the following areas: 1) effects of physical activity on dynamic health; 2) mechanics of body movement; 3) aquatics; 4) gymnastics and tumbling;

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- 5) individual and dual sports; 6) rhythm and dance; 7) team sports; and 8) combatives. (CCR Title 5, Section 10060)
 - b. Class size is consistent with the requirements of good instruction and safety. (CCR, Title 5, Section 10060)
 - c. The district will administer the state physical fitness test to students in grades 5, 7, and nine during the months between February and May (EC Section 60800. Students will receive their individual test results upon completing the test. (EC Section 60800)
 - d. At least 50 percent of physical education instructional time is spent on moderate-to-vigorous physical activity except during inclement weather when facilities might be limited.
3. Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., physical education) as punishment. (EC Section 49001)
4. Opportunities for physical activity will be incorporated into other subject lessons.
5. Classroom teachers will provide short physical activity breaks between lessons or classes, such as standing and stretching, as appropriate.
6. Facilities for physical education instruction: School personnel should minimize the use of physical education facilities for non-instructional purposes during the school day.
7. Professional Development: Teachers will be provided with on-going professional development related to curriculum, content standards, instruction and assessment in physical education.
8. Opportunities for physical activity before and after school: All elementary (if feasible), middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities, and students with special health-care needs. After school childcare or enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.
9. Safety during physical activity: Schools will establish rules and procedures concerning safety for students and staff for use during physical activity. School staff should receive training in first aid and cardiopulmonary resuscitation (CPR).

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10. Use of school facilities outside of school hours: School spaces and facilities should be available to students, staff, and community members before and after the school day, on weekends, and during school vacations, if feasible. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

C. Goals for Other School-Based Activities

1. Health Clerk: Students have access to a health clerk who has a current certification in first aid and CPR and has access to the district nurse.
2. Communication to Parents: The district/schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. School should encourage parents to pack healthy lunches and snacks if students choose not to participate in the school meal programs. Parents should refrain from including carbonated beverages or other non-nutritious drinks that do not meet the above nutrition standards for individual foods and beverages. The district/schools will provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
3. Information: The district/schools will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
4. Staff Wellness: The Milpitas Unified School District highly values the health and well-being of every staff member and will support personal efforts by staff to maintain a healthy lifestyle. The district or school sites will encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff by disseminating information via district email and/ or staff newsletters.

III. Nutrition Guidelines For All Food And Beverages Available Outside the School Meal Programs

A. The minimum requirements that must be met:

1. Individual food items sold outside the federal reimbursable meal programs shall meet local, state, and federal requirements.

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2. The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
3. Schools shall follow the nutrition standards for kindergarten through grade twelve, including before and after school programs.
4. Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines set for in EC 49431, EC 49431.2 and 49431.5.
5. Food or beverages that do not meet the nutrition standards set forth in EC 49431, may be sold by pupils:
 - a. If the sale takes place off and away from school campus; or
 - b. On school grounds, if sales occur 30 minutes after the end of the school day.

B. Fund Raising Activities

To support children’s health and school nutrition education efforts, schools will encourage fundraising activities that promote physical activity. Foods with minimal nutritional value will not be sold on campus during the school day or before thirty minutes after school. The school district will make available a list of alternative fundraising activities.

C. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The district will provide a list of healthy snack items to teachers, after-school program personnel, and parents.

D. Rewards / Punishment

Schools will encourage the use of healthy foods or beverages, especially those that meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior. Food or beverages should not be withheld as punishment.

E. Class Parties

Class parties that involve food during the school day should include no more than one food or beverage that does not meet nutrition standards for foods and beverages. Class parties will be held after the lunch period when possible. The district will disseminate a list of healthy party ideas to parents and teachers.

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F. School-sponsored Events: (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day will be at the discretion of the organization, however healthy food options should be offered along with other food choices.

G. Food/Beverage Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for food sold individually or the meals are not consistent with school meal nutrition standards. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors, and are therefore allowable, include: vending machine covers promoting water; pricing structures that promote healthy options in ala carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

IV. Nutrition Guidelines For Reimbursable Meals Programs

A. The minimum requirements that must be met:

1. All school meals must meet or exceed nutrition requirements established by local, state, and federal requirements.
2. Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans, such as:
 - a. No more than 30 percent of total calories from fat, averaged over a week
 - b. No more than 10 percent of total calories from saturated fat, averaged over a week.
 - c. Lunch will be served at appropriate intervals from other meals, in accordance with current USDA guidelines (e.g. at least two hours between the start of breakfast and the start of lunch).
 - d. The school district will meet safety and sanitation requirements, as outlined in current USDA guidelines, issued June 10, 2005.

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B. School Meals

Meals served through the National School Lunch and Breakfast Programs will:

1. Be appealing and attractive to students;
2. Be served in clean and pleasant settings;
3. Offer a variety of fruits and vegetables;
4. Serve milk (which may include two-percent, one-percent, or nonfat or rice milk, soy milk or other similar nondairy milk)
5. Ensure that half of the grains are whole grains.
6. The Child Nutrition department will share information about the nutritional content of meals with parents and students.

C. Breakfast

To encourage all students to eat breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will, to the extent possible, operate a School Breakfast Program.
2. Schools, to the extent possible, will serve school breakfasts and encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
3. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
4. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

D. Free and Reduced Priced Meals

Schools will eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, schools will use electronic identification and payment systems, and provide no cost reduced price meals to qualifying students at the secondary level (grades 7-12).

E. Meal Times and Schedules

1. Schools will provide students with adequate time to eat after sitting down for breakfast and lunch.

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2. Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1 p.m.
3. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
4. Schools will provide access to hand washing or hand sanitizing before they eat meals or snacks.
5. Schools should take reasonable time to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

F. Sharing of Foods and Beverages

Schools should discourage students from sharing their foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions in some children's diets.

G. Beverages

1. Allowed: water, fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; low sodium sport drinks, unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages;
2. Not Allowed: carbonated soft drinks, soft drinks or waters containing added caloric sweeteners;

H. Qualifications of School District Nutrition Services Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals in schools. Staff development will include appropriate certification and/or training programs for all staff, according to their levels of responsibility.

V. Measuring Implementation of the Local Wellness Policy And Designating Responsibility For Implementation and Enforcement

A. Monitoring

Representatives of the school district shall develop a plan for implementing the district wellness policy and measuring implementation of the policy.

The principal is responsible for ensuring that the school site implements the adopted wellness policy.

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School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report to the superintendent.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

B. Policy Review

Baseline assessments from each school's existing nutrition and physical activities environment and policies will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policy provisions of an environment that supports healthy eating and physical activity, nutrition and physical education policies, and program elements. Individual schools within the district, will, as necessary, develop plans to facilitate implementation of the Board Wellness Policy.

C. Training

The district should provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school / district food service personnel, and other staff members of the school health council.

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