

San Pasqual Union

Wellness Policy

Committee Members:

Teacher:	Mark Gachalian, P.E. Teacher
Staff:	Ginny Robinson, Food Service Staff Representative
Parents:	Jessica Adams, PTA Member / Parent
Community:	Jenifer Burroughs, School Site Council Member
Community:	Marsha Mooradian, Community Consultant
Students:	Bridget Stephenson, Student / ASB President
Administration:	Gary Wilson, Superintendent / Principal
School Food Service:	Kathy Steadman, Food Services Manager Rhonda Brown, Business Manager
Health Professional	Salina Nemish, School Health Clerk
School Board:	Jennifer Burrows, School Board Member

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School Wellness Policy

The Governing Board recognizes the important connection between health and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health, support the reduction of childhood obesity, and provide a strong foundation for children's future health and well being.

The Superintendent, or designee, shall build and maintain a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health for staff, a safe and healthy school environment, and parent and community involvement.

The Board's policy related to school wellness policy has been developed with the involvement of parents/guardians, students, school food and nutrition professionals, school administrators, Board representatives, and members of the public.

Physical Education and Activity Goals:

Physical education is a standards-based curriculum that promotes lifelong and safe physical activity designed to develop basic movement skills, physical fitness, rhythms and dance, sports skills, as well as to enhance social and emotional abilities.

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletics programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, physical competitions, etc.)

The District Health Committee desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Physical education is a planned sequential program of curricula and instruction that teaches students to develop the knowledge, skills, and confidence necessary for an active healthy lifestyle. Physical education activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate to reach common goals.

The minimum requirements for physical education as specified in the California State Education Code include:

- A. Instruction for a total period of time of not less than 200 minutes each ten (10) school days for students in grades 1-5 and not less than 400 minutes each ten (10) days for students in grades 6-8. Students should be moderately to vigorously active as much time as possible within the physical education class. This includes students with disabilities and / or special health-care needs and those in alternative educational settings. (ED 51210,51222, 51223)
- B. Temporary exemptions from physical education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (EC 51241)
- C. Physical Education Staff and All teachers will appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions. Indoor classroom space and physical education areas will be provided.

Parent Training:

The district will:

- Provide ongoing education opportunities for parents and family about Physical education activities.
- Share the results of physical fitness and content achievement with both students and parents.
- Increase parent/guardian outreach and involvement efforts to emphasize the relationship between student health and fitness and academic performance and address the need for a consistent message among school, home and community.

Staff Training:

The District will:

- Establish and maintain sufficient physical education resource teacher positions to meet the needs of all students.
- Professional development including instructional strategies that assess Health knowledge-skills and promote healthy behaviors will be conducted annually.
- Promote and support both structured and unstructured physical activity for all students and staff.
- Promoting free and low-cost employee programs that support a healthy lifestyle.

Physical Education Curriculum:

Physical activity program may include as a minimum:

All elementary school students will have daily supervised recess, preferably outdoors, during which teachers will encourage moderate to vigorous physical activity and provide space, equipment, and an environment that is conducive to safe and enjoyable activity. (Recess will not count towards physical education minutes).

Student will participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits. Whenever possible, supervised, age-appropriate physical activity opportunities will be offered before school, during recess, after school, and during lunch time.

Safety Procedures:

- A. Facilities and equipment used for physical activity should be properly monitored and maintained to ensure participants' safety.
- B. Weather and air quality standards should be followed whenever students are participating in outdoor physical activity.
- C. Students and staff should have access to appropriate hydration (e.g., water or other fluids).
- D. The emergency response system will be followed to expedite aid to students and /or staff who are injured or become ill at school.
- E. Specified school staff will be current in first aid and cardiopulmonary resuscitation (CPR).
- F. School staff should be notified and trained (as allowed by law), in the use of any necessary medications that students are authorized to carry and/or use.
- G. School Staff should follow established guidelines to allow students with medical conditions to participate in physical activity at school. The intent is to protect students' well being and provide for students' maximum participation in physical activity, at an appropriate level.

Policy Guidelines for Nutrition Education

The District Health Committee believes that foods and beverages available to students at district schools should support the health curriculum, contribute to the reduction of childhood obesity and promote optimal health. All foods and beverages that are sold to students, including foods and beverages provided

through the district's food service program, student stores, vending machines, fundraisers, other venues, shall meet or exceed state and federal nutrition standards.

Students in pre-kindergarten through grade eight (pre K-8) will receive a comprehensive standards-based nutrition education. The primary goal of nutrition education is for students to develop positive attitudes, behaviors and the appropriate lifelong skills associated with healthy and enjoyable eating patterns.

The Nutrition education program will include the following:

- A. Coordination of the food and nutrition program with classroom-based nutrition education and with other components of the coordinated school health system.
- B. Promotion of fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products as healthy eating choices. Including a soymilk substitute if requested.
- C. Emphasis on maintaining a caloric balance between food intake and energy expenditure (physical activity/ exercise).
- D. Emphasis on students as active participants in developing advocating and implementing nutrition-related policies, programs and services.
- E. Nutrition education training for all staff will be provided annually. (EC8990)

The nutrition education curriculum will focus on student's eating behaviors and be based on theories and methods proven effective by published research. Nutrition education will be designed to help students with:

- A. Nutritional knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, and the use and misuse of dietary supplements. (EC 51210.4)
- B. Nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising. (EC 51210.4)
- C. Assessing personal eating habits setting goals for self improvement, and achieving those goals by using educational materials, including, but not limited to, the Dietary Guidelines for Americans, Nutrition Fact Labels, and the Physical Activity Pyramid. (EC 51210.4)

School Meal Programs

The District will:

- Comply with local, state and federal regulations and guidelines including the use of an accurate nutrient analysis for school lunches.
- Encourage students as active participants in developing, advocating, and implementing nutrition-related policies and programs.
- Assess learning of core health concepts by requiring students to demonstrate ways in which they can enhance and maintain their nutrition-related health and well being, using knowledge based on current nutrition recommendations, goal setting skills, and decision making skills.
- Reinforce messages on healthy eating by coordinating with classroom-based nutrition education and with other components of student wellness.

Reimbursable Meal Programs

In order to support children's health and school nutrition education efforts, all foods and beverages sold or served during school hours will meet the District nutrition standards. This includes, but is not limited to, cafeteria sales, vending, student stores, concession stands, fundraisers, classroom snacks, after-school programs, school or classroom events, and meetings. (EC 49431, 49431.2, 49431.5)

The District will:

- Purchase food and beverages that meets or exceeds the nutrition, safety, and sanitary recommendations of the U.S. Dietary Guidelines for Americans, USDA guidelines, and state and federal legal requirements.
- School eating environments will be appealing and pleasant with sufficient sheltered space for food preparation and consumption that supports the nutrition education goals in the classroom.
- Label all foods sold or served at school will have a food label listing ingredients so students with food allergies are protected from accidental exposure.

Fundraising:

All organizations including PTA, other on-campus parent groups, and Associated Student Body Sales will be encouraged to use healthy food items or non-food items for fundraising.

Before/after School Hours

The District will:

- Purchase only foods that support the health curriculum and promote optimal healthy lifestyle.
- Open house, other evening food fairs, authorized field trips, and carnivals will also comply with promoting optimal healthy lifestyle options for eating.

Beverages and Vending:

- All beverages sold will meet or exceed federal regulations and guidelines.
 - The marketing and advertising of nutritious foods and beverages through vending machines for both students and staff will comply with district and state nutrition guidelines. (EC 49431, 49431.2, 49431.50)
- Food or beverages that do not meet nutrition standards described in this section and in Attachments A and B may only be sold in accordance with state law and off school premises, or at least one-half hour after the end of the school day. (EC 49431)

Rewards:

Staff will use nutritious rewards and/or intrinsic reinforcements for student's academic performance, accomplishments, or classroom behavior.

Classroom Celebrations:

- All classroom parties or celebrations in elementary school will be held after lunch period.
- A list of party and celebration alternatives will be shared with the staff, teachers and parents.
- Staff will encourage parents/guardians or volunteers to consider nutritional quality when selecting snacks for parties and omitting foods or beverages that do not meet nutritional standards.

Food Safety:

Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food-borne illness in schools. (Cal Code 113980).

Policy Guidelines for Health Education

Environmental Health:

The District Health Committee recognizes the importance of providing an environment that promotes students' mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.

Supervisor of Health, Counseling and Mental Health Services:

The District will:

- Establish and maintain a minimal, safe and equitable level of health and nursing services for all students including access to a public health provider who is a state licensed Registered Nurse.
- Establish and maintain a minimal, safe and equitable level of counseling and mental health services for all students based on needs identified through the district Student Study Team process and Individual Education Plans
- Provide staff with a resource list-relating to physical activity, nutrition, health and dental care, and at-risk behaviors.
- Increase involvement of parents, students, and community partners in site and district level planning, implementation, and evaluation of school health and safety programs through the development of the district health committee.
- Establish and maintain a safe physical environment for students and staff including acceptable indoor air quality, ambient lighting and temperature conditions, equipment safety, hygienic facilities, safe transportation, and ensuring optimal social environment in schools.
- Implement a coordinated school health approach including health and mental health services, food nutrition education, staff wellness, health and physical education programs, social and physical environment and collaboration and involvement between the district, families, health and social service agencies and community health care providers.

Communication with Parents and Promotions – Nutrition Promotion

- A. **Consistent Health Messages** – Students should receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel should help reinforce these positive messages. Foods and beverages sold or served at school will not contradict healthy eating messages. School staff will not use practices that contradict messages to promote and enjoy physical

activity, for example, withholding recess or using physical activity as a punishment (e.g., running laps, doing pushups etc.)

- B. **Engaging Families** – Schools should encourage family involvement to support and promote healthy eating and physical activity habits. This includes supporting families’ efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication between school and home. Nutrition education will be offered for parents, e.g., providing healthy eating seminars, sending home nutrition information, posting on school website, and providing nutrient analyses of school menus. Such supports will also include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.
- C. **Lists of Foods:** The District/School will make available to parents a list of foods that meet the District’s Nutrition Standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. School administrators will encourage students and parents to pack healthy lunches and snack that meet District Nutrition Standards.
- D. **Marketing Foods and Beverages in Schools** – School-based marketing should be consistent with nutrition education and health promotion. Schools should limit food and beverage marketing to the promotion of foods and beverages that meet the District nutrition standards contained in this policy. Schools should promote healthy food choices and will not allow advertising that promotes less nutritious food and beverage choices. (EC 35182.5)
- E. **Posting** – The District / School will post the District’s wellness policies and procedures in public view within all school cafeterias or in the other central eating areas along with a summary of nutrition and activity laws and regulations prepared by the California Department of Education. (EC494320)

Policy Implementation and Evaluation

The District Superintendent or designee will ensure district wide compliance with this policy. The District Superintendent or designee will assign operational responsibility for implementing and evaluating this policy to at least one person at the District/Site level. School/ District food service staff and other members of the school health committee will provide continued assistance in implementing this policy.

1. The Superintendent/Principal will appoint a person as the Chair of the District Health Committee. This committee will consist of representatives of parents, students, school food service providers, teachers, community, health professional and a representative of the School Board. The Physical Education teacher will also be a member. This group will assist in the implementation and periodic review and updates of these policies.
2. The Health Committee will ensure communication to the staff, Board of Education, parents and the community. A report of progress with goals of the procedures will be made to the Board of Education on an annual basis.
3. The school Health Committee will develop guidelines to monitor progress.
4. The Superintendent/Principal will ensure that information about the district Wellness Policy is available to all site staff.
5. School Site and District Staff will make every effort to become healthy role models for our students, parents and community members.
6. The Food and Nutrition Director will ensure compliance with the adopted nutrition policies within school food and nutrition areas and will report on this matter to the Superintendent/Principal.
7. The wellness policies and procedures will be posted in an area that can be seen by students, parents and staff for public viewing within the cafeterias or in other central eating areas. (EC49432)
8. Annually, the District and the committee will participate in an assessment of the plan including the extent to which areas are compliant and the progress made in attaining the goals of this policy.

Resource List for Local School Wellness Policy is attached: page _____

Appendix B – Healthy School Snacks is attached: page _____

Appendix A

Federal Guidelines For Nutrition

Attachment A

Food and Beverage Nutrition Standards

Senate Bill (SB) 12, passed in 2005, set standards for foods sold in California Public Schools. These standards are effective July 1, 2007 and limit the amount of non-nutritious competitive food that can be sold in grades K-12. SB 965, also passed in 2005, set standards for beverages sold in California Public Schools. A portion of beverages must meet SB965 criteria by July 1, 2007 and all beverages sold to students must meet SB965 criteria by July 1, 2009.

In elementary schools, these food standards apply at all times and the beverages standards apply before school and up to ½ hour after school. In middle school, the food and beverage standards apply ½ hour before school until ½ hour after school.

SB12 compliant foods are those food sold outside of the federally reimbursable meal program and must meet the following standards:

Elementary School Food (EC 49431)

The only food authorized during breakfast and lunch periods is food that is sold as a full meal through the federal reimbursable meal program.

In addition, individually-sold portions of nuts, seeds, nut butters, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold.

Individually-sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item.

No more than:

- ***35% total calories from FAT***
- ***10% total calories from SATURATED FATS***

- ***35% total weight from SUGAR***
- ***175 calories per individual food item***

These foods are always allowed: non-fried fruits/vegetables, nuts, nut butters, seeds eggs and string cheese.

Elementary School Beverages (EC49431.5)

The only beverages authorized are:

- Water, with no added sweeteners
- Milk (2%, 1%, or nonfat or rice milk, soy milk or other similar non-dairy milk)
- Fruit juice, preferably 100 percent but at least 50 % fruit juice, with no added sweeteners.
- Vegetable juice, at least 50% vegetable juice, with no added sweeteners

Middle School Beverages (EC 49431.5)

- Water, with no added sweeteners
- Milk (2%, 1%, or nonfat or rice milk, soy milk or other similar non-dairy milk)
- Fruit juice, preferably 100 percent but at least 50 % fruit juice, with no added sweeteners.
- Vegetable juice, at least 50% vegetable juice, with no added sweeteners
- Electrolyte replacement beverages that have no more than 42 grams added sweetener per 20 ounce serving.
- Caffeinated beverages containing naturally-occurring caffeine in cocoa with less than 30 milligrams per 12-ounce serving (coffee and tea are not authorized).

Middle and High School Foods (EC 49431.2)

The only food that may be sold outside the federal reimbursable meal programs must meet the following requirements:

- 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 fats and trans fats 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)
- Calories shall not exceed 250 calories per food item.

Entrée items:

These foods (i.e., foods generally regarded as being the primary food in a meal, including, but not limited to, sandwiches, burritos, pasta, bagel with cream cheese, fries with chili, baked potato with toppings, soup, lo mien, chow mien, cereal with milk, hamburgers/hotdogs, and pizza) shall not exceed 400 calories per food item and 4 grams of fat per 100 calories. These foods must be categorized as an entrée item according to the National School Breakfast or Lunch Program.

Snacks:

These foods are generally regarded as supplementing a meal, such as chips, pretzels, crackers, nachos, French fries, onion rings, donuts, cookies, pastries, cinnamon rolls, candy, bread, bagels, baked potatoes (plain), egg rolls, trail mix, jerky/dried meat sticks, popcorn, pop-tarts, energy / cereal bars

The foods listed above must also meet the 35%/10%/35% requirements and will not exceed 250 calories for each item.