

**STUDENT WELLNESS: SCHOOL NUTRITION AND PHYSICAL EDUCATION PROGRAMS**

**SCHOOL NUTRITION AND GOALS FOR STUDENT LEARNING**

Students should be able to:

- Demonstrate ways in which they can enhance and maintain their nutrition-related health and well being.
- Understand and demonstrate dietary and activity behavior that prevent disease and promote health.
- Analyze the influence of media and food marketing on student decisions related to nutrition, physical activity, and lifestyle choices.
- Understand and accept individual differences in growth and development among people.
- Understand the relationship between the human body and nutrition.
- Identify information, products, and services that may be helpful or harmful to health.
- Demonstrate the ability to identify research-based nutrition information and resources.

Each school shall post the district's policies and regulations on nutrition in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

**Nutritional Standards**

Food sold by the district or parent organizations on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085:

1. Milk and dairy products, including cheese, yogurt, frozen yogurt, and ice cream.
2. Full-strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice.
3. Fresh, frozen, canned, and dried fruits and vegetables.
4. Nuts, seeds, and nut butters.
5. Non-confection grain products, as defined by regulation of the United States Food and Drug Administration (FDA), including crackers, bread sticks, tortillas, pizzas, pretzels, bagels, muffins, and popcorn.
6. Meat, poultry, and fish, and their products including beef jerky, tacos, meat turnovers, pizza, chili, and sandwiches.
7. Legumes and legume products, including bean burritos, chili beans, bean dip, roasted soybeans, and soups.

Furthermore, the Superintendent or designee shall ensure that elementary schools comply with the following nutritional standards set forth by the California Department of Education (Education Code 49431):

1. The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal and meets the district nutrition guidelines as stated below. However, fruits, non-fried vegetables, legumes, beverages, dairy products or grain products may be sold as individual food items if:
  - a. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
  - b. Not more than 10 percent of the food item's total calories is from saturated fat.
  - c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1a-c above.

Beginning July 1, 2004, the following nutritional standards shall apply to all beverages provided in the district's food services program (Education Code 49431.5):

1. Regardless of the time of day, the only beverages that may be sold to students are water, milk, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50 percent fruit juice and that have no added sweeteners\*.
2. The only beverages that may be sold to middle school students from one-half hour before the start of the school day until after the end of the last lunch period are:
  - a. Fruit and vegetable-based drinks that are composed of not less than 50 percent fruit or vegetable juice and that have no added sweeteners\*
  - b. Drinking water
  - c. Low-fat or non-fat, including but not limited to chocolate milk, soy milk, rice milk and other similar dairy or nondairy milk
  - d. An electrolyte replacement beverage that contains no more than **22** grams of added sweetener\* and is no larger than a 12 ounce serving.

\*"Added sweetener" means any additive that enhances the sweetness of the beverage, including, but not limited to, added sugar and artificial sweetener, but does not include the natural sugar or sugars that are contained within any fruit juice that is a component of the beverage.

## PHYSICAL EDUCATION

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1 through 6 and not less than 400 minutes each 10 school days for students in grades 7 and 8.

During the month of February, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students will receive their individual fitness test results. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit.

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. The district shall develop a sequential, developmentally appropriate, standards-based curriculum **that** shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. The physical education requirements will be implemented.
3. Professional development opportunities for physical education should be available to teachers and administrators.
4. Students shall be encouraged to safely walk or bike to and from school.
5. Expanded opportunities for lunchtime and after school physical activity for students and staff shall be encouraged.
6. The school/district should ensure that students and staff have access to appropriate hydration (e.g. water or other fluids).
7. Facilities and equipment used for physical activity should be properly monitored and maintained to ensure participants' safety.
8. Teachers and other school and community personnel will not use physical fitness activity or withhold opportunities for physical fitness as punishment. (EC Section 49001)
9. All elementary school students should have at least 20 minutes a day of supervised recess, outdoors if weather permits, during which schools should encourage moderate-to-vigorous physical activity, including the provision of space and equipment.
10. Schools should discourage extended periods (i.e., periods of two or more

hours) of inactivity. For example, when activities such as mandatory schoolwide testing necessitate that students remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Legal Reference:

EDUCATION CODE

51210 Areas of Study

51222 Physical Education

60800 Physical Performance Test

### **PLAN FOR MEASURING IMPLEMENTATION OF THE WELLNESS POLICY AND DESIGNATING RESPONSIBILITY FOR IMPLEMENTATION AND ENFORCEMENT OF THE POLICY**

#### **The minimum requirements that must be met:**

- Representatives of the school district shall develop a plan for implementing the district wellness policy and measuring implementation of that policy.
- The district superintendent or designee shall designate at least one person within the local educational agency or at each school that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.
- Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (EC Section 49432)

#### **It is recommended that:**

The superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The school nurse, in conjunction with school food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal or designee). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and will make recommendations on any necessary changes to the nutrition policy. If the district has not received an SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical

activity environments and policies. The results of those school-by-school assessments 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 our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Based on these assessments, 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. That report will be provided to the school board and also distributed to the wellness council, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Training**

The district may 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 wellness council.

First Reading: April 25, 2006  
Second Reading and Adoption: May 9, 2006

**STUDENT WELLNESS: SCHOOL-SPONSORED EVENTS**

**Fundraising Activities**

To support children’s health and school nutrition education efforts, school fundraising activities **during school hours** will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

**Rewards/Punishment**

School personnel will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

**Celebrations**

**Foods brought to school for birthdays and celebrations are required to follow the district nutrition guidelines.** The district will distribute a list of healthy party and holiday foods to parents and teachers as well as a list of non-food alternatives for celebrations. Celebrations should occur after the last lunch period when possible.

**School-Sponsored Events**

The school district should offer and promote healthy food and beverage products at all school-sponsored events.

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Second Reading and Adoption: May 9, 2006