

Wheatland School District

Board Policy

Students

BP 5030

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.

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

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

(cf. 1325 - Advertising and Promotion)

(cf. 3312 - Contracts)

(cf. 5141.6 - Student Health and Social Services)

(cf. 6010 Goals and Objectives)

(cf. 6142.7 - Physical Education)

(cf. 6142.8 - Comprehensive Health Education)

2. 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.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)

(cf. 6300 - Preschool/Early Childhood Education)

3. Provide an assurance that the district's guidelines for reimbursable 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-priced Meals)

(cf. 0500 - Accountability)

The Board's policy related to student wellness shall be developed with the involvement of school food service professionals, school administrators, and any interested individuals.

The Superintendent or designee may appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and /or other interested in school health issues.

(cf. 1220 - Citizen Advisory Committee)

(cf. 9140 – Board Representatives)

The school health council or committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

Note: The recommendations must include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs.
2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.
3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities.
4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic-performance or good behavior.
5. Foods and beverages donated for class parties or other school events.

6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs.

7. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before and after school programs.

8. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity.

9. Priorities for implementing the recommended strategies in the wellness policy.

10. Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports.

(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

49565-49565.8 California Fresh Start pilot program

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 POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies,
November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide,
rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

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

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL 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

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

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

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity:
<http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

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

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

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

U.S. Department of Agriculture:
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

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Wheatland School District

Administrative Regulation

Students

AR 5030

STUDENT WELLNESS

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 education;

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, include unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Thus, the Wheatland 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 Wheatland School District that:

All students in grades K-8 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;

To the maximum extent practicable, all schools in the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks)).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and schools will establish linkages between health education and school meal programs and with related community service.

To Achieve These Policy Goals

A. Nutritional Quality of Foods and Beverages Sold and Served on Campus

1. Be appealing and attractive to children.
2. Be served in clean and pleasant settings.
3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

In schools, some may share information about the nutritional content of meals with parents/guardians and students. Such information may be available by contacting Karen Willis, Food Service Coordinator at (530) 633-3133.

Breakfast: To ensure that all children have 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 the School Breakfast Program.
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
3. Schools that serve breakfast to students will notify parents/guardians and students of the availability of the School Breakfast Program.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling:

1. Schools will provide students with at least 10 minutes to eat breakfast, and 15 minutes to eat lunch after sitting down.

2. Schools should schedule meal periods at appropriate times (i.e., lunch between 11:00 a.m. and 1:00 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 students access to hand washing before they eat meals or snacks.

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, supervisors, managers and cafeteria workers, according to their levels of responsibility.

Sharing of Food and Beverages: Given concerns about allergies and other restrictions on some children's diets, schools should discourage students from sharing their foods or beverages with one another during meal or snack times.

1. Beverages

Allowed: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA); electrolyte replacement beverages and beverages lower in sodium.

2. Food during school hours.

A food item sold individually:

a. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat.

b. Will have no more than 35% of its weight from added sugars.

c. Will be lower in sodium.

During meal periods, a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any school site where foods are sold. Such items should include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are 50% fruit juice and do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

3. Portion Sizes

Limit portion sizes of foods and beverages sold individually to single serving sizes.

4. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities should 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.

If schools choose to sell food and beverage items during the school day as a fundraising project, the following regulations shall be followed: (5 CCR 15500 and 15501) (7 CFR 210.11, 220.12):

Food Sales in Elementary and Middle Schools: A student organization may not sell more than one food item per sale when all the following conditions are met:

1. The specific nutritious food item is approved by the school administration.
2. Food sales do not begin until after the close of the midday food service period.
3. Sales are not of food items prepared on the premises (i.e. commercial kitchen only).
4. There are no more than four such sales per year.
5. Any food sold has no more than 35% fat, 10% saturated fat, 35% sugar by volume.
6. The food item sold is not one sold in the food service program at that school during the school day.

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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs and children's ages. If eligible, schools will be provided snacks for after school programs through the National School Lunch Program.

Rewards: Schools will not use foods or beverages that do not meet the nutrition standards and foods will not be withheld as a punishment.

Celebrations and Events: Schools should limit celebrations that involve food during the school day to foods that fall into the definition of the National School

Lunch Program. They should plan any event with the food service department and must meet criteria for age of children involved.

B. Nutrition Education and Physical Activity Promotion

Nutrition Education and Promotion: Yuba City Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

1. Is part of not only health education classes, but also encouraged to occur in classroom instruction subjects such as math, science, language arts, social sciences, and elective subjects.
2. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
3. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
5. Links with school meal programs, other school foods, and nutrition-related community services.

Integrating Physical Activity into the Classroom Setting: For students to receive the state-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

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.
2. Opportunities for physical activity will be encouraged to be incorporated into other subject lessons.
3. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents/Guardians: The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. In partnership with community health agencies, the district/school will offer, when possible, healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards listed for individual foods and beverages.

The district/school may 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 support 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.

Food 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. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

C. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8

Every student, regardless of disability, ethnicity, gender, native language, race, religion, or sexual orientation, will be provided physical education instruction exclusive of recess and lunch periods. Students in Grades 1-6 will be provided a minimum of 200 minutes of physical education every ten (10) school days. Students in Grades 7-8 will be provided a minimum of 400 minutes of physical education every ten (10) school days. Students in a Grades 1-8 school inclusive on the same site will receive 200 minutes of physical education every 10 days. Temporary exemption from physical education is allowed under certain circumstances (Ed Code 51241).

All physical education instruction in grades 7-8 will be taught by a credentialed teacher. Physical education in grades K-6 will be taught by the classroom teacher who has been trained and approved by the Wheatland School District. All teachers will provide a standards-based physical education program. Student involvement in other activities involving physical activity (i.e., interscholastic or intramural sports) does not meet the physical education requirement.

Daily Recess: All elementary school students will have at least 10 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. 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 stand and be moderately active.

Physical Activity Opportunities Before and After School: Schools will offer extracurricular physical activity programs and/or physical education or intramurals through the after school program. Our middle school is encouraged to offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests and abilities of all students.

After-school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity for punishment (e.g., running laps, pushups). Teachers and other school and community personnel will not withhold opportunities for physical activity (e.g. physical education classes) as punishment.

Safe Routes to School: The school district will assess and to the extent possible make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of "safe routes to school" funds to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school and will work with the local transit agency to provide transit passes for students.

D. Monitoring and Policy Review

Monitoring: The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with this policy in schools and will report to the Superintendent or designee on the schools' compliance.

Food service staff at the school or district level will ensure compliance with nutrition policies within the school food service program and will report to the Superintendent or designee on this matter.

Policy Review: As part of an ongoing process, the school district will review the wellness policy and the provisions that support healthy eating, physical activity, physical education, and legislation that may effect change. Work plans to facilitate any changes will be developed and implemented by the district Superintendent or designee.

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