

## Purpose

The Board of Education recognizes that sound nutrition, optimal physical fitness, emotional well being and the adoption of life long healthy habits correlate with learning readiness, academic achievement and decreased discipline problems. Life long healthy habits include the daily consumption of fruits and vegetables and daily physical fitness activities. Such habits can prevent Type 2 Diabetes, some Cancers, Cardiovascular Disease, Obesity and Osteoporosis.

The district is committed to promoting the health of its students by linking the Departments of Food and Nutrition Services with Health Services, Physical Education, and Family and Community Services.

This Wellness Policy will ensure that all students in the district will have the opportunity to receive the following:

1. High quality, nutritious food while in school including during classroom activities.
2. Nutrition education in the classroom.
3. Sequential age appropriate health education.
4. Standards based physical education and physical activity at all grade levels.
5. Access to counseling resources to assist students coping with challenges to their emotional well-being.
6. Access to trained health personnel.

## Program Implementation: Nutritious Food/Food and Nutrition Services

Access to high quality, nutritious meals has been shown to improve eating habits and overall health status.

Food and Nutrition Services will offer healthy foods for sale on all school campuses elementary through secondary. School meals will meet or exceed the standards set by the National School Lunch Program, which are set by the Dietary Guidelines for Americans. Specific nutrition goals, consistent with the above, include:

1. Schools will offer students a minimum of four fruit/vegetable choices at lunch and 25-30 percent larger serving sizes of these items than federal requirements OR students selecting hot entrée meals will be able to choose fruits and vegetables being served at the school's salad bar.
2. Over one school year, schools will offer an average of at least five different fruits and five different vegetables over the course of a week. When practical, these choices should be purchased fresh and from local sources.
3. Students may take extra servings of fruits and vegetables at no additional charge.
4. By 2008, all schools should aim for lower sodium and cholesterol levels and higher fiber levels than the standards set by the daily SHAPE California menu-planning target levels:

a. Sodium: Breakfast 825 mg; Lunch 1100 mg

b. Fiber: Breakfast 4g; Lunch 6g

c. Cholesterol: Breakfast 75 mg; Lunch 100 mg

5. Schools' eating areas should feature variety, visibility and accessibility of fresh fruit and vegetables through facility design, and programs such as Farm-to-School programs. The healthiest lunch choices, such as salads and fresh fruit, should be prominently displayed to encourage students to make healthier choices.

6. The district Farmers' Market Salad Bar shall remain a reimbursable lunch option in all of our schools.

7. Students' consumption of added sugars in school meals shall be reduced by limiting prepared foods and pastries with high fructose corn syrup another added sugars or caloric sweeteners. Limit added sugar to less than seven grams per ounce of cereal.

8. All food and beverages served or sold anywhere on campus during one-half hour before or one-half hour after school hours will meet or exceed Senate Bill 12 and Senate Bill 965 guidelines. See Addendum "A" for explanation of these guidelines.

9. Schools should encourage participation in both the breakfast and lunch programs through a variety of means, including convenient bell schedules, classroom breakfasts, grab-and-go meals, second-chance breakfasts, distributed point-of-sale options (e.g., food carts), etc.

10. As needed, changes in menu options and competitive foods should be periodically assessed for impact on the average weekly nutrient profile of food and beverages purchased and consumed on campus.

11. Concurrent with the results of the School Meals Initiative review (conducted every five years), the Superintendent and staff should review the weekly average nutrient profile of breakfast and lunch meals served to students to ensure that school meals meet all federal, state, and local laws and standards.

12. Student nutrition services staff should include training and development/ or certification for food service personnel at their various levels of responsibility, including safe food handling, nutrition education, and recognition of the signs, symptoms, and appropriate responses to severe food allergy reactions.

13. Students should be given at least 10 minutes to eat after sitting down for breakfast and at least 20 minutes to eat after sitting down for lunch. Space and seating should be sufficient to seat all K-8 students eating lunch.

14. If practical, it would be desirable to schedule lunch after recess, especially in elementary schools. More research is needed to document the nutrition benefits of scheduling lunch after recess

#### Nutrition Education

1. Research validates that healthy eating is directly correlated with the amount of nutrition education received. It is the district's position that all students will receive:

- a. Consistent nutrition education K-12.
  - b. Nutrition education integrated into standards based curriculum using science, math, language arts, history etc.
  - c. Nutrition education will be science- and research-based and consistent with recommendations made in the Dietary Guidelines for Americans which can be found at: <http://www.health.gov/dietaryguidelines/dga2005/document/> and MyPyramid which can be found at: <http://mypyramid.gov/>
  - d. Nutrition behavior will be monitored biennially through the California Healthy Kids Survey.
2. Education Code [51210](#) requires that health education, including nutrition education, be taught in grades 1-6. The Board authorizes that nutrition education be provided in a variety of instructional settings such as:
- a. Nutrition education by the district Nutrition Specialist.
  - b. Farmers' Market Tours and School Gardens connect classroom gardens, nutrition education and the school salad bar.
  - c. Teachers will be kept aware of the above programs via workshops, staff meetings and flyers and be encouraged to utilize them as much as possible.
  - d. Staff and other persons desiring to provide nutrition education will have appropriate training and will use curriculum and materials consistent with the Dietary Guidelines for Americans approved by the district Nutrition Specialist and/or Assistant Superintendent Education Services.

#### Health Education

Education Code [51210](#) requires that health education, including nutrition education, be taught in grades 1-6. Education Code [51890](#) declares the intent that districts provide comprehensive health education and requires that a variety of health topics be included in middle school and high school curricula.

- 1. Appropriately credentialed staff will:
  - a. Develop age appropriate health education curriculum for elementary thru secondary
  - b. Provide ongoing monitoring and inservicing of elementary school teachers health education curriculum
  - c. Train teachers at secondary level who teach health education.
  - d. Establish student goals that foster and promote health literacy, defined as "the capacity of an individual to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways that are health enhancing.
- 2. Health behavior will be monitored biennially through the California Healthy Kids Survey.

#### Standards-Based Physical Activity

The Board recognizes that student academic performance, behavior and health status are compromised by physical inactivity and enhanced by daily physical activity. Research indicates that becoming and remaining physically active significantly reduces the risk of some cancers, diabetes, heart disease and other chronic diseases and can have some positive mental health benefits.

1. To increase opportunities for physical activity and fitness education in our schools the Board commits to the following:

a. All children, from pre-kindergarten through grade 12 will participate in quality, physical activity and/or fitness education.

b. All K-12 students (including students with disabilities and/or special healthcare needs and those in alternative educational settings) will receive physical education instruction as designated in Education Code [51210](#), [51222](#), and [51223](#):

(1) A minimum of 200 minutes for every 10 schooldays for students in grades 1-6

(2) A minimum of 400 minutes for every 10 schooldays for students in grades 7-12 (3) High school students must take a minimum of two years of physical education in grades 9, 10, 11, or 12, per local district policy.

c. Partnerships (including but not limited to the dual enrollment program offerings available through Santa Monica College) should be sought and other opportunities to participate in a variety of physical education elective courses that are conducive to noncompetitive, lifetime physical activities such as yoga, dance, hiking, etc. that address the five fitness components: cardio-respiratory endurance, flexibility, muscular strength and endurance and body composition. (Education Code [51222\(b\)](#) and 51241)

d. 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. (Education Code [51241](#))

e. School district staff, including a credentialed school nurse, should develop policies that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies should be communicated to all members of the school community and be designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.

f. Certificated staff will supervise the physical program. At elementary schools, administrators, and appropriately designated staff from Educational Services will supervise the elementary physical education program. Administrators at secondary will collaborate with secondary department chairs to develop and/or oversee physical education programming at each site.

g. All P.E. Teachers, Specialists and staff working directly with students should have current certifications for training in CPR and first aid. A desirable ratio of CPR-trained and first aid trained adult to student ratio of 1:100 or better.

h. Appropriate facilities, equipment, and supplies needed to deliver quality, daily physical education will be available. Facilities and equipment used for physical activity should be properly monitored and maintained to ensure participants' safety. This includes Life Guards for all water sports where required by state and/or local law.

2. Physical activity shall be monitored in two ways.

a. Annually, the Fitgram will be used to monitor and assess district physical activity/physical education programs, fitness testing performance, achievement of State physical fitness standards, and community physical activity programs at our schools. School districts will administer a physical fitness test annually to all students in grades five, seven, and nine during the months of February, March, April, or May. Students will receive their individual fitness test results.

b. Physical activity shall also be monitored biennially through the California Healthy Kids Survey.

3. Access to school sites will be provided through community joint use agreements and partnerships with youth organizations for quality community sports and recreation programs for all young people in our communities.

#### Health Services

All students should have access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.

#### Emotional Well Being

To optimize students' emotional well-being and social functioning:

1. Students should have access to credentialed school counselors and psychologists who provide students with support and assistance in making health-related decisions, managing emotions, and coping with crises.

2. Programs such as Cool Tools and Character Counts that teach students the above should be mandatory for all students.

3. Professional development in appropriate approaches to promoting emotional well-being in students should be provided to teachers and administrators.

4. Encourage professional development and appropriate approaches that promote conflict resolution, nonviolence and violence prevention training for students.

#### Family and Community Partnerships

The Board acknowledges that a team of community partners delivering strong, consistent messages and modeling healthy food choices and physical activity as part of a coordinated school health program increases the effectiveness of school based nutrition and fitness education.

1. All family groups within the district (i.e. PTA, sports booster clubs, English language advisory groups, etc.) will be informed of this policy. All school-based organizations will be encouraged to use non-food items for fund-raising. Student, parent/guardian, or school groups should sell only food or beverages that meet the Senate Bill 12 and 965 guidelines as fundraisers. These restrictions apply one-half hour before the school day begins and one-half hour after the school day ends.

2. A district Advisory Committees shall exist for Health and Safety and Physical Activity. This group will assist in assessing adherence to this Wellness Policy and setting goals for improvement in student wellness.

#### Staff Wellness

Staff wellness programs should be made available to support employees' efforts to improve their personal health and fitness so that they can serve as role models and promote the health of others, including students.

#### Nutritional Guidelines for Foods Available at School

##### Definitions:

Full Meal - any combination of food items that meet USDA-approved School Breakfast Program (SBP) or National School Lunch Program (NSLP) meal pattern requirements

Added Sweetener - Any additive other than 100 percent fruit juice that enhances the sweetness of a beverage.

Entrée - A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pasta and pizza.

Snack - A food that is generally regarded as supplementing a meal, including, but not limited to, chips, crackers, onion rings, nachos, french fries, donuts, cookies, pastries, cinnamon rolls, and candy.

##### Elementary Schools:

Only full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. Individually sold dairy items and whole grain food items may be sold to students at an elementary school, except food sold as part of a USDA meal program, if it meets all of the following standards:

1. Not more than 35 percent of its total calories shall be from fat.
2. Not more than 10 percent of its total calories shall be from saturated fat
3. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar. Not more than 175 calories per individual food item

An elementary school may permit the sale of food items that do not comply with the above regulations as part of a school fundraising event in any of the following circumstances:

1. The items are sold by students of the school and the sale of those items takes place off of and away from school premises.
2. The items are sold by students of the school and the sale of those items takes place at least one-half hour after the end of the school day.

Middle, Junior or High School:

Snacks sold to a student in middle, junior or high school, except food served as part of the USDA meal program, shall meet all of the following standards:

1. Not more than 35 percent of its total calories shall be from fat.
2. Not more than 10 percent of its total calories shall be from saturated fat
3. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar. Not more than 250 calories per individual food item

Entrée items sold to a pupil in middle, junior or high school, except food served as part of a USDA meal shall:

1. Contain no more than 400 calories per entrée
2. Contain no more than four grams of fat per 100 calories contained in each entrée and shall be categorized as entrée items in the SBP or NSLP

A middle, junior or high school may permit the sale of food items that do not comply with the above regulations in any of the following circumstances:

1. The sale of those items takes place off of and away from school premises.
2. The sale of those items takes on school premises at least one-half hour after the end of the school day.
3. The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

It is the intent of the Legislature that the Board of a school district annually review its compliance with the nutrition standards described.

Senate Bill 965

Signed into Law September 15, 2005

Commences July 1, 2007 (50 percent)

Commences July 1, 2009 (100 percent)

Definitions:

Added Sweetener - Any additive that enhances the sweetness of the beverage, including added sugar but does not include the natural sugar of sugars that are contained within the fruit juice, which is a component of the beverage.

Elementary School:

1. Regardless of the time of day, only the following beverages may be sold to a student at an elementary school:

- a. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
- b. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.
- c. Drinking water with no added sweetener.
- d. Two percent-fat, one-percent-fat milk, nonfat milk, soymilk, rice milk, and other similar nondairy milk.

An elementary school may permit the sale of beverages that do not comply with the above regulations as part of a school fundraising event in any of the following circumstances:

1. The items are sold by students of the school and the sale of those items takes place off of and away from school premises.
2. The items are sold by students of the school and the sale of those items takes place at least one half hour after the end of the school day.

Middle or Junior High School:

From one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a student at a middle or junior high school:

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.
3. Drinking water with no added sweetener.
4. Two percent-fat, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
5. An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

A middle or junior high school may permit the sale of beverages that do not comply with the above regulations as part of a school event if the sale of those items meets all of the following criteria:

The sale occurs during a school-sponsored event and takes place at the location of that event at least one half hour after the end of the school day.

Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.

Above items may be made available in vending machines at any time during the school day. Beverages that do not comply, may be made available in middle and junior high schools if the beverage only is available not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of the school day.

Commencing July 1, 2007, no less than 50 percent of all beverages sold to students from one-half hour before the start of the schooldays until one-half hour after the end of the school day shall be those meeting the above criteria.

Commencing July 1, 2009, all beverages sold to students from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those meeting the above criteria.

#### Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant [to](#) 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to school [s.](#) (42 USC 1751 Note)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

#### Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of this policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that each school site implements this [policy.](#) (42 USC 1751 Note)

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons

9. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

#### Posting Requirements

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. ([Education Code 49432](#))

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

#### [EDUCATION CODE](#)

33350-33354 CDE responsibilities re: [physical education](#)

49430-49436 Pupil Nutrition, Health, and Achievement [Act of 2001](#)

49490-49494 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](#)

49550-49561 Meals for needy [students](#)

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