May 2017

Jefferson School District's Wellness Policies on Physical Activity and Nutrition

MISSION STATEMENT

Jefferson 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 Jefferson School District that:

- The school district will engage students, parents, physical educators, other teachers, food service professionals, school administrators, and school board members in developing, implementing, monitoring, and reviewing district-wide nutrition, physical education, and physical activity policies

- All students in grades K-12 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.D.A. Child Nutrient Guidelines.*

- Schools will provide physical education and nutrition/health education to foster a lifelong habit of healthy eating, physical activity, student attendance and learning.

TO ACHIEVE THESE POLICY GOALS:

Jefferson School District will create, strengthen, develop, implement, review, and, as necessary, revise the Jefferson School District Wellness policies. The Wellness Committee also will serve as a resource to the school sites.

NUTRITION AND PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Nutrition Education and Promotion

Jefferson School District aims to teach, encourage, and support healthy eating by students. Schools should engage in nutrition promotion and provide nutrition education as part of health education that:

- Is offered at each grade level as part of sequential, comprehensive health education instruction, based on the *Health Framework for California Public Schools*, and be designed to provide students with the knowledge and skills necessary to promote and protect their health
- Includes assessment of students' knowledge and skills
- Coordinates nutrition education with nutrition services, physical education, health services, counseling, healthy school environment and other components of coordinated school health so students receive consistent information and reinforcement from multiple sources
- Provides staff members who are involved in nutrition education with adequate pre-service and ongoing in-service training that focuses on teaching strategies that promote healthy behaviors
- Involves family members and the community in supporting and reinforcing nutrition education

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

Physical Education, K-8

All students in grades k-8 will receive physical education instruction a minimum of 200 minutes every 10 school days for students in grades 1-6; and 400 minutes every 10 school days for students in grades 7-8. A credentialed Physical Education teacher will begin instruction for students starting in the 4th grade. Physical Education will be taught by the classroom teacher in grades 1-3. The physical fitness test will be administered to all students in fifth and seventh grade during the months of February, March, April, or May.

The following Physical Education Model Content Standards for California Public Schools will be taught to all students:

Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
Assess and maintain a level of physical fitness to improve health and performance.
Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

Physical Activity

All students in grades 5-8 will be provided with the opportunity to participate in the after school sports program. This program includes, but is not limited to the following sports: Volleyball, basketball, flag football, track and field.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups, sit-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Daily Recess

All students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity, including through the provision of space and equipment.

Other School-based Activities

- Schools and communities will not use physical activity or withhold physical activity opportunities as punishment
- Make school grounds available to community before, during, after school, weekends, school vacations, especially physical activity and nutrition programs
- Provide consistent health education for parents that include, but are not limited to, nutrition and physical activity, through the school newsletter, informational handouts, parent meetings, and the school web site.

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES

The Jefferson School District Nutrition Standards will follow the U.S.D.A Child Nutrient Standards:

- The Food Minimal Nutrition Value is the Federal Nutrition Standard.
- Elimination of all foods at or below Food Minimal Nutritional Value as defined by the USDA.
- *Beverages*
- Access to free, fresh drinking water
- 100 % fruit juice
- Milk 1% and non-fat
- *Foods*
- All foods will be 100% whole grain
- Have 35% or less of its total calories from fat (excluding seeds and nuts)
- Have 10 % or less of its total calories from saturated fat.
- Have no more that 35% total sugar by weight.
- Side dishes must meet USDA standards
- Food will contain no trans-fat.

It does not refer to foods brought from home for individual consumption.

Except in extraordinary circumstances, all schools in the district will participate in all available federal school nutrition programs.

The school district will seek to maximize federal and state nutrition funding.

Meals served through the Child Nutrition Programs will:

- Be appealing and attractive to children of various ages and diverse backgrounds
- Be served in clean and pleasant settings
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week
- Include only low-fat (one percent) and fat-free milk.
- Contain only whole grains.
- Include only food items, except for fruits and vegetables, which contain no more than 35 percent of their weight in sugar
- Meet target levels for sodium, fiber, and cholesterol

Information concerning the nutritional content of all school meals will be shared with students and parents, if available.

Students will be discouraged from sharing food and beverages, given concerns about allergies and special diets.

Breakfast

- Schools will promote participation in breakfast.
- Schools will promote the importance of healthy breakfast to students and families annually during the National School Breakfast Week in March.

Lunch

- Students will have at least 20 minutes to eat after sitting down
- There will be access to hand washing before eating.

Other concerns

- The school district will provide continuing professional development for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

MONITORING AND POLICY REVIEW

Monitoring

The Wellness Committee will ensure compliance with established district-wide nutrition and physical activity wellness policies. Each school site will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Wellness Committee.

The Food Service Director will ensure compliance with nutrition policies within school food service areas and will report the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes to the Superintendent.

The Wellness Committee will develop an annual summary report on district-wide compliance with the district's established nutrition and physical activity wellness policies. That 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.

Policy Review

As part of the Wellness Progress Review, the Wellness Committee 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 Wellness Committee and individual schools within the district will revise the wellness policies, develop and implement ideas for healthy eating and physical activity.

Contact the Director of Food Services, Debbi Rogers for further information at 209-839-8759

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