**Information Sheet – 6/18/19 - Board of Trustees Meeting**

TO: Board of Trustees Item: 8.2

FR: Celli Coeville

DATE: June 10, 2019

RE: Policy Revision, BP 5030 and new Administrative Regulation AR 5030, Student Wellness Program

BP 5030, Board Policy for Student Wellness is being updated to reflect the most current CSBA version. The Administrative Regulation includes more detailed procedures regarding the District's Student Wellness Plan. I've attached the updated CSBA board policy, as well as the current JSD board policy followed by the new Administrative Regulation.

Recommended Action: Approve the revised BP/AR 5030, Student Wellness

# CSBA Sample
## Board Policy
**Student Wellness**

BP 5030
**Students**

***Note: The Healthy, Hunger-Free Kids Act of 2010 (42 USC 1758b) mandates each district participating in the National School Lunch Program (42 USC 1751-1769j) or any program in the Child Nutrition Act of 1966 (42 USC 1771-1793), including the School Breakfast Program, to adopt a districtwide school wellness policy. The following policy fulfills this mandate and should be revised to reflect district practice. Other policies in the district's policy manual will likely contain additional provisions supporting this wellness policy, such as BP 3312 - Contracts, BP/AR 3550 - Food Service/Child Nutrition Program, BP/AR 3552 - Summer Meal Program, BP/AR 3553 - Free and Reduced Price Meals, BP/AR 3554 - Other Food Sales, BP/AR 6142.7 - Physical Education and Activity, and BP/AR 6142.8 - Comprehensive Health Education.***

***Note: Although the Governing Board has discretion under 42 USC 1758b to determine specific policies appropriate for its schools, 7 CFR 210.31, as renumbered by 81 Fed. Reg. 93792, provides a framework and guidelines to assist districts in establishing their student wellness policies, including minimum content requirements, assurance of stakeholder participation in the development and updates, and periodic assessment and disclosure of compliance with the district's wellness policy. The U.S. Department of Agriculture (USDA) and Centers for Disease Control and Prevention (CDC) provide resources and implementation tools on their web sites. In addition, CSBA's Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide summarizes research on the relationship between nutrition and physical activity and student achievement, provides worksheets for policy development, and contains other resources that may be useful in the development of the wellness policy.***

***Note: The following paragraph links student wellness with the components of a coordinated school health approach recommended in the California Department of Education's (CDE) Health Framework for California Public Schools and may be revised to reflect district practice.***

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1400 - Relations Between Other Governmental Agencies and the Schools)
(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 - Drug Testing)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
(cf. 6164.2 - Guidance/Counseling Services)

School Wellness Council

***Note: 42 USC 1758b and 7 CFR 210.31 require that districts permit specified stakeholders to participate in the development, implementation, and periodic review and update of the district's wellness policy. One method to achieve continuing involvement of those groups and other key stakeholders is through the creation of a school wellness council, as recommended in the CDE's Health Framework for California Public Schools. Pursuant to Government Code 54952, committees created by formal action of the Board are subject to open meeting laws (the Brown Act); see AR 1220 - Citizen Advisory Committees.***

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

~~***Note: The remainder of this section is optional and may be revised to reflect district practice.***~~

~~To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.~~

~~(cf. 1220 - Citizen Advisory Committees)~~
~~(cf. 9140 - Board Representatives)~~

~~The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.~~

~~The wellness council shall advise the district on health-related issues, activities, policies, and~~

~~programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.~~

Goals for Nutrition, Physical Activity, and Other Wellness Activities

***Note: 42 USC 1758b and 7 CFR 210.31 mandate that the district's wellness policy include goals for the activities specified below.***

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

(cf. 0000 - Vision)
(cf. 0200 - Goals for the School District)

***Note: The remainder of this section provides policy language to address this mandated topic and should be revised to reflect district practice.***

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)
(cf. 6142.7 - Physical Education and Activity)
(cf. 6142.8 - Comprehensive Health Education)
(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 5148.2 - Before/After School Programs)
(cf. 6177 - Summer Learning Programs)

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)
(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

***Note: 42 USC 1758b mandates that the district's wellness policy include nutrition guidelines that are consistent with federal nutrition standards, as specified below. Also see AR 3550 - Food Service/Child Nutrition Program.***

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

***Note: The remainder of this section provides policy language to address this mandated topic

and should be revised to reflect district practice.***

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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)

***Note: Pursuant to 42 USC 1758, schools participating in the National School Lunch Program are required to make free drinking water available for consumption at locations where meals are served during meal service. In addition, Education Code 38086 requires all California schools to make free drinking water available during school meal times, unless the Board adopts a resolution demonstrating that the district is unable to comply due to fiscal constraints or health or safety concerns. See AR 3550 - Food Service/Child Nutrition Program for policy language related to these requirements. Also see CSBA's policy brief Increasing Access to Drinking Water in Schools for further information and sample strategies for providing water and encouraging consumption. Information on potential funding sources to comply with the potable water requirement is available on the CDE web site.***

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

***Note: Pursuant to 7 CFR 210.31, districts are mandated to include, within the wellness policy, standards for all foods and beverages which are made available to students outside the district's food services program (e.g., sales through vending machines, student stores, and fundraisers). Nutrition standards and other requirements pertaining to such food sales are addressed in AR 3554 - Other Food Sales.***

The Board believes that all foods and beverages ~~sold~~ furnished/provided to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

(cf. 3312 - Contracts)
(cf. 3554 - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Rewards shall be distributed only after the lunch period.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

***Note: Pursuant to 7 CFR 210.31 and Education Code 49431.9, as added by AB 841 (Ch. 843, Statutes of 2017), only those foods and beverages that are allowed for sale on campus during the school day may be marketed within the district. This prohibition includes the advertising during the school day on any property or facility owned or leased by the school district or school and used for school-related activities, including, but not limited to, school buildings, athletic fields, facilities, signs, scoreboards, or parking lots, or any school buses or other vehicles, equipment, vending machines, uniforms, educational material, or supplies. Also see BP 1325 - Advertising and Promotion.***

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

(cf. 1325 - Advertising and Promotion)

Program Implementation and Evaluation

***Note: 42 USC 1758b and 7 CFR 210.31 require the district to identify an individual with the authority and responsibility to ensure that each district school complies with the wellness policy. The Analysis of Comments to the federal regulations, 81 Fed. Reg. 50151 pg. 50155, recommends that districts provide a means of contacting the designated individual by providing a district or school phone number and/or email address.***

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31)

Site Principals
School Phone Number
Principal Email Address

(cf. 0500 - Accountability)
(cf. 3555 - Nutrition Program Compliance)

***Note: 42 USC 1758b and 7 CFR 210.31 require an assessment of the implementation and compliance of the wellness policy, as specified in the paragraph below. At its discretion, the district may revise the following paragraph to reflect a more frequent schedule.***

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

***Note: 42 USC 1758b requires that the district assessment include a comparison of the district's policy with model wellness policies. See the USDA's web site for model policies and best practices recommended by federal and state agencies and nongovernmental organizations.***

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

***Note: Items #1-9 below are optional and may be revised to reflect district practice. For further information about the following indicators and a list of other possible indicators, see CSBA's Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies. The guide also describes possible data sources that may be used for each indicator and includes a sample report format. Indicators selected by the district may include a mix of process measures (e.g., level of student participation, number of classes, staffing, and costs) as well as outcome measures that assess the policy's impact on students (e.g., physical fitness test results, Body Mass Index, and food choices).***

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards

6. Results of the state's physical fitness test at applicable grade levels

7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

***Note: In addition to the district self-assessment described above, 7 CFR 210. 18, as amended by 81 Fed. Reg. 50151, requires that the CDE conduct administrative reviews of all districts at least once every three years to ensure that districts are complying with their wellness policy. See section "Records" below for information about records that may be required for this assessment. The USDA's Food and Nutrition Service may grant a one-year extension to the CDE's three-year review cycle if needed for efficient state management of the program.***

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

***Note: Pursuant to Education Code 49432, 42 USC 1758b, and 7 CFR 210.31, the district is required to inform the public of the content and implementation of the wellness policy and the district's progress towards meeting the goals of the policy, as described below.***

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district

assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

(cf. 5145.6 - Parental Notifications)

***Note: The following optional paragraph may be revised to reflect district practice.***

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Media Relations)
(cf. 1113 - District and School Web Sites)
(cf. 1114 - District-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

***Note: As amended by SB 1169 (Ch. 280, Statutes of 2016), Education Code 49432 no longer requires schools to post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or other central eating areas. Education Code 49432 continues to authorize, but does not require, schools to post a summary of nutrition and physical activity laws and regulations. The following paragraph is optional.***

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

***Note: 7 CFR 210.31, as added by 81 Fed. Reg. 50151, requires the district to retain records to document compliance with the federal regulation. The following paragraph outlines the records that, at a minimum, must be retained by the district.***

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

Legal Reference:
EDUCATION CODE
33350-33354 CDE responsibilities re: physical education
38086 Free fresh drinking water
49430-49434 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
49550-49562 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51798 School instructional gardens
51880-51921 Comprehensive health education
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
1751-1769j National School Lunch Program, especially:
1758b Local wellness policy
1771-1793 Child Nutrition Act, especially:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.33 National School Lunch Program, especially:
210.31 Wellness policy
220.1-220.22 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:
CSBA PUBLICATIONS
Integrating Physical Activity into the School Day, Governance Brief, April 2016
Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Physical Activity and Physical Education in California Schools, Research Brief, April 2010
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003
CALIFORNIA PROJECT LEAN PUBLICATIONS
Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006
CENTER FOR COLLABORATIVE SOLUTIONS
Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, January 2015
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
FEDERAL REGISTER
Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, rev. 2012
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS
Dietary Guidelines for Americans, 2016
WEB SITES
CSBA: http://www.csba.org
Action for Healthy Kids: http://www.actionforhealthykids.org
Alliance for a Healthier Generation: http://www.healthiergeneration.org
California Department of Education, Nutrition Services Division: http://www.cde.ca.gov/ls/nu
California Department of Public Health: http://www.cdph.ca.gov
California Healthy Kids Resource Center: http://www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition): http://www.californiaprojectlean.org
California School Nutrition Association: http://www.calsna.org
Center for Collaborative Solutions: http://www.ccscenter.org
Centers for Disease Control and Prevention: 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
School Nutrition Association: http://www.schoolnutrition.org
Society for Nutrition Education: http://www.sne.org
U.S. Department of Agriculture, Food Nutrition Service, wellness policy: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
U.S. Department of Agriculture, Healthy Meals Resource System: http://healthymeals.fns.usda.gov

## STUDENT WELLNESS

### 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 the Jefferson School District that:

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

2. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis;

3. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S.D.A. Child Nutrient Guidelines*:

4. 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.

*(cf. 6010 – Goals and Objectives)*
*(cf. 6011 –Academic Standards)*
*(cf. 6143 –Courses of Study)*

### 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:

**STUDENT WELLNESS** (continued)

1. 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;

2. Includes assessment of students' knowledge and skills;

3. 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;

4. Provides staff members that are involved in nutrition education with adequate pre-service and ongoing in-service training that focuses on teaching strategies that promote healthy behaviors. Teachers' training will focus on teaching and integration of nutrition education across curriculum. Food Services staffs' training will be focused around planning, preparation and delivery of meals. Child Nutrition Director will be in-serviced on food service management practices and techniques;

5. Involves family members and the community in supporting and reinforcing nutrition education.

*(cf. 6142.8 – Comprehensive Health Education)*
*(cf. 4131 - Staff Development)*
*(cf. 4331 - Staff Development)*

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

### Physical Education, K-8

All Kindergarten students will receive 50 minutes of physical education instruction every 10 days. All students in grades 1-6 will receive physical instruction a minimum of 200 minutes every 10 school days; 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 K -3. All K-3 teachers will receive instructional training on Physical Education teaching and assessment appropriate to grade level being taught. 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;

**STUDENT WELLNESS** (continued)

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities;

2. Demonstrate knowledge of movement concepts, principals, and strategies as they apply to learning and performing physical activities;

3. Assess and maintain a level of physical fitness to improve health and performance;

4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance;

5. Demonstrate and utilize knowledge of psychological and sociological concepts, principals, and strategies as applied to learning and performing physical activities.

*(cf. 6142.7 – Physical Education)*

## 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.

*(cf. 6145 – Extracurricular and Co-curricular Activities)*
*(cf. 6145.2 – Athletic Competition)*

## 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 encourage moderate to vigorous physical activity.

**STUDENT WELLNESS** (continued)

**Other School-based Activity**

1. Schools and communities will not use physical activity or withhold physical activity opportunities as punishment;

2. Make school grounds available to community before, during, after school, weekends and school vacations, especially for physical activity and nutrition programs per school board policy;

*(cf. 1330 – Facility Use)*
*(cf. E 1330 – Fee Schedule)*

3. Provide consistent health education for parents that includes, but is not limited to, nutrition and physical activity, through the school newsletter, informational handouts, parent meetings and the school web site.

**Nutrition Guidelines For Food 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
Water
100% fruit juice
Milk 1% and nonfat in assorted flavors
Foods
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 than 35% total sugar by weight
Snack foods and side dishes must meet USDA standards
Preference will be given to products that 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.

**STUDENT WELLNESS** (continued)

Meals served through the Child Nutrition Program will:

1. Be appealing and attractive to children of various ages and diverse backgrounds;

2. Be served in clean and pleasant settings;

3. Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations;

4. 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, school 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;

5. Include only low-fat (one-percent) and fat-free milk;

6. Contain whole grains in at least half of the grains served;

7. Include only food items, except for fruits and vegetables, that contain no more than 35 percent of their weight in sugar;

8. Plan to reduce food items that contain trans fatty acids. (When trans fatty acid levels are readily available on the food label, then plans to reduce amounts of trans fatty acids to trace amounts);

9. Meet target levels for sodium, fiber and cholesterol.

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

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

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

2. Lunch
    a. Students will have a lunch period of sufficient length to ensure that all students are served and have adequate time to consume their meals.

**STUDENT WELLNESS** (continued)

b. Students will have access to hand washing before eating, either in the classroom or restroom facility.

*Other concerns*

1. The school district will provide continuing professional development for all Food Services staff. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

2. Celebrations and Birthdays

   a. Schools will, to the extent possible, limit celebrations that involve food during the school day to no more than one party per class per month.
   b. Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages sold (See Attachment A for recommendations).
   c. Focus celebrations and parties on non-food items or healthy food items.

3. Fundraisers

   a. Focus school fundraisers on non-food items or healthy food items.
   b. Superintendent shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. The intent will be that food items sold meet the nutritional guidelines as set by the U.S.D.A. Child Nutrient Guidelines.

*(cf. 1230 – School-Connected Organizations)*

4. Rewards

   a. Schools will, to the extent possible, not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages sold, as rewards for academic performance and behavior (See Attachment B for recommendations)

*(cf. 3312 - Contracts)*
*(cf. 3550 – Food Service/Child Nutrition Program)*
*(cf. 3554 – Other Food Sales)*
*(cf. 5148 – Child Care and Development)*
*(cf. 6300 – Preschool/Early Childhood Education)*

**STUDENT WELLNESS** (continued)

## 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 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. This report will be distributed in the Fall of each year and will report out the previous year's events. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organization, school principals, and school health services personnel in the district.

### Policy Review

As part of the Wellness Progress Review, the Wellness Committee will review the 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.

### Posting Requirements

Each school will 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).

### Policy Implementation

The Wellness Committee recommends the following for implementation:

1. Committee Members
    a. One district level administrator
    b. One site level administrator

**STUDENT WELLNESS** (continued)

c. Food Services Director
d. Two physical Education Teachers
e. One certificated representative from each site
    1. Monticello School – Grades K – 3
    2. Traina School – Grades 4 – 6
    3. Jefferson School – Grades 7-8
    4. Hawkins School – K-8, any grade level
f. One parent representative from each parent club
g. One student representative from each student body

*(cf. 1220 – Citizen Advisory Committee)*
*(cf. 9140 – Board Representative)*

The District Wellness Committee will meet three times per year to review and distribute the policy, prepare an annual report regarding the status of its work and the implementation and evaluation of related policies and programs which include the annual report to the Board, and to prepare at least one informational communication on "Recommendations for Health Improvement." In addition, the Food Services Department will prepare and distribute two (2) parent communications per year.

*(cf. 0500 - Accountability)*

The committee recommends that each site select one Fitness Activity and one Awareness Activity annually to be done school-wide and that each grade level (and/or teacher) select one activity from each category. The suggested activities include:

**Health Awareness**

CPR Training
Field Trips to local grocery stores and restaurants to learn how to make healthy food choices and read food labels
Food Diary
Health Curriculum
Health Fair
Health Presentation by Counselor
Health Week
National School Breakfast
National School Lunch

**STUDENT WELLNESS** (continued)

Nutrition Unit
Parent Brochure
Poster Contest
SHAPE
Super Size Me
Walk to School
National "Turn Your T.V. Off Day"

*(cf. 3553 – Free and Reduced Print Meals)*

**Physical Activities**

100th Day Activity
After School Activity for Lower Grades
Field Day
Fitness Walk
Intramural Lunch Time Sports
International Walk-to-School-Day
Jog-a-thon
Jump Rope for Heart
Relay for Life – Students
Speed Stacking
Track Meet
Walk Over the World (WOW) or Walk on Wednesday

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*
*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001*
*49490-49493 School breakfast and lunch programs*
*49500-49505 School meals*
*49500-49505 Nutrition*
*49530-49536Child 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*

Attachment A – Recommendations for Non-edible Treats

Birthday book to be read aloud before placing in Library

Donations of:

a. Jump Ropes
b. Balls
c. Pencils
d. Erasers
e. Classroom Supplies
f. Hula Hoops

Prepare Activities with Students

a. Art Projects
b. Board Games
c. Theme Activities
d. Gardening Project – peat moss, soil and seeds

(Suggested limit would be $1.00 or less per child)

In addition, parents could purchase "Birthday Packs" from the cafeteria to celebrate birthdays in the classroom. Please contact the Food Services Director for more information or to reserve a Birthday Pack.

Attachment B – Recommendations for Rewards (Non-edible)

Auctions
Calculator
Extra Art, Music, PE or Reading Time
Free choice time at the end of the day
Freebie
Homework Pass
Lunch with the Teacher
Privileges
Prize Box
Reading Outdoors
Recognition
Social Rewards
School Supplies
Step meters
Stickers
Token, Ticket or Point System
Water Bottle
Walk to the park for lunch

Resources

The Dollar Store
99¢ Store
Wal Mart
Big Lots
Dollar Tree
MacFrugals
Oriental Trading Co. (www.orientaltrading.com)

**AR 5030**
**Students**

# Wellness and Nutrition Administrative Regulations

## Overview

The Jefferson Elementary School District (JESD) is committed to ensuring that students have access to healthy food and beverages. JESD recognizes that setting nutritional standards for food served on campus is an important part of that commitment. JESD is also committed to helping students and their families enroll in meal programs for which they are eligible, such as the free/reduced meal program and CalFresh.

This administrative regulation contains two main sets of nutritional requirements: (1) requirements for food served through the National School Lunch Program and related programs (herein referred to as the "School Meal Program"); and (2) requirements for Competitive Foods, which are defined as food and beverages sold outside of the school meal program. In addition, this regulation contains other food-related guidelines, including requirements for food served through school-sponsored events.

This regulation is intended to set nutritional requirements that meet or exceed state and federal requirements. The District will follow state and federal requirements should they become stricter than those set out below.

## Nutritional Requirements for the School Meal Program

JESD Nutrition Services is responsible for the School Meal Program, which includes the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the Child Care and Adult Feeding Program (CCAFP).

All food served through the School Meal Program shall meet or exceed standards set by federal and state law, including but not limited to 7 CFR 210.10, 220.8, and 220.23.

In addition, the District shall provide access to fresh, free drinking water during all school meal programs.

JESD Nutrition Services is responsible for ensuring compliance with nutritional standards for breakfast, lunch, snack, and supper. JESD shall prioritize preparing and cooking meals versus serving pre-packaged meals.

## Nutritional Requirements for Competitive Foods

A Competitive Food is a food or beverage sold outside of the school meal program, such as through vending machines, fundraisers, or served as an a la carte item in a school cafeteria. Competitive Foods sold on JESD campuses must meet or exceed the standards set by state and federal law. The nutritional requirements for Competitive Foods are as follows:

1. Food may only be sold if it is one of the following:
    a. Fruit

   b. Non-fried vegetable
   c. Dairy food
   d. Nuts, seeds, legumes, cheese (allowable protein foods)
   e. Whole grain item (defined as 51% or more)
2. The food item must meet the following requirements:
   a. Calories from fat cannot exceed 35% except for nuts, nut butters, seeds, reduced-fat cheese, dried fruit, and nut/seed combinations;
   b. Calories from saturated fat cannot exceed 10% except for reduced-fat cheese, dried fruit, and nut/seed combinations;
   c. Sugar content cannot exceed 35% by weight except fruit, [1] non-fried vegetables, and dried fruit and nut/seed combinations;
   d. Sodium content cannot exceed 200 milligrams;
   e. The food item may not contain trans fat;
   f. Total calories per item may not exceed 200 calories.
3. Only the following beverages will be sold on campus:
   ~~a.~~ Plain water (carbonated or uncarbonated);
   b. 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.
   c. Unflavored low-fat milk; Flavored or unflavored non-fat milk (and milk alternatives);

No candy or sugar sweetened beverages shall be sold or served anywhere on JESD campuses.

[1] Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit is only permitted if it is in 100% juice.

**Additional Guidelines for Competitive Foods Sold on Campus**

Vending Machines

1. All vending machines at the District shall meet the requirements for Competitive Foods (see above) as well as state standards for health and safety.
2. All vending machines shall be operated by the District.
3. The District is committed to developing a vending protocol and policy (the "Vending Program") in order to:
    a. Ensure that vending machines are only on campuses where approved by the District;
    b. Ensure that proper accounting of vending revenues takes place and that revenues are applied to a proper purpose (such as student programs or the School Meal Program);
    c. Ensure that vendors are identified through a competitive procurement process with emphasis on local vendors;
    d. Ensure that food from vending machines is sold in accordance with all federal, state, and local laws including California Education Code as well as the District's Wellness Board Policy and this regulation;
    e. Establish the maximum number of machines to be allowed per site;
    f. Establish locations where vending machines should not be allowed (such as at Child Development Centers or elementary schools);
    g. Seek student input on items to be vended.

Mobile Food Vending (Food Trucks)

Tracy Municipal Code prohibits food trucks from coming within 500 feet of schools (Tracy Municipal Code Chapter 8.09).

Fundraising Efforts

The following rules apply to fundraising efforts involving the sale of food:

1. All food and beverages sold before 5:00 p.m. must meet the requirements for Competitive Foods (see above). JESD encourages adherence to these requirements for food sold after 5:00 p.m. as well.
2. Food fundraising may not take place during breakfast, lunch, supper or snack service times. Times vary at individual school sites. See AR 3554 for further information about limits on the time and frequency of food fundraising.
3. Site staff must ensure that fundraisers do not interfere with student participation in the School Meal Program. To that end, food sold as part of the fundraiser during the school day must differ from the meals offered by the school cafeteria.
4. The District is committed to providing and creating resources on comprehensive healthy food and non-food suggestions for fundraisers.

Advertising Guidelines

1. The District shall maintain exclusive authority and control over all advertising on District property.

2. The District shall only permit third parties to advertise products that meet the standards set forth in the Wellness Policy or that are included in the list of items that can be served or sold on school campuses.

**Guidelines for Food Served at School-Sponsored Events and Packed Lunches**

Events/Meetings and School Sponsored Events

1. Schools should always offer healthy options at school-wide events such as Back to School Night or school dances. Healthy options include fruit, vegetables, and water.
2. Efforts should be made to meet or exceed the requirements for Competitive Foods (see above). In addition, state standards for health and safety must be followed.

School-Wide and Individual Rewards and Incentives

1. Non-food items are recommended as incentives and rewards.
2. Food offered to students as incentives should meet or exceed the requirements for Competitive Foods (see above). In addition, state standards for health and safety must be followed.
3. The withholding of food as a punishment is prohibited.
4. The district will provide a resource list for non-food items.

Classroom Celebrations or School-Wide Parties

1. Food served during classroom or school celebrations should meet or exceed the requirements for Competitive Foods except for the following:
    a. No more than once a month, schools at their discretion may allow classrooms to hold a celebration involving food that does not meet the requirements for Competitive Foods.
2. Food served during classroom or school celebrations must meet state standards for health and safety.
3. Celebrations that include food and beverages must occur after the lunch period has ended. School administrators may place further restrictions on celebrations.

Student Personal Possession (Packed Lunch and Snacks)

1. JESD personnel, community partners, and school volunteers may not take food or beverages away from students when consumed during designated eating times, in designated eating areas, and in an appropriate manner. Students can be asked to refrain from eating candy and soda during the school day.
2. JESD encourages students and families to follow the requirements for Competitive Foods.
3. JESD will provide education and outreach to support healthy choices at school, home, and in communities.

Staff Role Modeling

1. Staff members are encouraged to serve as role models for students by following the requirements for Competitive Foods.
2. JESD staff and partners will support and promote healthy lifestyles through nutrition education in the classroom, after-school programs, and at family events.

**Meal Service Time and Facilities**

1. The District is committed to providing adequate facilities for students to consume their meals, including age-appropriate seating.
2. Students shall have adequate time during the breakfast, lunch, snack, or supper periods to purchase or retrieve a meal, eat a meal without rushing, and clean up after themselves.
3. Students shall not be prevented from eating lunch in the cafeteria for academic or discipline reasons, except where a safety concern exists.
4. Each student should receive at least 10 minutes to consume their meal at breakfast.
    a. All elementary sites serving breakfast will offer Second Chance Breakfast.
    b. All secondary schools will be encouraged to offer Grab N Go Breakfast.
    c. School breakfast will be scheduled for 45 minutes before school starts.
    d. Every school kitchen will continue to serve breakfast until 10:45 am to allow tardy students to eat breakfast.
5. Each student shall receive a minimum of at least 20 minutes to consume their meal at lunch.
    a. Meals will be consumed in the cafeteria or other designated location.
    b. Recess should not be scheduled at the same time as lunch. For grades K-3, it is recommended that lunchtime recess occur before lunch.
    c. Lunch will not be scheduled to start before 10:45am or later than 1:00 pm.

**Food Quality and Environmental Impact**

<u>Salad Bars</u>

Nutrition Services will make every effort to expand the Salad Bar program where financially feasible. Nutrition Services will explore the possibility of applying for grants to support this program. The salad bar shall offer a wide variety of fresh produce with an emphasis on local products when possible.

<u>Environmental Impact</u>

The District is committed to improving waste management, water conservation, and energy efficiency. The District is also committed to reducing lower greenhouse gas emissions, as well as water and energy efficiency and conservation.

1. The District will continue to support the JESD Green Gloves Program to reduce the District's total landfill contribution.
2. All cafeterias will have waste sorting stations for compost, recycling, and landfill.
3. Nutrition Services will attempt to donate left-over food from District meal services.
4. Students may bring drinking water from a designated school water source or home into the classroom, provided that the water is in a capped container, such as a bottle.

5. Nutrition Services will undertake efforts to reduce the use of packaged items and use reusable trays, plates, cups, and utensils whenever possible.

<u>Food Purchasing/Procurement Practices</u>

1. The District is committed to ethical procurement practices. The following priorities will guide the purchase of food where permitted by state and federal law, including laws that govern public bidding:
    a. Local Purchasing – Produce
        i. Nutrition Services will make every effort to ensure that at least 50% of produce comes from within a 250 mile radius of Tracy, with an even greater percentage coming from local farms in the summer months.
        ii. Nutrition Services will make every effort to expand and track its purchases of produce from small family farms (under 500 acres).
        iii. Nutrition Services will make every effort to expand and track its purchases of organic and pesticide-free produce.
    b. Local Purchasing – Non-Produce
        i. Nutrition Services will make every effort to ensure that 30% of non-produce purchases shall be from within the state of California.
    c. Sustainable Purchasing
        i. The District is committed to increasing its purchases of sustainably-produced foods. The following priorities will guide the purchase of food where permitted by state and federal law, including laws that apply to public bidding:
            1. Antibiotics:
                a. Nutrition Services will attempt to purchase meats and poultry that are either raised without antibiotics or raised with limited sustainable antibiotic use verified by a third party.
            2. Hormones:
                a. Nutrition Services will not purchase milk from cows treated with bovine growth hormone and shall make every effort to reduce its purchases of beef and pork raised with the use of hormones.
            3. Environmental Management:
                a. Nutrition Services will make every effort to purchase food raised with appropriate environmental management practices that protect the soil, air, and water.
            4. Animal Welfare:
                a. Nutrition Services will make every effort to purchase meats and animal products from animals raised with adequate living space, fed a healthy diet, and slaughtered humanely.
    d. Fair Purchasing

i. The District is committed to purchasing food from companies that treat workers fairly. Where permitted by state and federal law, including laws that apply to public bidding, Nutrition Services will make every effort to purchase foods from companies and farms that provide workers with living wages and safe working conditions.

**Facilitating Enrollment in Meal Programs to Ensure No Student Goes Hungry**
The National School Lunch Program ensures that JESD students have access to healthy meals every school day. To help eligible students enroll in free/reduced meal programs, the District will:

1. Streamline the application process where permitted by law, including through Direct Certification;
2. Increase communication to those families who qualified for free/reduced meals in prior school years but who have not yet applied for the current school year.

The District will also partner with community groups to increase access to other meal programs, including the CalFresh Program, Food Banks, Food Pantries, and the Women, Infants, and Children (WIC) Program.

At some schools with a large percentage of students who qualify for free and reduced lunch, JESD is able to provide free meals to all students through the Universal Meals Program. JESD will endeavor to expand the Universal Meals Program where financially feasible.

**Community and Customer Collaboration**

1. The District encourages the establishment of a Nutrition Advisory Council (NAC) to increase communication and ensure feedback between the Nutrition Services Department, school staff, and students.
2. Nutrition Services will support a Secret Shopper program at each school site. Through the Secret Shopper program, students are able to rate their experience as customers of the meal program. Nutrition Services will use this information to change the site program as needed to improve the experience.
    a. Comment cards will be made available to students, principals, parents, teachers, and staff to communicate questions, comments, and concerns about the meal program. Nutrition Services will use this information/data to drive modification to the site program as needed to improve the experience. Comment cards will be available at each site and on the District's website.