

Students

STUDENT WELLNESS

In order to help ensure the health and well being of each student attending the Simi Valley Unified School District and to provide guidance to school personnel in the areas of nutrition, health, physical activity, food service, the Governing Board encourages teachers, principals and food services employees to work to implement the goals of this policy.

1. Community Wellness Committee

The Simi Valley Unified School District Wellness Committee will implement, monitor and as necessary strengthen all components of the local Wellness Policy. The committee will be comprised of District Administrators, teachers, nurses, child nutrition staff, parents and interested members of the community. Student participation will also be encouraged. The Committee will also serve as a resource to school sites for implementing and monitoring the District Wellness Policy.

(cf. 9140 – Board Representatives)

(cf. 1220 –Citizen Committees)

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

a. School Meals

1. The District will use the National School Lunch Program as the guide
2. Every effort will be made to increase the amount of whole grains that are served
3. Every effort will be made to increase the amount of fruit and vegetable servings
4. 1% (low fat) or fat free milk will be served
5. Students and parents will be included in meal selections

b. Meal Schedules and Environment

1. Meals will be served in a clean and pleasant environment
2. Opportunities will be provided for students to have adequate time to eat after students are served their meal
3. Adequate seating in a clean and pleasant dining area will be provided, whenever possible

c. Breakfast

1. Schools will, to the extent possible, operate the School Breakfast Program

STUDENT WELLNESS (continued)

2. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program
 3. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, the use of the District/School web site or other means
- d. Food Safety Issues
1. Students will be encouraged to wash their hands prior to meals
 2. Students will be educated about the importance of washing their hands frequently for general health purposes
 3. Students will be discouraged from sharing food and beverages with other students, given concerns regarding allergies and other restrictions on some students' diets
- e. Qualifications of School Food Service Staff
1. Qualified nutrition professionals will administer the school meal programs
 2. Food Services staff will be provided on-going training in food safety and nutrition
- Food Sold Outside the Meal Programs Must Meet or Exceed Requirements of Education Code 49431, 49431.5, 49431.2 and 49431.5
- f. Elementary and Middle Schools:
1. Only water, milk, juice or juice based drinks with at least 50% real fruit juice can be sold
 2. Only Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving can be sold
 3. If candy or other food products are sold on campus it must be 30 minutes after students are dismissed
 4. Bake sales or treat days may not occur until 30 minutes after students are dismissed
 5. Class parties, when held during the lunch period or before lunch, are considered to be lunch and must follow nutritional guidelines; food services can assist with the party by offering products that have documented nutritional information and can be combined to meet the requirements
- g. Middle and High Schools

STUDENT WELLNESS (continued)

1. Guidelines will be established for food and beverage sales by Associated Student Body and other organizations so that they become compliant with SB965 and SB12 by 2007 (see Exhibit #1)

(cf. 3550 – food Service/Child Nutrition Program)

(cf. 3554 – Other Food Sales)

h. Fundraising Activities

1. Encourage schools to promote fundraising activities that promote physical activity or the sale of healthy foods
2. School fundraising activities will use foods and drinks that meet the nutrition standards for foods and beverages sold individually at schools
3. At the High Schools, all campus sales should meet Education Code 49431.2 (see Exhibit #2)
4. The sale of candy as a fundraiser should be discouraged at all levels
5. The District will provide a list of healthy alternatives for fundraising

i. Vending Machines

1. Vending machine placement and location on school campuses shall have prior approval of the school district
2. Content in the vending machines must have prior approval and meet SB12 requirements
3. The District shall establish the number of vending machines that is appropriate for each campus

(cf. 3554 – Other Food Sales)

(cf. 1325 – Advertising and Promotion)

j. Rewards

1. Schools will be discouraged from using food as a reward or withholding food as a punishment

k. Celebrations and School Sponsored Events

1. Class/school parties should take place after lunch is served

STUDENT WELLNESS (continued)

2. Healthy alternatives (food and other choices) should be encouraged at celebrations
3. The serving of homemade food products shall be discouraged
4. School sponsored events such as dances, athletic events and performances that requires that food be served should occur after lunch
5. Schools are encouraged to work with food services to maintain food safety for events serving food
6. The district will disseminate a list of healthy party ideas to parents and teachers (see Exhibit #3)

3. Nutrition and Physical Activity Promotion and Food Marketing

a. Nutrition Education and Promotion

The Simi Valley Unified School District will teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, program based on the California Health Framework, designed to provide students with the knowledge and skills necessary to promote and protect their health
2. Teaches media literacy with an emphasis on food marketing
3. Emphasizes a balance between food intake and energy expenditure (physical activity/exercise)
4. Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities

b. Integrating Physical Activity into the Classroom Setting:

In order for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television
2. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate

STUDENT WELLNESS (continued)

c. Communication with Parents

The District will provide:

1. Information to parents regarding how to provide a healthy diet and daily physical activity for their children
2. Provide nutrition tips on school websites and provide nutrient analyses of school menus
3. Information about physical education and other school based physical activity opportunities before, during and after the school day
4. Support parents' efforts to provide their children with opportunities to be physically active outside of school
5. Share information about physical activity and physical education through website, newsletter or other materials

d. Food Marketing in Schools

1. School based marketing will be consistent with nutrition education and health promotion
2. Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually
3. School based marketing of brands promoting low nutritional foods and beverages is prohibited
4. The promotion of healthy foods, including fruits, vegetables, whole grains and low fat dairy products will be encouraged
5. Marketing activities that promote healthful behaviors are allowable
6. Efforts should be made to reduce the marketing/advertising of food and beverages to students
7. The marketing of food and beverages requires prior District approval

4. Physical Activity Opportunities and Physical Education

a. Daily Physical Education K-12

1. The goal for physical education is to encourage students to pursue life long fitness
2. All students in grades K-10, including students with disabilities, special health care needs and in alternative educational settings will receive physical education as prescribed in Education Code 51222

STUDENT WELLNESS (continued)

3. All physical education will be supervised by a credentialed teacher
 4. Instruction in physical education will be consistent with the California Physical Education Standards
 5. The District encourages that physical education at the elementary level be distributed throughout the week
 6. Students in physical education classes will spend at least 50% of their time in vigorous physical activity
 7. Alternative physical education opportunities should be provided for students in grades 11 and 12
 8. Efforts will be made to encourage students to not substitute Marching Band on Physical Education
- b. Physical Activity Opportunities Before and After School
1. Every effort will be made to offer extracurricular physical activity programs such as intramural programs
 2. High schools will offer interscholastic sports programs
 3. Schools will offer a range of activities to meet the needs of all students, regardless of gender, including students with disabilities and students with special health care needs
 4. The District will continue to foster positive relationships with community partners such as the Recreation and Park District, softball and baseball leagues, soccer and basketball leagues in order to encourage students to participate in physical activities outside of school
- c. Physical Activity and Punishment
1. School personnel will not use physical activity for punishment
 2. School personnel will not withhold opportunities for physical education as a punishment
- d. Daily Recess
1. At the elementary level all students will have a period of time for supervised recess
 2. Schools shall encourage students to engage in moderate to vigorous physical activity through the provision of space and equipment
 3. Schools shall discourage extended periods of inactivity for students
5. Health Education

STUDENT WELLNESS (continued)

The Simi Valley Unified School District believes that all students should receive information throughout their educational career that will allow them to be healthy individuals and to make healthy choices in their lives. In order for this to be accomplished the following goals shall be established for students in the District:

1. Students will demonstrate ways in which they can enhance and maintain their health and well being
2. Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness
3. Students will practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that protect their health
4. Students in grades 4-12 will understand and demonstrate how to play a positive, active role in promoting the health of families
5. Students in grades 4-12 will understand and demonstrate how to promote positive health practices within the school and community including how to cultivate positive relationships with their peers
6. Students in grades 6-12 will identify information, products and services that may be helpful or harmful to their health

6. Monitoring and Policy Review

a. Monitoring

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

The District's Nutrition staff will ensure compliance with nutrition policies within school food service program and will report on this matter to the superintendent or designee. In addition, the District's School Food Authority will report on the most recent USDA School Meal Initiative review findings and any resulting changes.

The Wellness Committee will develop a summary report every two years on district wide compliance with the District's established school wellness policies based on input from schools with the district. The report will be provided to the Board of education and also distributed to all schools and other relevant school and community personnel.

STUDENT WELLNESS (continued)

b. Policy Review

The District will review the nutrition and physical activity policies as needed.
The District will revise as necessary the wellness policies and develop work plans to facilitate their implementation