

StudentsSTUDENT WELLNESS

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

The East Whittier City School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Wellness Policy Advisory/ Committee

The Superintendent or designee may appoint a Wellness Policy Advisory committee. The committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

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

Nutrition Education and Physical Activity Goals

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

Nutrition education shall be provided as part of the health education program and, as appropriate, may be integrated into core academic subjects. It may also be offered through before-and after-school programs, and other structured and unstructured activities.

All students in grades K-8 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, recess, school

STUDENT WELLNESS (continued)Nutrition Education and Physical Activity Goals (continued)

athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she may promote and may provide opportunities for regular physical activity among employees.

Professional development in areas of nutrition education and physical activity shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Schools shall also provide prevention programs that encourage children to acquire healthy lifestyles that avoid consumption of drugs, alcohol, tobacco and other substances that are harmful to the mind and body.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Nutrition Guidelines for Foods Available at School

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

STUDENT WELLNESS (continued)Nutrition Guidelines for Foods Available at School (continued)

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.

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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

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 schools.

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

Posting Requirements

Each school shall post this policy in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

STUDENT WELLNESS (continued)

Legal Reference: Education Code
 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
 49490-49493 School breakfast and lunch programs
 49500-49505 School meals
 49510-49520 Nutrition
 49530-49536 Child Nutrition Act
 49540-49546 Child care food program
 49547-49548.3 Comprehensive nutrition services
 49550-49560 Meals for needy students
 49565-49565.8 California Fresh Start pilot program
 49570 National School Lunch Act
 51222 Physical education
 51223 Physical education, elementary schools
CODE OF REGULATIONS, TITLE 5
 15500-15501 Food sales by student organizations
 15510 Mandatory meals for needy students
 15530-15535 Nutrition education
 15550-15565 School lunch and breakfast programs
UNITED STATES CODE, TITLE 42
 1751-1769 National School Lunch Program, especially:
 1751 Note Local wellness policy
 1771-1791 Child Nutrition Act, including:
 1773 School Breakfast Program
 1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
 210.1-210.31 National School Lunch Program
 220.1-220.21 National School Breakfast Program

StudentsSTUDENT WELLNESSA. Wellness Policy Advisory Committee

A District Wellness Policy Advisory Committee, appointed by the Superintendent, with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public will develop and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually as necessary.

B. Nutrition Education, Physical Activity Goals, and Food Marketing1. Nutrition Education

The East Whittier City School District provides nutrition education to students that is research based, consistent with the expectations established in the State's curriculum framework, and is designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Additionally, this education:

- a. may be provided as part of the health education program in all grades and, as appropriate, shall be integrated across the curriculum;
- b. may be part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c. may be provided to students and/or their parents during school nurse consultations;
- d. may include participatory activities, such as promotions, taste testing, farm visits, and school gardens;
- e. may promote fruits, vegetables, whole grains, low-fat and fat-free dairy products, healthy food preparation methods, and healthy nutrition practices;
- f. may emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- g. may link with school meal programs and nutrition-related community services;
- h. may include training for teachers and other staff;
- i. may encourage staff to serve as positive role models for nutrition and physical activity.

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STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing (continued)2. Physical Education and Activity

The District shall offer physical education opportunities that include the components of a quality physical education program to equip students with knowledge, skills, and values necessary for lifelong physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Recognizing that physical education is an important and integral part of a child's education, the District will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being. Along with promoting personal achievement, physical education activities should teach students how to cooperate in achievement of common goals.

3. Daily Recess

Moderate to vigorous physical activity , preferably outdoors, shall be encouraged for all K-5 students during a supervised recess each day.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

4. Physical Activity Opportunities Before and After School

As budget permits, elementary and middle schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools may offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing (continued)

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

5. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (which is at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond P.E. class. In this pursuit:

- a. classroom health education should 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;
- b. opportunities for physical activity should be incorporated into other subject lessons and classroom teachers will be encouraged to provide short activity breaks between lessons or classes, as appropriate.

6. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (such as running laps, pushups) or withhold opportunities for activity (such as recess, or P.E.) as punishment.

7. Communications with Parents

The District/school may provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support may include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing (continued)

The District/school will encourage parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards adopted by the Board.

8. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

C. Quality School Meals and Foods/Beverages Sold/Served on Campus1. School Meals

The East Whittier City School District will offer breakfast and lunch services through the federally reimbursable school meal programs. These meals will meet the nutrition standards established by the U.S Department of Agriculture and the California Department of Education, and will conform to good menu planning principles. In addition, meals will:

- ◆ be attractive, of high quality, and appeal to children;
- ◆ be served in clean and pleasant settings;
- ◆ offer a variety of fruits and vegetables;
- ◆ serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- ◆ ensure that half of the served grains are whole grain.

Schools should share information about the nutritional content of school meals with parents and students. Such information may be made available on menus, a website, on cafeteria menu boards, placards, or other point of purchase materials.

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus (continued)a. Breakfast

Schools will encourage all students to eat breakfast, either at home or at school, in order to enhance their ability to learn:

- ◆ to the extent possible, schools will operate the School Breakfast Program;
- ◆ schools may utilize alternative or creative methods to serve school breakfast to encourage student participation, including breakfast in the classroom, grab-and-go breakfast, or breakfast during morning recess;
- ◆ schools that offer a Breakfast Program will notify parents and students about the program through newsletter articles, take-home materials or other means.

2. Free and Reduced-priced Meals

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

3. Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

4. Qualifications of School Food Service Staff

School food service staff will be properly qualified according to current professional standards, and will participate in professional development activities. Food safety will be a key component of the school food service operation, and no less than one Certified Food Handler will be assigned to each school kitchen.

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus
(continued)5. Foods and Beverages Sold Individually

(Foods sold outside of reimbursable school meals, through vending machines, a la carte lines, fundraisers, school stores, etc.)

a. Elementary Schools

Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat milk, water, fruits, or vegetables.

b. Middle Schools

In middle schools, all foods and beverages sold outside of reimbursable school meal programs (including those sold through a la carte lines, vending machines, school stores or fundraising activities) during the school day, or through programs for students after the school day, should meet the following nutrition and portion size standards:

c. Beverages1. Allowed:

Fruit/vegetable-based drinks of no less than 50 percent fruit/vegetable juice and no added sweeteners; water with no added sweeteners; milk (two-percent, one-percent, nonfat, soy/rice milk and other nondairy milk); an electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving.

2. Not allowed:

Carbonated soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus
(continued)

sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

d. Foods

A food item sold individually:

- ◆ will have no more than 35% of its total calories from fat (excluding nuts, nut butters, and seeds) and 10% of its calories from saturated and trans fat combined.
- ◆ Will have no more than 35% of its weight from added sugars;
- ◆ will have no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

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

e. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities, when food is used, will use foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The District will make available a list of ideas for fundraising activities.

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus (continued)f. Snacks/Special Occasion/Parties

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Each classroom may have a daily snack, either in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the teacher, parents or other groups, and should be at no cost to students. Each classroom may plan no more than four (4) parties per school year. The District will provide a list of healthy party ideas to parents and teachers.

g. Rewards

Schools staff shall make an effort to avoid using foods of minimal nutritional value as a reward for student accomplishment. The withholding of food as a punishment for students is prohibited.

D. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established District wide nutrition and physical activity wellness policies. The Director of Nutrition Services and the school Principals are the designees charged with the operational responsibility for ensuring implementation of the District's wellness policy.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter to the school Principal. In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report every three years on District wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. The following evaluation indicators will be used:

STUDENT WELLNESS (continued)

D. Monitoring and Policy Review (continued)

- ◆ student participation rates in school meal programs;
- ◆ analysis of nutritional content of meals served as part of the school meal programs;
- ◆ any sales of non-nutritious foods/beverages sold in fundraisers or other venues outside of the District's meal programs;
- ◆ feedback from food service personnel, school administrators, school health advisory personnel; parents/guardians, students and other appropriate persons;
- ◆ average daily attendance;
- ◆ annual FitnessGram scores;
- ◆ California Healthy Kids Survey data.

1. Policy Review

The District will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**NUTRITION STANDARDS
Elementary Schools**

The following food and beverage items may be sold to students in grades kindergarten through fifth.

FULL MEALS: Any combination of food items that meet USDA-approved reimbursable meal pattern requirements.

BEVERAGES: Fruit/vegetable-based drinks of no less than 50 percent fruit/vegetable juice and no added sweeteners; water with no added sweeteners; milk (two-percent, one-percent, nonfat, soy/rice milk and other nondairy milk).

SNACKS: Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes.

INDIVIDUAL DAIRY AND WHOLE GRAIN SNACKS:

Not more than 175 calories per individual food item.

Not more than 35% of its total calories shall be from fat.

Not more than 10% of its total calories shall be from saturated fat.

Not more than 35% of its total weight shall be composed of sugar, including naturally occurring & added sugar.

FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

The following are prohibited where reimbursable meals are served and/or eaten.

Soda Water: Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.

Water Ices: Includes any frozen, sweetened water such popsicles and other "...sicles" and flavored ice with exception of products that contain fruit or fruit juice.

Chewing Gum: Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Certain Candies: Includes any processed foods made predominately from sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

FUNDRAISERS : ON CAMPUS/ DURING SCHOOL HOURS

- May only take place after the close of the regularly scheduled midday food service period.
- May have only four (4) sales per year, upon governing board approval.
- Only one (1) food item may be sold.
- The item is selected from the approved list of nutritious food/beverage items.
- The item is a dessert-type food such a pastry, ice cream or fruit.
- Food may not be prepared on campus.
- Food may not be an item that is sold in the Child Nutrition Program.

OFF CAMPUS / AFTER SCHOOL HOURS

- Sale takes place at least one-half hour after the end of the school day.
- Sale takes place off and away from the campus.
- Non-compliant beverages and food items may be sold.

Legal References:

California Education Code: Sections 38085, 48931 & 49431.2 (Senate Bill 12), 49431.5 (Senate Bill 965)

California Code of Regulations: Title 5, Division 1, Chapter 15, Article 1, Sections 15500 and 15501

Code of Federal Regulations: Title 7, Part 210.11

**NUTRITION STANDARDS
Middle Schools**

The following food and beverage items may be sold to students in grades sixth through eighth.

FULL MEALS: Any combination of food items that meet USDA-approved reimbursable meal pattern requirements.

ENTREES: A la carte entrees may contain no more than 400 calories per entrée, with no more than 4 grams of fat per 100 calories and categorized as entrée items in the National School Breakfast or Lunch Programs.

BEVERAGES: Fruit/vegetable-based drinks of no less than 50 percent fruit/vegetable juice and no added sweeteners; water with no added sweeteners; milk (two-percent, one-percent, nonfat, soy/rice milk and other nondairy milk); an electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving.

SNACKS: Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes.

Not more than **250** calories per individual food item.
Not more than **35%** of its total calories shall be from fat.
Not more than **10%** of its total calories shall be from saturated fat.
Not more than **35%** of its total weight shall be composed of sugar, including naturally occurring & added sugar.

FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

The following are prohibited where reimbursable meals are served and/or eaten.

- Soda Water:** Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.
- Water Ices:** Includes any frozen, sweetened water such popsicles and other "...sicles" and flavored ice with exception of products that contain fruit or fruit juice.
- Chewing Gum:** Includes any flavored products made from gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies:** Includes any processed foods made predominately from sweeteners, including hard candy, jellies and gums, fondant, marshmallow candies, licorice, spun candy and candy-coated popcorn.

FUNDRAISERS : ON CAMPUS/ DURING SCHOOL HOURS

- Only one (1) student organization may sell up to three (3) food or beverage items per day.
- The items are selected from the approved list of nutritious food/beverage items.
- Food/beverage items may not be prepared on campus.
- Food/beverage items may not be items that are sold in the Child Nutrition Program.
- On no more than four (4) days during the year, any number of student organizations may sell any food/beverage items.
- Such sales shall be held on the same four days for any or all student organizations.

AFTER SCHOOL HOURS

- Sale takes place at least one-half hour after the end of the school day.
- Non-compliant food and beverage items may be sold.

Legal References:

California Education Code: Sections 38085, 48931 & 49431.2 (SB 12), 49431.5 (SB 965)

California Code of Regulations: Title 5, Division 1, Chapter 15, Article 1, Sections 15500 and 15501

Code of Federal Regulations: Title 7, Part 210.11

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