

STUDENT WELLNESS

The Alpine Union 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 Alpine Union School District that:

- The school district will engage parents, teachers, food service professionals, and health professionals in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

School Wellness Committee

The school district will create and work with a District Wellness Policy Committee in order to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies. (The Wellness Committee will include individuals representing the schools and community, parents, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.) The Wellness Committee will meet twice per year to establish goals for and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this District Wellness policy.

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Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

For Final Rule Reference:

<https://www.federalregister.gov/documents/2015/03/02/2015-04234/professional-standards-for-state-and-local-school-nutrition-programs-personnel-as-required-by-the>

Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- include only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- include whole grain foods daily.

Schools may engage students and parents, through taste-tests and surveys of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of 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.

Breakfast To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize

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- methods to serve school breakfasts that encourage participation, including breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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. Schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling for Schools:

- Will provide students with adequate time to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:45 a.m. and 1 p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods to follow recess periods (in elementary schools);
- Will provide students access to hand washing before they eat meals or snacks.

Sharing of Foods and Beverages: Schools should discourage students from sharing or selling their foods or beverages with one another during meal or snack times, given concerns about allergies, communicable diseases and restrictions on some children's diets. All foods brought onto campus need to have a nutritional label (no Homemade foods).

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) Only foods that can be sold to students at an elementary/middle school during the school day are full meals, exempt foods, and dairy or whole grain foods that specific calorie, fat, saturated fat, and sugar requirements.

Exempt Foods (can be Sold)

Seeds (such as sesame seeds), eggs, cheese packaged for individual sale, fruit, and non-fried vegetables and legumes.

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Dairy and Whole Grains

Individual dairy or whole-grain food item may be sold if it meets all of the following criteria:

- Total calorie content does not exceed 175 calories for elementary school students and 250 calories for middle school students
- Not more than 35% of the total calories come from fat.
- Not more than 10% of the total calories come from saturated fat.
- Not more than 35% of the total calories come from sugar (natural and added)
- Whole grains must be the first ingredient
- NO added fats or sugars, NO artificial/added trans fats.
- Cannot be mixed with non-allowed foods (e.g., trail mix, candy, or nuts)

Nutritional Standards for Beverages

The only allowable beverages that may be sold to elementary/middle school students are:

- Water with no added sweetener.
- Fruit or vegetable-based drinks that contain 100% fruit or vegetable juice and have no added sweetener.
- Flavored or unflavored 1% nonfat milk, soy milk, rice milk, and/or nutritional equivalent nondairy milk.

Not allowed:

- Soft drinks (all carbonated sodas).
- Sports drinks.
- Beverages containing caffeine.

Portion Sizes:

• Limit portion sizes of foods and beverages sold individually to those listed below:

- Entrees should contain 400 calories or less.
- Snacks should contain 175 calories or less at the elementary level and 250 calories or less at the middle school level.

• Foods of minimal nutritional value will not be served or sold.

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Snacks: 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, with an emphasis on serving healthy snacks that include fruits and vegetables and water as a primary beverage.

- Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations.
- The district may disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
- The District strongly encourages parents to send healthy snacks that comply with California Nutritional Standards as outlined above, specifically related to food portion and/or serving size appropriate for a child, and refrain from sending foods and/or beverages that are of low nutritional value.

Rewards:

Staff and other entities (businesses, sponsors, and/or organizations) will use only nutritionally compliant foods or non-foods incentives as a reward for student's academic performance, accomplishments, or classroom behavior. The District will emphasize non-food incentives as alternatives to all school administrators and staff members.

Celebrations:

- Schools will limit celebrations that involve food to no more than three class parties per school year. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).
- At the middle school, this will mean that there would be no more than 3 parties per student per school year. The district will disseminate a list of healthy party ideas to parents and teachers.

Birthday Celebrations:

No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday. The District encourages and supports the use of non-food celebratory activities and will provide a list of suggestions to schools and parents.

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Other Celebrations/Special Occasions:

- All food items and/or donations of food items by outside parties are strongly encouraged to meet or exceed California Nutritional Standards and guidelines set forth by the District. School staff shall encourage parents/guardians or other volunteers to support the District's nutritional education program by considering nutritional quality when selecting any food or beverage they may donate for an occasional class party.
- All foods items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, prepackaged, and pre-wrapped items with a label, listing ingredients so students with food allergies are protected from accidental exposure.
- No home-cooked meals should be served to students in order to minimize the risk of foodborne illnesses.

School-Sponsored Events and Fundraising:

To support children's health and school nutrition-education efforts, school fundraising activities will use only foods and beverages that meet the above nutrition and portion size standards for foods and beverages sold individually, unless the items sold by pupils occur from midnight to one half hour after the completion of the school day. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities

- Any school-related program, fundraiser, or other activity sponsored by community/booster organizations shall be authorized and conducted according to Board Policy, administrative Regulations, and school rules.
- Any event hosted on school campuses more than a half hour after school day ends such as an open house, parent meetings, carnivals, etc. Are encouraged to support healthy food options as set forth by the District Wellness Policy guidelines.
- School organizations and staff are strongly encouraged to use healthy food items and non-food items for fundraising purposes.

Nutrition Education and Promotion:

Nutrition education shall be provided as part of the health education program in Grade K-8 and, as appropriate, shall be integrated into core academic subjects offered through before and after school programs.

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The Board shall adopt the following goals for nutrition education to promote student wellness and improve students' eating behaviors. (cf. 6142.8 - Comprehensive Health Education)

The District aims to teach, encourage, and support healthy eating by students and others while on school campuses. Schools should provide nutrition education and engage in nutrition promotion that might include, but not limited to, the following:

- Be offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Include developmentally-appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.
- Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free unflavored dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.
- Link educational and promotional activities with Child Nutrition Services and nutritionally related organizations and community services.
- Promote individual school site health and wellness fairs where nutrition and physical activity information and resources can be shared with parents and the community.
- Create/ expand community partnerships (Barron's Market/ NFL play360) to increase the nutrition resources and physical activity options available to students and staff, on and off campus.

School Gardens

School Gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving and tasting self-grown food.

The District supports:

- The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subjects are instruction to enhance learning.

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- Exploring and establishing partnerships with outside organizations to support the sustainability of school gardens at individual school sites as appropriate.

Food Marketing in Schools:

The District prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machines fronts, logos, scoreboards/signboards, school supplies, advertisements in school publications, coupon or incentive programs.

- School based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to the promotion of those consistent with California Nutrition Standards and guidelines set forth by the district.
- The promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat free dairy products.
- School Staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g. coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the District's health messaging and wellness policies.
- Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Communication with Parents and other Community Members

Integrating health education into every segment of a child's day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between a school and home environment is essential. Additionally, the District will assist and support parents' efforts to provide a healthy diet for their children by:

- Making information and resources available through the District website and materials sent home through electronic messaging (online flyers).
- Providing access to nutritional analysis of school menus/meals through the District Child Nutrition website or in written format upon request.
- Strongly encourages parents to send healthy lunches and snacks that comply with California Nutritional standards and guidelines set forth by the District as outlined above.
- Providing parents with a list of foods that meet Districts snack,

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- celebrations, and fundraising standards and guidelines.
- Informing parents about children sharing their foods or beverages with others during meal or snack times due to concerns about allergies and other restrictions on some children’s diets.
- Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on school site.

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

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Staff Wellness: The Alpine Union School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The

District will address staff wellness via the District Wellness Committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. It is noted that there currently exists a reduced-fee agreement with a local fitness center, for district employees. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. Physical Activity and Physical Education

Physical activity

Physical activity is defined as bodily movement that enhances health. It includes moderate-intensity activities. Must include:

- Cardio respiratory fitness
- Strengthen muscles and bones
- Help attain and maintain healthy weight
- Helps reduce developing risk factor for later health risks (diabetes, high blood pressure, high cholesterol, etc.)

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Key Guidelines for Physical Activity

- Aerobic fitness
- Muscle strengthening
- Bone strengthening
- At least 30 minutes a day, minimum 3 days a week

Integrating Physical Activity into the Classroom Setting: For students to receive the California recommended amount of daily physical activity (*i.e.*, 200 minutes for grades K-6 and 400 minutes for grades 7-8 over the course of 10 days) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- 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;
- Opportunities for physical activity will be incorporated into other subject

lessons; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Physical Education

The board recognizes physical activity for student health and academic achievement. The district promotes high levels of personal achievement and positive self-image. Physical education activities should teach students how to cooperate in the achievement of common goals and should be consistent with California Education Content standards.

- Schools shall comply with the State of California required instructional minutes in physical education providing a minimum of 200 minutes every 10 school days for elementary school students and 400 minutes every 10 school days for middle school students. (Education code 51210, 51223)
- National recommended Physical education standards require at least 150 minutes per week for elementary school students and 225 minutes per week for middle school students. (shape American, Shape the Nation, American Heart Society, American Diabetes Society and Cooper Institute.
- Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.

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- District will assure that each school physical education program will have the appropriate equipment, adequate facilities, appropriate student-teacher ratios.
- Teachers and other school and community staff will not use physical activity as a punishment
- Through the US Department of Education, the district will support full funding of Title IV, Part A, so schools can access grant money that can be used towards physical education. (ESSA)

*By meeting the National recommended physical education and activity standards, it opens up opportunities for more Federal funding and grant opportunities

Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess (including lunch play time), preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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.

Physical Activity Opportunities Before and After School: The middle school, as appropriate, will offer interscholastic sports programs. Elementary and Middle schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage verbally and through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School: The school district will encourage agencies having jurisdiction to determine safe routes to school in order to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

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Use of School Facilities Outside of School Hours: School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations in accordance with Board Policy. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. Persons and agencies desiring to use school facilities will work in accordance with AUSD Board Policy and Administrative Regulations 1330 (a).

V. Monitoring and Policy Review

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 school district superintendent or designee.

The District's Child Nutrition Director will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee (or if done at the school level, to the school principal). In addition, the school 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 at least 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. That report will be provided to the school board and also distributed to the district health council, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review: To help with the initial development of the district's wellness policies, the superintendent or designee will conduct a baseline assessment of the schools' existing nutrition and physical activity environments and policies. 13 The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.

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As part of that review, the school district will review its 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

2 To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

3 As recommended by the Dietary Guidelines for Americans 2005.

4 A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

5 It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

6 School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

7 Surprisingly, seltzer water may not be sold during mealtimes in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

8 If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

9 Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

10 Unless this practice is allowed by a student's individual education plan (IEP).

11 Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

12 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

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13 Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education from the National Association for Sport and Physical Education.

Policy
adopted: June 14, 2006
revised February 19, 2015
revised: July 19, 2017

ALPINE UNION SCHOOL DISTRICT
Alpine, California

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: [\(202\) 690-7442](tel:202-690-7442); or (3) email: program.intake@usda.gov.

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