

Julian Union Elementary School District
Wellness Policy

Table of Contents

[Preamble](#)2

[School Wellness Committee](#)3

[Wellness Policy Implementation, Monitoring,
Accountability, and Community Engagement](#)5

[Nutrition](#)7

[Physical Activity](#)15

[Other Activities that Promote Student Wellness](#)19

[Appendix A: School Level Contacts](#)23

[Appendix B: Federal Civil Rights Law](#).....24

Julian Union Elementary School District

Wellness Policy

Preamble

Whereas, good health fosters student attendance and education;

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas healthy eating habits and physical activity are often established in childhood;

Whereas, a school garden, integrated with the core curriculum and articulated with state standards, can instill lifelong environmental and nutritional literacy in children;

Whereas students and their families trust that the foods offered at school are wholesome and safe;

Whereas healthy children are the foundation of a healthy society;

Thus the Julian Union Elementary School District (hereto referred to as the District) recognizes the link between student health and learning and is committed to providing a comprehensive learning environment that supports and promotes wellness, healthy eating, nutrition education, and physical activity for district students before, during, and after school.

This policy outlines the District's approach to develop and maintain a coordinated school health program 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.

I District Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets nine times per year as part of the Julian Backcountry Collaborative to establish goals and oversee school health and safety policies and programs including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC will include the District Superintendent (District Wellness Coordinator), Principals, Nutrition Manager, Julian Pathways Executive Director, school board member representative, Parent Teacher Organization representative, school health professionals (i.e., school counselor, psychologist, resource coordinators, or psychiatrists), public health professionals, parents, community members, and student representatives. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will reflect the diversity of the community.

The names, titles, and contact information of some of these individuals are:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Brian Duffy	District Superintendent/Junior High Principal	brian.duffy@juesd.net	District Wellness Lead
Scot Copeland	Elementary Principal	copeland@juesd.net	Assists in the evaluation of the wellness policy implementation
Elaine Bicanic	Board of Trustees	ebicanic1@gmail.com	Board Liaison

Trish Rott	Nutrition Manager	trish.rott@juesd.net	Assists in the evaluation of the wellness policy implementation
Carmen Longoria	Executive Director Julian Pathways	carmen@julianpathways.org	Convenes the DWC and facilitate development of and updates to the wellness policy
Virginia McNall	School Counselor	virginia@juesd.net	Assists in the evaluation of the wellness policy implementation
Melissa Ward	Parent Teacher Organization	melissa.ward@juesd.net	Assists in the evaluation of the wellness policy implementation

Refer to Appendix A for a list of school-level wellness policy coordinators.

Leadership

The Julian Pathways Executive Director will convene the DWC and facilitate development of and updates to the wellness policy. The District Superintendent will ensure each school's compliance with the policy. One staff member at each school site will ensure that each school complies with the District Wellness Policy by attending meetings and reviewing posted minutes.

The designated official for oversight is District Superintendent Brian Duffy.

II Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District maintains a plan to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions and timelines; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Schools use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index; create an action plan that fosters implementation; and generate an annual progress report.

This wellness policy and progress reports can be found at <https://sites.google.com/a/juesd.net/home/> and at: <https://sites.google.com/a/juesd.net/julian/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at District's Administrative Office. Documentation maintained in this location will include but will not be limited to:

The written wellness policy;

Documentation demonstrating that the policy has been made available to the public;

Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;

The most recent assessment on the implementation of the local school wellness policy

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and

implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of District officials leading and coordinating the committee, as well as information on how the public can get involved with the District Wellness Committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and

A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is District Superintendent Brian Duffy (brian.duffy@juesd.net).

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as Facebook, email, or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, LCAP meetings, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school

meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and After School Supper Program. The District partners with Feeding San Diego and the San Diego County Library, Julian Branch, to deliver breakfasts and lunches to children in the summer months. The District partners with Feeding San Diego and the San Diego Office of Education to deliver weekend backpack food to 65 designated food-insecure families. The District also operates additional nutrition-related programs and activities including Farm to School, California Thursdays, Grab 'n' Go Breakfasts, Harvest of the Month, garden education, and nutrition education. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets.
 - Sliced or cut fruit is available.
 - Fruit options are displayed in a location in the line of sight and reach of students.
 - Vegetables have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will implement the following Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program.
 - California Thursdays
 - Harvest of the Month
 - All-District annual Food Day event
 - Messages about agriculture and nutrition are reinforced throughout the learning environment.
 - Schools sustain school gardens.
 - Schools host field trips to local farms.
 - Schools utilize promotions or special events, such as tastings, that highlight the local/regional products.

Staff Qualifications and Professional Development

The District Nutrition Manager and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration drinking water will be available to all students throughout the school day and at each school campus via water refill stations. The District

will make drinking water available where school meals are served during mealtimes.

All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources include hydration stations, drinking fountains, water jugs, and other methods for delivering drinking water. Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day and expanded school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools is available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well being, all foods and beverages outside the reimbursable school meal programs sold to students on the school campus during the school day and in the extended school day will meet or exceed the USDA Smart Snacks nutrition. These standards will apply in all locations and through all services where foods and beverages are sold including school stores and snack or food carts.

District schools shall participate in available federal school meal programs (the School Breakfast Program and National School Lunch Program). 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. Nutrient analysis of all meals shall be available for parents and students to see.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition including:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day and extended day. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*]. Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating

food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students.

The District will maintain instructional gardens to provide students with experiences in planting, harvesting, preparation, serving and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum and aligned with state standards.

Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Is part of not only health classes, but integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, and taste testing.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community service.
- Teaches media literacy with an emphasis on food and beverage marketing.
- Includes nutrition education training for teachers and other staff.
- Collaborates with University of California San Diego Pediatricians and Communities Collaborating Together (PACCT) who will teach at least two nutrition workshops to parents and two nutrition class to students per year.
- Will offer “Caught Being Healthy” award certificates to students for bringing healthy snacks on campus.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat

- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus will meet or exceed the USDA Smart Snacks

in School nutrition standards such that only those foods that comply with or exceed those Nutrition standards are permitted to be marketed or promoted to students.

IV. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason (this does not include participation on sports teams that have specific academic requirements). The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

As community schools, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

Physical Education

The District will provide students with physical education, using SPARK curriculum, which is consistent with national and state standards for physical education. SPARK curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum supports the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District K-8 students will receive physical education for at least 150 minutes per week throughout the school year. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

The district will administer a physical fitness (via the [Presidential Youth Fitness Program](#)) test annually to students as required in EC section 60800. Students will receive their individual fitness test results upon completing the test and a letter with fitness results sent home to parents. Fitness test results will be reported to school board and District staff annually.

Essential Topics in Physical Education

The District will include the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness

- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Social influences on physical activity, including media, family, peers and culture
- How to resist peer pressure that discourages physical activity.

Recess

Schools will offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess aides or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity before and/or after the school day. The District will encourage students to be physically active in Club Jaguar and Club Timberwolf before and after school programs by: incorporating SPARK curriculum daily; providing physical activity opportunities daily; providing outdoor free play time; offering time in school gardens for gardening activities; and offering seasonal intramural and interscholastic sports programs at the middle school.

Active Transportation

The District will support active transport to and from school, such as walking or biking, through its intergenerational Safe Pathways to School program. The District will encourage active transportation by:

- Providing secure storage facilities for bicycles
- Conducting a monthly all-district walk to school event
- Partnering with local law enforcement and community residents to act as crossing guards and walking mentors at events
- Providing instruction on walking/bicycling safety to students
- Promoting activities such as participation in International Walk to School Week and National Walk to School Week
- Promoting Safe Pathways programs to students, staff, and parents via newsletters, websites, local newspaper
- Promoting the use of crosswalks on streets leading to schools

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will maintain relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) through the Julian Backcountry Collaborative in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Julian Pathways, Inc. student and family resource center will appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services designed to ensure access or referral to primary health care and prevention services, and foster appropriate use of primary health care services, including oral health. Qualified professionals such as physicians, nurses, dentists, health educators, and other health personnel shall provide these services.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The Julian Pathways Wellness Fair will be held at the annual district Open House event for families. The Wellness Fair will offer a variety of resources (i.e., Cal-Fresh, WIC, health insurance sign-ups etc.), educational activities (i.e., Re-Think Your Drink, Ask the Doctor, Ask the Counselor, etc.) and links to health services (i.e., dental van, blood pressure checks, etc.)

The District will use electronic mechanisms (i.e., Facebook, email or displaying notices on the district's website), as well as non-electronic mechanisms, (i.e.,

newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Counseling, Psychological, and Social Services

Julian Pathways Inc. will facilitate educational and counseling opportunities for promoting social-emotional development and resiliency. Staff will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning. Prevention programs, including violence prevention, sex education and drug and alcohol programs, will be offered as appropriate.

Healthy School Environment

Julian Pathways Inc. will facilitate services to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists will contribute not only to the health of students but also to the health of the school environment.

The district will work to provide a positive psychological environment that includes the physical, emotional, and social conditions affecting the well being of students and staff. Factors that influence the physical environment include school buildings and the area surrounding them, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other

functions that support staff wellness in coordination with California Schools VEBA.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include participation in VEBA Wellness Challenges, health coaching, and health assessments.

The District will use a healthy meeting policy for all events with available food options, created by the DWC, which optimizes healthy food options with a variety of choices.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Appendix A: School Level Contacts

Name	Title / Relationship to the School or District	Email address	Role on Committee
Brian Duffy	Junior High Principal	brian.duffy@juesd.net	District Wellness Lead
Scot Copeland	Elementary Principal	copeland@juesd.net	Assists in the evaluation of the wellness policy implementation
Amber Cruz	Junior High Teacher	amber.cruz@juesd.net	Assists in the evaluation of the wellness policy implementation
Valerie Thompson	Elementary Teacher	valerie.thompson@juesd.net	Assists in the evaluation of the wellness policy implementation

Appendix B: Federal civil rights law

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400

Independence Avenue, SW^{U.S. DEPT. OF AGRICULTURE} Washington, D.C. 20250-9410;

(2) Fax: 202 690 7442

(3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.