

# Cardiff School District

## ***District Wellness Policy***

***Updated 3.10.2022***

The Governing Board recognizes the important connection between health and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health, support the reduction of childhood obesity, and provide a strong foundation for children's future health and well being.

### **Nutrition Education**

Pursuant to the requirements of the Education Code, a sequential nutrition education that is behavior-focused shall be provided to all students as part of the health education program in grades K-6 and, as appropriate, shall be integrated into instruction in core academic subjects. Information and reminders about nutrition education will be visible in the school health office and in the school cafeterias.

### **Standards for USDA Child Nutrition Programs and School Meals**

The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide a nutritious breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria. Parents are informed about eligibility for the school lunch program through written information sent home to all students.

The district shall:

- Maximize its ability to provide nutritious meals and snacks by ensuring that all district schools participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
- Protect the privacy of students who qualify for free or reduced priced meals. No lists of those students are maintained or published.
- All students will be provided free breakfast and lunch daily.
- All students will be provided with at least 20 minutes daily to eat lunch and may be provided additional time to eat if needed.
- Ensure foods and beverages provided through federally reimbursable school meal programs meet or exceed those required by the USDA
- Provide a link to the USDA National School Lunch Program and School Breakfast Program standards (<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>) on the district website.
- Ensure the majority of meals served daily include locally sourced foods.
- Ensure that school food service departments use either the USDA or SHAPE California nutrient-based menu planning options as the basis for school meal menu planning.
- Ensure annual training for all food and nutrition staff in accordance with USDA Professional Standards.
- Promote healthy food and beverage choices including healthy snack reminders periodically each school year in each school's weekly ePackets.

- Share with students and parents information concerning the nutritional content of school meals, to the extent possible.
- Schedule meal periods at appropriate times (e.g., lunch between 11:00 a.m. and 1:00 p.m.) and allow adequate, uninterrupted periods for meals.
- Discourage parents from picking students up from school during mealtime.
- Provide student access to hand washing or hand sanitizing before meals and snacks.
- Provide a clean, safe, and pleasant eating environment.
- Provide free drinking water during meals, including both drinking fountains and water bottle refilling stations.
- Provide nutrition education that addresses agriculture and the food system throughout the year during garden classes that are weekly for all students in grades K - 3 and through garden club for grades 4 - 6.

### **Nutrition Standards for Competitive and Other Foods and Beverages**

The Board believes that foods and beverages available to students at district schools should support the health curriculum, contribute to the reduction of childhood obesity, and promote optimal health.

The district shall:

- Ensure school organizations use food items that meet or exceed state and federal nutrition standards or non-food items for fundraising purposes and encourage fundraising projects that promote physical activity.
- Ensure all foods and beverages that are sold to students at school, during or after the school day, including foods and beverages provided through the district's food service program, meet or exceed USDA minimum nutrition standards.  
(USDA Smart Snacks [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf))
- Ensure all foods and beverages available to students during before/aftercare meet or exceed USDA minimum nutrition standards.  
(USDA Smart Snacks [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf))
- Ensure that foods and beverages that do not meet nutrition standards are not promoted in any way (e.g., through signage, vending machine fronts, school supplies), and are sold to students only in accordance with Education Code requirements.
- Offer and promote healthy food and beverage products at all school-sponsored events
- Require that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards.
- Require that schools limit celebrations and classroom parties that involve food during the school day and encourage the servings of healthful foods.
- Encourage parents to send a healthy snack daily. Educate parents about what is healthy and appropriate for students' snacks and lunch.
- Promote healthy nutrition through the Health and Wellness section of our website and information included on monthly menus.
- Provide free drinking water at both school sites including drinking fountains and reusable water bottle filling stations.
- Provide a link to the USDA Smart Snacks website on the district website.  
([http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf))

## **Physical Education and Physical Activity**

### **Physical Education**

The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Physical education is taught using a planned sequential curriculum that is consistent with the expectations established in the state's curriculum and content standards and age-appropriate instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle. Physical education activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate in the achievement of common goals. The district shall meet the minimum requirements of 200 minutes every 10 days for physical education as specified in the Education Code. The class size ratio for PE classes shall remain the same as for regular classrooms. A credentialed PE teacher who participates in on-going professional development shall teach PE classes.

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 make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. Temporary exemptions from physical education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. The district will not allow students to substitute other activities for physical education.

### **Physical Activity**

All students in grades K-6 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 athletic programs, extracurricular programs, and other structured and unstructured activities.

The district shall:

- Provide time before school for students to play and encourage parents to participate.
- Require at least 35 minutes a day of supervised recess/lunch recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity.
- Provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions.
- Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.
- Require after school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
- Make school facilities and open spaces available to students, staff, Cardiff community members and agencies during non-school hours, subject to the district's facility use policy.
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement for these rules and procedures.
- Promote physical activity among staff and encourage staff to engage in regular physical activity, including *Cardio Club*

- Promote parent participation in our weekly *Cardio Club* and annual *Jog-a-Thon* activities.
- Provide opportunities for teacher training in physical activity.
- Encourage active transport to and from school through our Walk/Bike to School Program.
- Provide after-school opportunities for physical activity through our Extended Day Program and After School Enrichment.

### **Wellness Promotion and Marketing**

The Board recognizes the importance of providing an environment that promotes students' mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.

The district shall:

- Provide student access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.
- Our health techs (under the direction of our school nurse) and school nurse provide health services addressing existing and potential health problems, including providing first aid, emergency care and assessment planning for the management of chronic conditions (such as asthma and diabetes). Students are provided physical health screenings (e.g., vision and hearing) and management of acute health incidents (e.g., allergic reactions, asthma attacks, and low blood sugar) in the school setting.
- Provide student access to credentialed school counselors, psychologists, or trained personnel who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises.
- Require schools to provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe.
- The district social emotional learning team will provide one on one, small group, and classroom support to establish a clear set of behavioral outcomes that promote healthy eating and physical activity behaviors. Students will be provided an opportunity to analyze influences, enhance interpersonal communication, good decision making, goal setting, self-management, and advocacy.
- Require all school-based before and after-school programs be aligned with the health and wellness policies adopted by the district.
- Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
- Provide consistent health education to parents and families, including but not limited to nutrition and physical activity, (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).
- Encourage all parents to obtain an oral health screening for their child from a dental professional prior to entering kindergarten or first grade and learn about and practice good dental health care.
- Promote staff wellness programs that support employees' efforts to improve their personal health and fitness so they can serve as role models for promoting the health of others, including students.

- Conduct and promote participation in school climate surveys, data sharing, and utilizing data to improve school climate.
- Ensure a positive workplace environment with a focus on diversity and inclusion practices.
- Encourage staff to model healthy eating/drinking and physically active behaviors.
- Encourage schools to not use foods as rewards and that food is not withheld as a punishment.
- Ensure that physical activity is not used as a punishment and discourage withholding physical activity as a punishment.
- Promote physical activity as a reward.
- Promote physical activity through classroom activities, Cardio Club, and after school enrichment.
- Promote healthy food and beverage choices through our district website, posters and wall murals at school sites, and nutrition education.
- Provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school/district food service personnel, other staff and members of the District Wellness Committee.
- In partnership with our parent organization, promote family wellness activities that include nutrition and physical activity.
- Educate students and families about the importance of and various methods of sun protection. Have sunscreen available for student use as needed.

### **Implementation, Evaluation, and Communication**

The district superintendent or designee shall ensure district wide compliance with this policy. The district superintendent or designee shall assign operational responsibility for implementing this policy to at least one person at the district level and designate a lead at each school site.

- The district shall establish an ongoing District Wellness Committee with community-wide representation. Information about joining the council will be made available to parents each school year.
- The District Wellness Committee shall conduct an annual assessment of nutrition and physical activity programs and policies, to be compiled at the district level and reported to the school community.
- Progress toward implementation of this policy shall be made available to the public on the district website.
- The district Wellness Policy including triennial assessment results shall be found on the district website at [www.cardiffschools.com](http://www.cardiffschools.com) in the Health and Wellness section.
- Information about Health and Wellness goals and activities shall be included in the parent and staff ePacket and discussed at SEA meetings, and available in the Health and Wellness section of our district website. An email address will be provided to solicit comments and suggestions.
- As necessary, the Wellness Policy shall be revised to set new priorities and to address changes in state and federal law.

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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; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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