

# National School District Wellness Policy

The health and wellness of National School District students is critical to the success they have in the classroom and in life. The Wellness Policy is a comprehensive guideline to regulate healthy eating and healthy living while students are on campus and for the promotion of such behaviors when they are on their own. Guidelines set here include meal services, fundraising, special events, physical education, and other aspects of the school environment.

## GOALS

### Nutrition

1. Increase nutrition promotion at every school site through nutrition education and nutrition related events
2. Encourage schools to maintain instructional gardens to offer students the experience of planting, harvesting, preparing and serving tasty food. These experiences will be integrated with nutrition education and core curriculum.
3. Provide students access to hand washing or hand sanitizing before a meal or snack.

### Physical Activity

1. Ensure that students in other programs involving physical activity are not used as a substitute for meeting the physical activity education requirement.
2. Require supervised recess for elementary students during which staff shall encourage moderate to vigorous physical activity and provide students periodic breaks during extended periods of inactivity.

### Staff Wellness

1. The district shall promote staff wellness programs that support employees' efforts to improve their personal health and fitness.

## WELLNESS COMMITTEE

The National School District (District) has an existing Wellness Committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The Wellness Committee membership is ideally composed of Parents, Principals, Child Nutrition Services, Health Services, Teachers, District Administrators, and representatives of local and state hunger and welfare agencies. The Wellness Committee works to assist in developing, implementing, monitoring, and revising the District's Wellness Policy and the goals as related to the District's Strategic Plan.

### Leadership

The designated official for oversight is:

Nutrition Coordinator of Child Nutrition Services

## **NUTRITION**

Meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- offer a variety of fruits and vegetables, and;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by USDA).

### **Student Privacy**

All students in the district receive school meals at no charge, therefore there is no identification of students who qualify for free or reduced-price meals.

### **Nutrition Standards**

Meals provided to students under the SBP and the NSLP by the District will meet all regulations with regards to portion sizes and meet or exceed all regulations with regards to nutrition, service, and sanitation. Adherence to these regulations will be closely monitored by the CNS department throughout the calendar year.

### **Qualifications of Child Nutrition Program Staff**

Qualified child nutrition professionals will administer the school meal programs. Child Nutrition Services staff development includes appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **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, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom when feasible.
- All District schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to take advantage of the School Breakfast Program or provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Summer Food Service Program**

Meals will be supplied to all summer school students in the District, Special Education students (extended year), and all summer camp participants. These meals are subject to the same nutritional standards as meals during the regular school year.

## **Mealtimes and Scheduling**

School administrators:

- will, to the extent possible, provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- use creative methods to keep noise to a minimum while allowing students to socialize during mealtimes; and the use of megaphones, whistles, and “no talking” rules are discouraged;
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

## **Free Drinking Water**

Fresh drinking water will be provided for free during all mealtimes in food services areas at all District schools, including both indoor and outdoor eating areas.

## **Sharing of Foods and Beverages**

School personnel 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. The spread of virus and bacteria borne illness is also partially prevented this way.

## **Snacks for the After-School Program**

The CNS department will provide snacks to students in any type of District sanctioned after-school care. The after-school coordinator(s) is responsible for contacting the CNS department and making arrangements to initiate/change/or terminate this program throughout the school year.

## **Withholding Food as Punishment**

Denying students who qualify for free or reduced meals the opportunity to eat at mealtime is a violation of federal law. The threat to withhold or actually withholding food as a form of punishment is not permitted in the District.

## **Fundraising**

Fundraising is a critical and necessary activity in the District. The procedures listed below are designed to help create healthy fundraising activities while contributing to good nutrition and promoting good diet habits. Aside from the sale of foods and beverages, groups will be encouraged to sell non-food items to raise funds.

## **Fundraising During the School Day**

During the school day, student organizations may sell only one food item on campus upon approval. The sale must be after the noon meal, and the food

cannot be prepared on campus. They may only have four sales per school per year, and the food item offered must not be the same as offered in the school cafeteria on the same day.

**Foods and Beverages for Fundraising Sales After the School Day** All foods and beverages sold or otherwise provided to students for fundraising activities must take place no sooner than 30 minutes after the end of the school day, and must be Senate Bill (SB) 12 and SB 965 compliant.

SB 12 compliant snacks are:

- Must be a fruit, vegetable, dairy, protein, or whole grain items\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit and vegetables
- With the exception of nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo
  - Not more than 35% of total calories from Fat, and
  - Not more than 10% of total calories from Saturated Fat
- Not more than 35% of total weight from Sugar (except fruit, non-fried vegetables, dried fruit and nut/seed combo), and
- Not more than 0.5 grams trans-fat per servings, and
- Not more than 200 milligrams sodium per item/container, and
- Not more than 200 calories per item/container

SB 965 compliant beverages are:

- Fruit or Vegetable juice:
  - No less than 50% juice, and
  - no added sweeteners, and
  - not more than 8 fluid ounce serving size
- Milk:
  - Not more than 8 fluid ounce serving size, and
  - 1 percent (unflavored), nonfat (flavored or unflavored), and
  - contains Vitamins A and D, and
  - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
  - Not more than 28 grams of total sugar per 8 fluid ounces
- Non-dairy milk
  - Must be nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces
- Water:
  - No added sweeteners and no serving size limit

### **Celebrations**

All persons providing beverages and snacks for class celebrations and school sponsored events shall adhere to SB 12 and SB 965 standards as listed above. Class and/or birthday celebrations will be planned to take place after lunch service. Only foods or beverages produced in a commercial kitchen or facility which is subject to regular health inspections by a local, state, or federal agency

may be served to students; no homemade foods of any kind may be served.

Student allergies should be reviewed and considered when planning such events. This information is available from the school nurse or from CNS.

### **Rewards**

It is highly recommended, when rewarding students for academic performance or good behavior, that food not be used as incentive. Among other reasons, this practice teaches kids to eat when they are not hungry as a reward to themselves. These types of learned behaviors contribute to poor eating habits as the child grows. However, if food items are given as a reward, they must meet or exceed SB 12 and SB 965 as listed above.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually (SB 12 and SB 965). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. The marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, marquees, school supplies, advertisements in school publications, coupons, or incentive programs is prohibited.

## **HEALTH SERVICES**

A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.

Counseling and school psychologist services will promote social-emotional development, enhance resiliency, and provide protective buffers within the school community. Personnel 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 learning and staff well-being such as bullying, alienation, and student disengagement from classroom learning.

## **PHYSICAL EDUCATION**

All students in grades K-6 will 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, before and after school programs, and other structured and unstructured activities.

The district will provide all students Pre-K through 12 with Physical Education, using age-appropriate sequential Physical Education lessons consistent with the expectations established in the state's curriculum framework and content standards.

The Physical Education lessons will promote 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.

### **Active Transport**

The district will encourage students to walk or bike to school. The district will assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school.

### **Joint Use Agreements**

As necessary to ensure efficient use of school facilities, the Superintendent or designee may, with the Board's approval, enter into an agreement for the joint use of any school facilities or grounds. The Board shall approve any such agreement only if it determines that it is in the best interest of the district and the community. (Board Policy 1330)

### **Daily Physical Education**

All students in grades 1-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent to reach 200 minutes every ten days) for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

The Superintendent or designee may grant a student a temporary exemption from physical education under either of the following conditions: (Education Code 51241)

1. The student is ill or injured and a modified program to meet the student's needs cannot be provided.
2. The student is enrolled for one-half time or less. (Board Policy 6142.7)

### **Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, 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**

All District schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools are encouraged to 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 childcare 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.

### **Physical Activity as Punishment**

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

### **Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses 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 SB12 and SB965 nutrition standards for individual foods and beverages. CNS can provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities upon request

The District/school will 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 will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

## **MONITORING, IMPLEMENTING AND POLICY REVIEW**

### **Monitoring**

The Superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. All schools in the District will be expected to comply with all aspects of the Wellness Policy. At no time will exceptions be permitted. Incidents of non-compliance will be reported to the Superintendent or designee.

Specifically:

- CNS staff at the school or district level will ensure compliance with nutrition policies within school food service areas.
- School Principals will ensure compliance with requirements for foods and beverages served for fundraisers and other activities.
- School Principals will ensure compliance with the physical activity requirements.

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; 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.

### **School Site Audits**

School sites will be audited each year by the Superintendent or designee to provide feedback and help ensure compliance with all Wellness Policy requirements. The results of each audit will be reviewed with the Assistant Superintendent of Educational Services, with the school Principal, and with the Director of Business Support Services. Results will also be available to the public as required under the Healthy, Hunger-Free Kids Act of 2010.

**California Department of Education Nutrition Services Audit** CNS is audited every three years by the California Department of Education to ensure compliance with all state and federal regulations. This audit encompasses all aspects of the department, including nutrition requirements of the menu, all financial records, service at the school sites, sanitation, and record keeping.

District compliance with the Wellness Policy and the accompanying annual school site audits are reviewed by state auditors at that time as well.

### **Policy Review**

The Wellness Committee will, as necessary, revise the wellness policies, make recommendations to the Board, and develop work plans to facilitate their implementation.