

Policy 5030: Student Wellness

Status: ADOPTED

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The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.30)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.30)

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

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

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

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

Director, Child Nutrition
619-668-5700 ext 4720
jill.whittenberg@lmsvschools.org

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include,

but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.30)

School Health Councils

The District and/or individual schools within the District will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils will also serve as resources to school sites for implementing those policies. A school health council consists of a group of individuals representing the school and community, and should include: parents/guardians, students, representatives of the school food authority, members of the school Board, school administrators, teachers, health professionals, and members of the public.

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

1. Meals served through the National School Lunch and Breakfast Programs shall:
 - a. Be appealing and attractive to children
 - b. Be served in clean and pleasant settings
 - c. Meet, at a minimum, the goal of exceeding nutrition requirements established by local, state, and federal statutes and regulations
 - d. Offer a larger variety of fresh fruits and vegetables
 - e. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
 - f. Ensure that at least seventy-five percent of the served grains are whole grain and/or a mixture of grains
 - g. Create a menu of more scratch cooking items and less processed foods

Schools should engage students and parents/guardians, through taste-tests of new entrees, surveys and school assemblies, 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/guardians and students. Such information could be made available on menus, websites, cafeteria menu boards, place cards or other point-of-purchase materials.

2. 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:
 - a. Schools will, to the extent possible, operate the School Breakfast Program
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
 - c. Schools that serve breakfast to students will notify parents/guardians and students of the availability of the School Breakfast Program
 - d. Schools will encourage parents/guardians to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means
3. Free and Reduced Price 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. Toward this end, 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; and/or use nontraditional methods for serving school meals.
4. Seamless Summer Food Service Program: Schools in which more than 50 percent of students are eligible for free or reduced price school meals will sponsor the Seamless Summer Food Service Program.
5. Meal Times and Scheduling: Schools shall -
 - a. Work with the District to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch

- b. Work with the District to schedule meal periods at appropriate times
 - c. Schedule student meetings during lunch periods only if children are allowed to eat during the mealtime
 - d. Encourage lunch periods to follow recess periods (in elementary schools)
 - e. Provide students with access to hand washing or hand sanitizing before they eat meals or snack
 - f. Make reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or tooth decay risk)
 - g. Encourage lunch table sanitation
6. Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the District's responsibility to operate a food service program, the District 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.
7. Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
8. Foods and Beverages Sold Individually: (This includes foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte/snack lines, fundraisers, school stores, etc.)
- a. Elementary Schools - The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should also be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Elementary School Grades - Food Restrictions

- An elementary school contains no grade higher than grade 6
- Effective from midnight to one-half hour after school
- Applies to ALL foods sold to students by any entity
- Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods MUST:

- Contain no more than 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit/nut/seed combo with no added fat/sugar, fruit, non-fried veggies), and
- Contain less than 10% calories from saturated fat (except reduced-fat cheese, dried fruit/nut/seed combo with no added fat/sugar), and
- Contain no more than 35% sugar by weight (except fruit*, non-fried veggies, dried fruit/nut/seed combo with no added fat/sugar), and
- Contain less than 0.5 grams trans-fat per serving (no exceptions), and
- Contain no more than 230 milligrams sodium (no exceptions), and
- Contain no more than 175 calories per item/container (no exceptions)

AND MUST meet ONE of the following:

- Fruit
- Non-fried vegetable
- Dairy food
- Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- Whole grain item**

If exempt food(s) combine with nonexempt food(s) or added fat/sugar, they must meet ALL nutrient standards above.

* Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- The statement "Diets rich in whole grain foods and low in total fat may help reduce the risk of heart disease", or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight

Non-compliant foods may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL GRADES - BEVERAGE RESTRICTIONS

- An elementary school contains no grade higher than grade 6
- Effective from midnight to one-half hour after school
- Applies to ALL beverages sold to students by any entity
- Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk or water AND meet all criteria under that specific category.

Compliant beverages MUST:

Fruit or Vegetable juice:

- Contain at least 50% juice, and
- Contain no added sweeteners, and
- Contain no more than 8 fl. oz. per serving size

Milk:

- Contain cow's or goat's milk, and
- Contain 1% (unflavored), nonfat (flavored, unflavored), and
- Contain Vitamins A & D, and
- Contain at least 25% of the calcium Daily Value per 8 fl. oz., and

- Contain 28 grams or less of total sugar per 8 fl. oz., and
- Contain no more than 8 fl. oz. per serving size

Non-dairy milk:

Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), per 8 fl. oz. must:

- Contain no less than 276 mg calcium, and
- Contain no less than 8 g protein, and
- Contain no less than 500 IU Vitamin A, and
- Contain no less than 100 IU Vitamin D, and
- Contain no less than 24 mg magnesium, and
- Contain no less than 222 mg phosphorus, and
- Contain no less than 349 mg potassium, and
- Contain no less than 0.44 mg riboflavin, and
- Contain no less than 1.1 mcg Vitamin B12, and
- Contain no more than 28 grams of total sugar per 8 fl. oz., and
- Contain no more than 5 grams fat per 8 fl. oz., and
- Contain no more than 8 fl. oz. serving size

Water:

- Contain no added sweeteners
- Have no serving size limit

ELEMENTARY SCHOOL GRADES - STUDENT ORGANIZATIONS

Effective from midnight to one-half hour after school.

Applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

- Only one food or beverage item per sale.
- The food or beverage item must be pre-approved by the governing board of the District.
- The sale must occur after the lunch period has ended.
- The food or beverage item cannot be prepared on campus.
- Each school is allowed four sales per year.
- The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

- b. Middle Grades - In middle grades, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte/snack lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

MIDDLE SCHOOL GRADES - FOOD RESTRICTIONS

- A middle/junior high contains grades 7 or 8; 7 to 9; or 7 to 10
- Effective from midnight to one-half hour after school
- Applies to ALL foods sold to students by any entity
- Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

a. "Snack" food items must:

- Contain 35% or fewer calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit/nut/seed combo), and
- Contain less than 10% of calories from saturated fat (except reduced-fat cheese, dried fruit/nut/seed combo), and
- Contain 35% or less sugar by weight (except fruit*, non-fried veggies, dried fruit/nut/seed combo), and
- Contain less than 0.5 grams trans fat per serving (no exceptions), and
- Contain 230 milligrams or less sodium (no exceptions), and
- Contain 200 calories or less per item/container (no exceptions)

AND MUST meet ONE of the following:

- Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
- Contain 10% or more DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- Be a combination food containing at least ½ cup fruit or vegetable

b. "Entree" food items must be:

- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks - these are considered a "snack")

AND an individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must:

- Contain 400 calories or less, and
- Contain 4 grams or less of fat per 100 calories, and
- Contain less than 0.5 grams trans fat per serving

An entree sold by Food Service if not on the menu the day of or day after, or any other entity (PTA, student organization, etc.) must:

- Contain 35% or fewer calories from fat, and

- Contain less than 10% calories from saturated fat, and
- Contain 35% or less sugar by weight, and
- Contain less than 0.5 grams trans fat per serving, and
- Contain 480 milligrams or less sodium, and
- Contain 350 calories or less

AND MUST meet ONE of the following:

- A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Contain at least 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- Be a combination food containing at least ½ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar, they must meet ALL nutrient standards above.

* Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- The statement "Diets rich in whole grain foods and low in total fat may help reduce the risk of heart disease", or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

MIDDLE SCHOOL GRADES - BEVERAGE RESTRICTIONS

- A middle/junior high contains grades 4 to 8, or 7 to 8
- Effective from midnight to one-half hour after school
- Applies to ALL beverages sold to students by any entity
- Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:

Fruit or Vegetable juice must:

- Contain at least 50% juice, and
- Contain no added sweeteners, and

- Contain no more than 12 fl. oz. per serving size

Milk must:

- Contain cow's or goat's milk, and
- Contain 1% (unflavored), nonfat (flavored, unflavored), and
- Contain Vitamins A & D, and
- Contain at least 25% of the calcium Daily Value per 8 fl. oz., and
- Contain no more than 28 grams of total sugar per 8 fl. oz., and
- Contain no more than 12 fl. oz. per serving size

Non-dairy milk must:

- Be nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
- Contain no more than 28 grams of total sugar per 8 fl. oz., and
- Contain no more than 5 grams fat per 8 fl. oz., and
- Contain no more than 12 fl. oz. per serving size

Water must:

- Contain no added sweeteners
- Have no serving size limit

No-Calorie Electrolyte Replacement Beverages (not allowed in middle schools) must:

- Contain water as first ingredient, and
- Contain no more than 16.8 grams added sweetener per 8 fl. oz., and
- Contain no more than 5 cal/8 fl. oz. (or no more than 10 cal/20 fl. oz.), and
- Contain 10-150 mg Na⁺/8 fl. oz., and
- Contain 10-90 mg K⁺/8 fl. oz., and
- Contain no added caffeine, and
- Contain no more than 20 fl. oz. per serving size

Low-Calorie Electrolyte Replacement Beverages (not allowed in middle schools) must:

- Contain water as first ingredient, and
- Contain no more than 16.8 grams added sweetener/8 fl. oz., and
- Contain no more than 40 calories/8 fl. oz., and
- Contain 10-150 mg Na⁺/8 fl. oz., and
- Contain 10-90 mg K⁺/8 fl. oz., and
- Contain no added caffeine, and
- Contain no more than 12 fl. oz. per serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE SCHOOL GRADES - STUDENT ORGANIZATIONS

- Effective from midnight to one-half hour after school
- Applies ONLY to food and beverage sales by student organizations
- Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.)
- Food or beverage item(s) must be pre-approved by governing board of the District
- Only one student organization is allowed to sell each day
- Food(s) or beverage(s) cannot be prepared on the campus
- The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day

In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

9. Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities should not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The District will make available a list of ideas for acceptable fundraising activities.

10. 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, which includes fruit and vegetables and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers and school support staff, after-school program personnel, and parent/guardians. In addition, the District will disseminate a list of prohibited food items.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

11. 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:

- a. The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subject area instruction to enhance learning.
- b. Exploring and establishing partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate.
- c. The sustainability of school gardens through activities including, but not limited to, grant writing, fundraising, and/or in-kind donations of materials or other resources.

12. Farm to School: The District has a three-tiered definition of local that applies to fresh (raw, cut) and value-added products:

- a. San Diego Local - grown/processed within 25 miles of San Diego County border.
- b. Regional - grown/processed within 250 miles of San Diego County and is within the state of California
- c. California - grown/processed within the state of California

Locally grown - the term refers to fresh or lightly processed fruits and vegetables which have been grown and/or raised within the area defined as follows: foods which are manufactured in San Diego, but do not contain food grown or raised within the area defined by La Mesa-Spring Valley Schools to be local. These items

will be considered to be a locally manufactured food product and they should be tracked and marketed as such.

13. Harvest of the Month: The Child Nutrition Department has implemented the Harvest of the Month Program to feature a different locally grown fruit or vegetable monthly for marketing promotions. The featured fruit or vegetable will be identified and communicated with the vendor each month so that the most economical and freshest produce can be purchased. The Child Nutrition Department has implemented school site Farmer's Market Assemblies.
14. California Thursdays: The Child Nutrition Department has collaborated with the Center for Ecoliteracy to serve freshly prepared school meals made from California-grown food every Thursday. California Thursdays creates an achievable route to changing a system that currently favors highly processed, less nutrient-dense food.
15. Rewards: Rewards for academic performance or good behavior will emphasize nonfood incentives. Schools will not use food (e.g., candy) as a reward or punishment.
16. Celebrations: Schools should limit celebrations that involve food during instructional time to no more than three times per school year. Each party should include no more than one serving per child. The celebratory item may not be given prior to the last thirty minutes of the school day. The District will disseminate a list of healthy party ideas to parent/guardians and teachers.
17. School-sponsored Events: Events may include, but not be limited to, athletic events, dances, or performances. Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals, or for foods and beverages sold individually (above). During such events, at least two items should be from the approved list. The District will provide a list of appropriate and inappropriate items.

Nutrition and Physical Activity Promotion and Food Marketing

1. Nutrition Education and Promotion: The District will teach, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that might include, but is not limited to, the following. In the District, Nutrition Education/Promotion shall:
 - a. 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
 - b. Integrate classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects. Inform teachers of available curriculum from various councils
 - c. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, taste testing, farm visits and school gardens
 - d. Utilize school resources such as local farm visits and school gardens to create models for healthy activities and help students learn about their food system and apply academic concepts with hands-on activities
 - e. Promote the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices
 - f. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
 - g. Link with school meal programs, other school foods and nutrition-related community services
 - h. Teach media literacy with an emphasis on food marketing, including training for teachers and other staff
2. Integrating Physical Activity into the Classroom Setting: for students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:
 - a. 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

- b. Opportunities for physical activity will be incorporated into other subject lessons
 - c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
3. **Communications with Parent/Guardians:** The District will support parent/guardians' efforts to provide a healthy diet and daily physical activity for their children. The District will offer healthy eating seminars for parent/guardians, send home nutrition information, post nutrition tips on school websites and provide nutrient analyses of school menus. Schools will encourage parent/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District will provide parent/guardians a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition, the District will provide opportunities for parent/guardians to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school based physical activity opportunities before, during and after the school day; and support parent/guardians' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through websites, newsletters, other take-home materials, special events or physical education homework.

4. **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 nutrition standards for meals, or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. Healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be permitted.
5. **Staff Wellness:** The District 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. Each school will establish and maintain a staff wellness committee. The District wellness committee will have a school health council member, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist. The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

Physical Activity Opportunities and Physical Education

1. **Daily Physical Education (P.E.) K-8:** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for middle school students) for the entire school year. Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
2. **Daily Recess:** All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. The District encourages schools to schedule lunch recess before the designated lunch period.

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 be moderately active.

3. **Physical Activity Opportunities Before and After School:** All elementary and middle schools will be encouraged to seek opportunities to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs that meet the needs, interests and abilities of all students, students with disabilities and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage through the provision of space,

equipment and activities, daily periods of moderate to vigorous physical activity for all participants.

4. **Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment. Teachers and other school and community personnel are discouraged to withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
5. **Safe Routes to School:** The District will assess and, if necessary and to the extent possible, make needed improvements 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 District will explore the availability of federal "safe routes to school" funds, administered by the state Department of Transportation, to finance such improvements.
6. **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. These spaces and facilities should also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review

1. **Monitoring:** The Child Nutrition Director and Director of Student Services 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 District Child Nutrition Director and Director of Student Services.

School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the state agency within the past five years, the District will request from the state agency that a SMI review be scheduled as soon as possible.

The Child Nutrition Director and Director of Student Services will develop a summary report every three years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board and also distributed to all school health councils, parent/guardian/teacher organizations, school principals, and school health services personnel in the District.

2. **Policy Review:** To help with the initial development of the District's wellness policies, each school in the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. 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. As part of that review, the District will review our nutrition and physical activity policies; provide an environment that supports healthy eating and physical activity; and review and revise 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.
