

Regulation 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 02/09/2021 | **Last Revised Date:** 05/09/2023 | **Last Reviewed Date:** 05/09/2023

The following objectives and standards have been established in support of the Wellness Policy.

A. WELLNESS COMMITTEE FOR STUDENT NUTRITION AND PHYSICAL ACTIVITY

The Superintendent has appointed the Director of Student Services as the Wellness Committee Coordinator. Members of the Wellness Committee shall consist of representatives of parents/guardians/caregivers, students, school nutrition service professionals, school administrators, Board of Education representatives and members of the public. Other members may include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors and/or others interested in school health issues. This advisory committee will assist in the policy development of district programs and activities regarding student nutrition, physical education, and nutrition education.

B. FOOD NUTRITION STANDARDS, NUTRITION EDUCATION AND PHYSICAL ACTIVITY GOALS

1. PHYSICAL WELLNESS POLICY

All District schools shall meet or exceed the mandated minutes required by the State of California and shall meet or exceed the California State Content and Performance Standards for Physical Education:

- Physical education instruction at the elementary level will include at least 200 minutes of instruction each ten school days (Education Code 51210) for all students, including students with disabilities, special health care needs, and those in alternative education settings.
- Physical education instruction at the secondary level will include at least 400 minutes of instruction for each ten school days for all students in grades 6 - 12 who do not qualify for an exemption, including students with disabilities, special health care needs, and those in alternative education settings (Education Code 51222).
- The required number of instructional minutes must occur during the school day and be taught by a credentialed teacher. Physical education programs must provide learning opportunities, appropriate instructions, and meaningful and challenging content for all children.

The goals for Physical Education are:

- a. Provide quality physical education which is content standards aligned, sequential and comprehensive, enjoyable, safe, and in a secure learning environment.
- b. Provide a comprehensive and sequential physical education program for students in grades 9-12 that includes the eight core content areas as described by the California Code of Regulations, Title 5, Section 10060.
- c. Provide adequate space to maximize practice opportunities for each student.
- d. Provide adequate equipment for all students to be actively engaged individuals.
- e. Provide adequate student preparation for the state-adopted test (currently FITNESSGRAM). All 5th, 7th, and 9th grade students must be enrolled in a Physical Education course. Successful completion of 5 of 6 subtests will allow for elective opportunities after 9th grade.
- f. Provide classroom and physical education teachers with professional development that includes scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the FITNESSGRAM.
- g. FITNESSGRAM physical performance tests shall be administered in grades 5, 7, and 9 by a credentialed teacher during the district-approved testing window (Education Code 60800). Exemption from courses in physical education will be provided for two years anytime during grades 10-12 upon passing 5 of 6 subtests on the FITNESSGRAM.
- h. LCAP actions/services may support meeting Physical Education goals.

Physical Activity - All students shall be provided opportunities to be physically active on a regular basis. Physical activity simply means movement of the body that uses energy. The goals for Physical Activity are:

- a. Endorse physical activity as a positive and enjoyable aspect of dynamic living and individual excellence.
- b. Physical activity should be integrated into instructional time.
- c. Recess, extended day learning programs and before/after-school physical activity opportunities will complement, not substitute, physical education class.
- d. Offer extracurricular activity programs for elementary, middle, and high school students before and after school with physical activity clubs or intramural programs, in a variety of supervised activities.
- e. Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) or withhold physical activity (i.e., recess, physical education) as punishment (Education Code 49001).
- f. Support and encourage active transport to and from school, such as walking or biking.
- g. Support joint or shared-use agreements for indoor and outdoor physical activity so facilities are available to students, their families, and community members outside of school hours.
- h. LCAP actions/services may support meeting student Physical Activity goals.

2. SUGGESTED ROUTES TO SCHOOLS

- Walking to and from school is an excellent physical activity for students.
- The school district should assess and, if necessary, improve students' ability to safely walk to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking to school.
- Suggested Routes to School - In developing suggested routes to school, the State of California Department of Transportation manual on Uniform Traffic Control Devices, Traffic Control for School Areas has determined standards for signs, markings, signals, crossing supervision, and grade-separated crossings. The District utilizes this manual to create suggested routes to schools. Oceanside Unified School District will contact the City of Oceanside to make recommendations for traffic signage and traffic control where appropriate. Additionally, the District will create a School Pedestrian Safety Committee under the auspices of the School Intervention Manager on an "as needed" basis for each school site to identify and outline suggested school routes as per the standards established in the above-listed manual. The committee will meet once a year to evaluate District safe school routes in the city. Members of the Committee shall include students, parents/guardians/caregivers, traffic engineers, representatives from local law enforcement, and municipal planners, in addition to school staff. Additionally, the School Pedestrian Safety Committee shall make recommendations on proposed improvement projects, notify appropriate authorities regarding school safety issues, review and process requests/concerns, and provide pedestrian safety education to students, parents/guardians/caregivers, and school representatives as appropriate.

3. USE OF SCHOOL FACILITIES FOR ORGANIZED AFTER SCHOOL PROGRAMS

- It shall be the policy to allow organized after-school recreational activities on school property. School events and events scheduled under the Civic Center Act (Ed Code Section 38130-38139) shall have the first priority, the recreation program established by an authorized municipality or non-profit organization shall have the second priority, and any other events by other organizations or agencies shall have third priority.
- All school-based before and after school programs should be aligned with the health and wellness policies adopted by the District.

- Refer to Section C, Item 2(c): Program Implementation and Evaluation - Monitoring.

4. ENSURE NUTRITIONAL STANDARDS ARE BEING MET IN THE SCHOOL LUNCH/BREAKFAST AND REIMBURSABLE MEAL PROGRAMS

Food and Nutrition - Our school district is committed to serving healthy meals to children. 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. The district will offer reimbursable school meals that meet or exceed the USDA nutrition standards, (<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>).

The goals for Food and Nutrition are to:

- Promote healthy, nutrient dense food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs
- Purchase as much organic, San Diego local, regional, and California grown food as possible from environmentally sustainable sources. Offer plant-based and vegetarian entrees.
- Increase student access to healthy breakfast and lunch meals.
- Offer Second Chance breakfast at all school sites.
- Provide adequate time for students to obtain and consume their meals during breakfast (10 minutes) and lunch (20 minutes) and encourage two lunch periods at middle and high schools.
- Make available free potable drinking water for all students, at minimum during mealtimes. Encourage the use of water stations.
- Only permit the marketing and advertising of foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
- Ensure that foods and beverages sold and served on school campuses to students starting at midnight and up to one half hour after the school day comply with the federal nutrition standards (Smart Snacks in School) and the CDE's Competitive Food and Beverage nutrition standards (<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>).
- Ensure all foods and beverages offered or provided on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards and meet state nutrition standards, including celebrations, parties, classroom snacks, and student rewards for performance or behavior.
- Discourage the use of food or beverages as rewards for performance or behavior. The district will provide teachers and other relevant school staff a list of alternative ways to reward children.
- During school hours, all school fundraisers on the school campus should comply with the federal nutrition standards (Smart Snacks in School) and the CDE's Competitive Food and Beverage nutrition standards (<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>).
- Provide unbiased, evidence-based resources, consistent with the expectations established in the state's Curriculum Frameworks and Content Standards, to conduct nutrition education and nutrition promotion that link to school meal programs, cafeteria promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services.

Nutrition Education

- Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the health education program in grades Pre-K through 12 and, as appropriate, shall be integrated into instruction in core academic subjects and offered through before and after-school programs.
- The district's nutrition education program shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed

to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Experiential Learning

Each school is encouraged to establish a school garden to be used as an outdoor classroom for nutrition, science, and other lessons. Staff shall integrate experiential education activities-such as planting, harvesting, cooking demonstrations, and farm tours into existing curricula at all grade levels as a means to enhance student understanding of the food system, reinforce healthy nutrition behaviors, and promote locally produced food to students.

Integration with the School Food Environment

Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering garden- and local farm-grown food whenever possible within the reimbursable federal meal program, a la carte sales, fundraising, student-run vending programs, and after-school/extracurricular programs.

Annual Progress Reports

The district will compile an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be compiled around the same time each year and will be presented to the school board and the superintendent.

5. INCREASE PARTICIPATION IN SCHOOL LUNCH/BREAKFAST PROGRAM

- a. All qualified students will become eligible for free meals through frequent checking and coordination with county services (Direct Certification).
- b. The students qualifying for reduced-price meals will continue to receive school lunches and breakfasts without charge. This insures that all low-income children have healthy food available at no cost.
- c. "Second Chance" breakfasts offer an additional opportunity for students to purchase a morning meal ensuring that all students are offered an extra opportunity to eat a nutritious meal early in the day. It is required that all schools offer this option.
- d. Maximum participation in the school meal program is achieved through a coordinated, comprehensive outreach and promotion plan that has put systems in place that ensure the elimination of the stigma of accepting "free" meals through the implementation of a computerized point-of-sale system. In addition, an online application process and payment option (PayPams) has been instituted to enhance confidentiality and allow for increased communication between parents and food services personnel.

6. ELIMINATION OF CANDY

- Candy or any other food of minimal nutritional value will no longer be available for sale or as a give-away item from any entity to students or available in student vending machines and stores. (SB12)
- This policy is to be followed for classroom parties and special events, and on-campus fund-raisers starting at midnight and up to one half hour after the school day.

7. ELIMINATION OF TRANS FAT AND FRIED FOODS

Schools, groups, and organizations do not sell items containing Trans fats or fried foods (SB80).

8. ASB

Associated Student Body (ASB) or any group or organization that is allowed to sell food on campus (see attachment) must follow the following procedures:

- a. Serve no more than six (6) items each day from no more than three (3) categories - pre-approved

by the Nutrition Services Director

- b. No more than four (4) Point of Sale (POS) per day
- c. Must not sell any open or potentially hazardous foods
- d. Must not sell the same items on the same day as Nutrition Services
- e. Must price items the same as Nutrition Services
- f. Must be compliant with federal nutrition standards (Smart Snacks in School), the CDE's Competitive Food and Beverage nutrition standards, and Nutrition Services Directive compliant

9. AUTHORITY TO PROVIDE FOOD AND BEVERAGES

- The Nutrition Services Director will have the responsibility and authority to oversee and approve all food and beverages to be served to the students, by any entity, starting at midnight and up to one half hour after the school day to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.
- The Nutrition Services Director will have the responsibility and authority to oversee and approve the nutritious snack required in state and federally funded before-school and after-school programs.
- The Nutrition Services Director will provide a menu for classroom parties. All parents and teachers are encouraged to serve food items from this menu. Foods of minimum nutritional value are not allowed to be served during the school day by parents or teachers in the classroom. Any food to be served that is not from existing menus must be purchased from the approved, state-certified sources provided by the Director of Nutrition Services. This ensures food safety and maximizes the ability of the Nutrition Services Director to oversee that healthy and appealing meals are served in accordance with federal nutrition standards (Smart Snacks in School) and the CDE's Competitive Food and Beverage nutrition standards, and Nutrition Services Directives.

10. STUDENT/ADULT HEALTH

- All students should have 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.
- Students have access to credentialed school counselors and/or psychologists who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises. (Disordered eating behaviors, including obesity, are often related to mental, emotional, and social problems, and overweight students may suffer from low self-esteem and/or be the target of bullying.)
- Schools provide a safe and healthy environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment should reflect a sense of community and mutual support among staff and students.
- Staff wellness programs should support employees' efforts to improve their personal health and fitness, so they can serve as role models and promote the health of others, including students.

11. COMMUNITY EDUCATION AND SUPPORT OF WELLNESS

- Board of Education and staff will encourage the PTA or PTO to establish a resolution to fully support the Oceanside Unified School District Wellness Policy.
- Parent/Guardian/Caregiver outreach efforts should emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.

- Consistent health information, including but not limited to, nutrition and physical activity, should be provided to parents and families through the school/district newsletter, informational handouts, parent meetings, the school/district web site, and other venues. Any information disseminated will be consistent with the wellness policy.

C. PROGRAM IMPLEMENTATION AND EVALUATION

1. SCHOOL HEALTH ASSESSMENT

The district will complete the California Healthy Kids Survey every two years. This assessment will focus on student eating habits and physical activity at school and during non-school time. Data will be reviewed bi-annually to assist the Wellness Committee in assessing the efficacy of the District Wellness Policy.

2. MONITORING

- The District Superintendent has also appointed the Directors of Curriculum and Instruction to monitor the implementation of the Wellness Policy goals of physical education and nutrition education. A progress report must be made to the Board of Education every two years by the Coordinator of Student Services based on actual reports received from the Director of Nutrition Services and the Directors of Curriculum and Instruction.
- All foods to be sold or given away must be on the list published by the Director of Nutrition Services. Exceptions must be approved by the Nutrition Services Director. Any group or organization (including ASB) allowed to sell food on any OUSD campus will provide for approval at the beginning of each school year to the Director of Nutrition Services a list of foods to be sold on campus. Nutrition Services will oversee this with periodic inspections. If violations are found, authorization to sell food is immediately suspended until the violations are corrected.
- For the wellness of the students, the Nutrition Services Director will pre-approve the use of our cafeteria facilities by outside persons, groups, or organizations, including the food to be served and how it is to be prepared. A cafeteria employee is required to be present during use by any outside group. The purpose is to protect students by eliminating the possibility of cross-contamination.

D. POSTING

Each school shall post the District's Wellness Policy and District pre-approved nutritious foods list in public view within all school cafeterias or in other central eating areas. This information, along with all nutritional content, is also posted on the District and all school websites.

NONDISCRIMINATION

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, audiotope, 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 (800) 877-8339. 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:

(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.

This institution is an equal opportunity provider.

PLEASE SEE DISTRICT MATERIAL IN DISTRICT OFFICE "QUICK REFERENCE CARDS-NON CHARTER PUBLIC SCHOOLS"
