

GLOBAL EDUCATION ACADEMY BOARD POLICY

TITLE: Wellness Policy

DATE: 2014.12.09

PURPOSE: The purpose of this policy is to clarify practices and procedures to maintain healthy nutrition and physical activity for students in Global Education Collaborative schools.

I. BACKGROUND

Because of a child's need to access healthy foods and to have opportunities to be physically active in order to grow, learn, and thrive, Global Education Collaborative Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Global Education Collaborative has established a Wellness Committee composed of students, parents, teachers, and administrators to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee will also serve as a resource to school sites for implementing those policies.

Each school will create a health council consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. GOALS

- First The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing Global Education Collaborative school-wide nutrition and physical activity policies.
- Second All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Third Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and the CDE NSD.
- Fourth Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural

diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- Fifth To the maximum extent practicable, all schools in Global Education Collaborative will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program) [including after-school snacks].
- Sixth Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

III. GENERAL NUTRITIONAL GUIDELINES

A. MEALS SERVED

Meals served through the National School Lunch and Breakfast Programs will comply with the guidelines set therein and meet all USDA regulations:

- be appealing and attractive to children;
- be selected in consideration of student preference;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;¹
- have no more than 35% of total calories from fat, averaged over a week;
- have no more than 10% of total calories from saturated fat, averaged over a week;
- serve only low-fat (1%) and non-fat milk² and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and
- ensure that grains served are whole grain-rich (50% or more whole grains by weight or have whole grains as the first ingredient).^{3 4}

Schools should engage students and parents, through taste-tests of new entrees and surveys, 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 and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the Dietary Guidelines for Americans 2005.

³ As recommended by the Dietary Guidelines for Americans 2005.

⁴ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

B. 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, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

C. 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.⁵ 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, such as "grab-and-go" or classroom breakfast.

D. MEAL TIMES AND SCHEDULING

Schools:

- will 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 1:00 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Should schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

E. QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of Global Education Collaborative it is our responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

F. 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.

IV. NUTRITION EDUCATION

A. PROMOTION

Global Education Collaborative aims to teach, encourage, and support healthy eating by students.

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

- is 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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

B. COMMUNICATIONS WITH PARENTS

The Global Education Collaborative will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Global Education Collaborative will offer healthy eating seminars for parents, 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 the above nutrition standards for individual foods and beverages. Schools will encourage parents to instruct their children regarding appropriate eating habits. The Global Education Collaborative will provide parents a list of foods that meet the Global Education Collaborative snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the Global

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Education Collaborative will provide opportunities for parents to share their healthy food practices with others in the school community.

The Global Education Collaborative 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 supports 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.

V. FOOD MARKETING

A. GENERAL

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. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: sales of healthy food for fundraisers.

B. 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 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.

C. MIDDLE/JUNIOR HIGH AND HIGH SCHOOLS

In middle/junior high and high schools, 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 as set forth in the USDA's Summary of Nutrition Standards for Competitive Foods and the CDE's Nutrition Services Division:

Beverages

Allowed: water or seltzer water⁷ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (as defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its weight from added sugars;⁸
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables should be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁹

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;

⁷ Seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁸ If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fresh fruits and vegetables and other perishable and healthy snacks.

- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to,
- low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

D. FUNDRAISING ACTIVITIES

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the Nutrition Standards for Competitive Foods and Beverages. Schools will encourage fundraising activities that promote physical activity. Global Education Collaborative will work with the Wellness Committee to make available a list of ideas for acceptable fundraising activities.

E. 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 fruits and vegetables as the primary snacks 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 Global Education Collaborative will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

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

F. REWARDS

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior¹⁰, and will not withhold food or beverages (including food served through school meals) as a punishment.

G. CELEBRATIONS

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The Global Education Collaborative will disseminate a list of healthy party ideas to parents and teachers.

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

H. SCHOOL SPONSORED EVENTS

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or the Competitive Foods Nutrition Standards.

VI. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

A. 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:

- 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;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

B. DAILY PHYSICAL EDUCATION (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive regular physical education for the entire school year. All physical education will be taught by a certified physical education teacher or by a certificated teacher in grades K-5. Student involvement 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.

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12
- Schools shall annually administer the physical fitness test designated by the State Board of Education to students in grades 5, 7, and 9.

C. 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.

D. PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

All elementary, and middle schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will 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.

E. PHYSICAL ACTIVITY AND PUNISHMENT

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

F. SAFE ROUTES TO SCHOOL

Global Education Collaborative 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, Global Education Collaborative will work together with local public works, public safety, and/or police departments in those efforts. Global Education Collaborative will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. Global Education Collaborative will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

G. 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 also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

VII. STAFF WELLNESS

Global Education Collaborative highly 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. Global Education Collaborative schools should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

VIII. MONITORING

A. GENERAL

The Wellness Committee will ensure compliance with established Global Education Collaborative school-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 Global Education Collaborative Wellness Committee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, Global Education Collaborative will report on the most recent School Nutrition Program Administrative Review findings and any resulting changes. If Global Education Collaborative has not received a SNP Review from the state agency within the past five years, Global Education Collaborative will request from the state agency that a review be scheduled as soon as possible.

The Wellness Committee will collect data yearly through annual reports submitted by each of the schools. The Wellness Committee will develop a summary report every three years on Global Education Collaborative school-wide compliance with established nutrition and physical activity wellness policies, based on input from schools within the Global Education Collaborative.

That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in Global Education Collaborative schools.

B. POLICY REVIEW

To help with the initial development of the Global Education Collaborative wellness policies, each school in the Global Education Collaborative 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 by the Wellness Committee to identify and prioritize needs.

Annual interim reports will inform implementation of policy guidelines. Three-year assessments will be used to help review trends in policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Global Education Collaborative will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

Global Education Collaborative, and individual schools within Global Education Collaborative, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 3554 - Other Food Sales)
(cf. 6142.7 - Physical Education)

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51222 Physical education
51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

10060- Criteria for Physical Education Program
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:
1751 Note Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program