

Students

STUDENT WELLNESS

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 build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The East Whittier City School District 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.

Wellness Policy Advisory/ Committee

The Superintendent or designee may appoint a Wellness Policy Advisory committee. The committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Wellness Policy Advisory committee shall assist with policy development and advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

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

Nutrition education shall be provided as part of the health education program and, as appropriate, may be integrated into core academic subjects. It may also be offered through before-and after-school programs, and other structured and unstructured activities.

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

STUDENT WELLNESS (continued)

Nutrition Education and Physical Activity Goals (continued)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she may promote and may provide opportunities for regular physical activity among employees.

Professional development in areas of nutrition education and physical activity shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Schools shall also provide prevention programs that encourage children to acquire healthy lifestyles that avoid consumption of drugs, alcohol, tobacco and other substances that are harmful to the mind and body.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

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 to all students, including bullying on the basis of weight or health condition.

Nutrition Guidelines for Foods Available at School

The Superintendent or designee shall provide access to free; potable water during meal times in the food service area 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 serving water in an appealing manner.

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

STUDENT WELLNESS (continued)

Nutrition Guidelines for Foods Available at School (continued)

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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible. Schools are encouraged to limit class parties or celebrations that involve food during the school day. Healthy foods will be encouraged.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

In order to maximize the Districts 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, to the extent possible.

Program Implementation and Evaluation

The Superintendent or designee shall report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Posting Requirements

Each school shall post this policy in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Legal Reference: (See next page)

STUDENT WELLNESS (continued)

Legal Reference: Education Code
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493 School breakfast and lunch programs
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 programs
49570 National School Lunch Act
51222 Physical education
51223 Physical education, elementary schools
CODE OF REGULATIONS, TITLE 5
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
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

Student

STUDENT WELLNESS

To achieve the local wellness policy goals, the regulations of the district's Local Wellness Policy will focus on the following five areas:

1. Nutrition Education
2. Physical Activity
3. Other School-Based Activities
4. Nutrition Guidelines for Foods Available During the School Day
5. Guidelines for School Meals

Monitoring and Evaluation will be continuous and on-going.

School Health Collaborative

The school district will work with the Wellness Policy Advisory Committee to develop, implement, monitor, and review and, as necessary, revise school nutrition and physical activity policies. The committee will serve as a resource to school sites for implementing the wellness policies. The committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

Goal Area #1: Nutrition Education

Objectives:

1. Schools will provide nutrition education and engage in nutrition promotion that is research-based, fosters life-long habits of healthy eating and establishes links among health, education, school meal programs and related community services.
2. Nutrition education may be offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide students with the knowledge and skills necessary to promote and protect their health.
3. Nutrition education may be integrated into the curriculum, as appropriate.
4. Nutrition education information for students and parents will be provided by the Nutrition Services Department through the Nutrition Services website, monthly menus and cafeteria signage.

STUDENT WELLNESS (continued)

Goal Area #1: Nutrition Education (continued)

Objectives: (continued)

5. Students will receive consistent nutrition messages throughout the school campus.
6. Staff will have appropriate training in nutrition, with ongoing nutrition and wellness information provided.
7. Staff will be encouraged to serve as positive role models for nutrition and physical activity practices.
8. Student hand-washing and/or the use of hand sanitizers that are safe and approved for schools will be encouraged before meals.

Monitoring and Evaluation:

Site principals will monitor and evaluate the nutrition education curriculum and student learning.

The district superintendent or designee will evaluate the nutrition education materials, as well as encourage, monitor and evaluate staff training and participation.

Teachers will monitor and encourage student hand-washing/use of sanitizer daily.

Goal Area #2: Physical Activity

Objectives:

1. The district will ensure teachers' knowledge and understanding of physical education best practices.
2. Grades K-5 will receive physical education instruction 200 minutes each 10 school days. Grades 6-8 will receive physical education instruction for 400 minutes each 10 school days. All students in grades K-8, including students with disabilities and those with special health-care needs will receive regular physical education during the entire school year.
3. A credentialed physical education teacher will teach all physical education instruction in grades 6-8. Classroom teachers trained in a research-based physical education program will teach K-5 physical education. All teachers will provide a standards-based physical education program. Student involvement in other physical activities (e.g., interscholastic or intramural sports) will not meet the physical education requirement.

STUDENT WELLNESS (continued)

Goal Area #2: Physical Activity (continued)

Objectives: (continued)

4. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
5. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which school staff will encourage moderate to vigorous physical activity.
6. Schools will 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, students will receive periodic breaks during which they are encouraged to stand and be moderately active. Opportunities for physical activity should be incorporated into other subject lessons. Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
7. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk or ride a bicycle to school. When appropriate, the district will work 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.
8. As resources permit, elementary and middle schools will offer extracurricular physical activity programs, such as sports challenges between sites and physical activity clubs. In establishing a collaborative with community resources, interscholastic sports programs and 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, may be offered.
9. After-school childcare and enrichment programs will provide and encourage a daily period of moderate to vigorous physical activity for all participants.
10. Fundraising activities that include physical activity will be promoted.
11. Opportunities for physical activity for staff will be promoted and encouraged.

Monitoring and Evaluation:

Principals will monitor and evaluate physical education instruction, annual fitness test scores, as well as after-school program activities.

Principals and the superintendent or designee will encourage additional opportunities for physical activity for staff and students and will monitor participation.

STUDENT WELLNESS (continued)

Goal Area #3: Other School Based Activities

Objectives:

1. Dining Environment:
 - a. Students will have a clean, safe eating environment.
 - b. Students will have adequate space and schools will be equipped with an adequate serving area to ensure all have access to school meals.
 - c. Nutrition Services will make available to students free, fresh drinking water during school meals and after-school snacks. Water fountains on school campuses will be maintained to provide access to drinking water throughout the day.
 - d. Staff will maintain the confidentiality of students' meal status.
2. Time to Eat:
 - a. Students will be given adequate time to eat during meal periods.
 - b. Staff will schedule lunch time as near to the middle of the school day as possible.
3. Food or Physical Activity as a Reward or Punishment:
 - a. Students will not be rewarded with foods of minimal nutritional value.
 - b. Students shall not be denied access to school meals or adequate time to eat as punishment.
 - c. Students will not be subjected to physical activity as a form of discipline.
4. Consistency in School Activities and the School Environment:
 - a. Fundraising Activities: To support children's health and school nutrition education efforts, schools will encourage fundraising activities that promote physical activity and do not include foods and beverages that are non-nutritious. The Wellness Advisory Committee will make available to the district a list of ideas for fundraising options that are alternatives to foods.
 - b. Celebrations and Events: Schools are encouraged to limit celebrations that involve food during the school day. Healthy foods will be encouraged.
 - c. Nutrition Service staff will have the appropriate level of training to enable them to provide nutrition information and encourage healthy food choices.

STUDENT WELLNESS (continued)

Goal Area #3: Other School Based Activities (continued)

4. Consistency in School Activities and the School Environment: (continued)
- d. The school district will encourage parents, teachers, school administrators, students, nutrition service professionals, and community members to serve as role models in practicing healthy eating and being physically active.
 - e. Staff will encourage students to participate in the school meals and snack programs.
 - f. All foods served to students by all groups during any part of the day will be trans-fat free.

Monitoring and Evaluation:

Principals will evaluate the students' dining environment and meal periods for adequacy.

The Director of Nutrition Services will monitor the availability of drinking water and evaluate usage. Principals will evaluate the staff's practices and will ensure unhealthy food or physical activity are not used as a reward or punishment. Principals and the district superintendent or designee will monitor and encourage healthy celebrations, events and fundraising activities.

Goal Area #4: Nutrition Guidelines for Foods Available During the School Day

Objectives:

1. Sharing of Foods and Beverages: Schools will 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, as well as potential contamination and spread of illness.
2. Meeting Food and Beverage Sales Regulations: The district staff will be informed of the most current federal and state food and beverage sales regulations for schools. These regulations will be adhered to by the Nutrition Services Department and all other groups involved in food sales to students.

Monitoring and Evaluation

The Director of Nutrition Services, the district nurse and the site principals will monitor and discourage food and beverage sharing during the school day.

The Director of Nutrition Services will monitor the district cafeterias for the Nutrition Services Department's adherence to the most current sales regulations. Principals will ensure all site staff are informed of the most current sales regulations and will monitor the sales practices from the various groups at their site for compliance and re-educate when necessary.

STUDENT WELLNESS (continued)

Goal Area #5: Guidelines for School Meals

Objectives:

1. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a Nutrition Services Program, the district will provide continuing professional development for all nutrition employees in schools. Staff development programs will include appropriate certification and/or training programs for the Nutrition Services director, managers, and cafeteria workers, according to their levels of responsibility.
2. The USDA National School Lunch, School Breakfast and After School Snack Program regulations and the HHFKA regulations of 2010 will be followed by the Nutrition Services staff in menu planning and service in order to ensure reimbursable, complete meals are provided to all students.
3. Student input will be encouraged and considered when planning meals and snacks. New food items will be sampled with student groups to obtain feedback and to provide exposure and education on a variety of food items.
4. Staff will encourage student participation in all meals and snacks.
5. Food safety and proper sanitation will be maintained at each school site and at the district warehouse. Each site will employ at least one person who holds current Serv-Safe certification. Training with all staff will be ongoing.

Monitoring and Evaluation:

1. Site monitoring will be done regularly by the Director/Manager of Nutrition Services to ensure compliance with food preparation and service regulations. The Chief Business Officer or designee will monitor the activities of the Nutrition Services Department on a regular basis for adherence to the Guidelines for School Meals.
2. The district will contract with the local Health Department to provide inspections of all kitchen and district warehouse sites two times per year.

Overall Monitoring and Policy Review

The district superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies. In each school site, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent or designee.

STUDENT WELLNESS (continued)

Goal Area #5: Guidelines for School Meals (continued)

Overall Monitoring and Policy Review (continued)

Nutrition Services staff, at the school or district level, will ensure compliance with all meal program regulations as administered by the department and will report on this matter to the superintendent or designee as requested.

The superintendent or designee will develop a summary report biannually on districtwide compliance with the district's established nutrition and physical activity wellness policies. The district may solicit input from schools regarding:

- § Student participation rates in school meal programs
- § Analysis of nutritional content of meals served as part of the school meal programs
- § Information regarding foods and beverages sold in fundraisers or other venues outside of the district's meal programs
- § Feedback from Nutrition Services administrators, school administrators, school health personnel, parents/guardians, students and other appropriate persons

The district may also include the following evaluation indicators:

- § Average Daily Attendance
- § Annual Fitness Test Scores
- § Academic Performance Index
- § California Healthy Kids Survey data

Policy Review: The Wellness Advisory Committee will, as necessary and/or required by regulation and recommended by the district, revise the wellness policies and facilitate their implementation.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or other general eating areas.

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STUDENT WELLNESS (continued)

Posting Requirements (continued)

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Or write a letter containing all of the information requested in the form. Send your completed complaint form or letter to:

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