



Revised 11/13/17

Newman-Crows Landing Unified School District Wellness Policy on Physical Activity and Nutrition

Thus, the Newman Crows Landing Unified School District is providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Newman-Crows Landing Unified School District that:

- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- The Newman-Crows Landing Unified School District (NCLUSD) aims to teach, encourage and support healthy eating by students.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school 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 also will 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 representatives of the school food authority, school administrators, teachers, health professionals, board members, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Schools may 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.

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 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.

Free and Reduced-priced 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 non-traditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

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 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- May schedule lunch periods to follow recess periods (in elementary schools)
- Will provide students the opportunity for hand washing or hand sanitizing before they eat meals or snacks
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral needs (*e.g.* orthodontia or high tooth decay risk)
- [Will have water available at all meal periods near the serving area for breakfast, lunch and after school meals](#)

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. [Whenever possible, students will be discouraged from bringing foods and/or beverages of non-nutritional value to school.](#)

Fundraising Activities. The school district will encourage all school-based organizations to use healthy foods or non-food items for fundraising. Food-based fundraisers are limited to four (4) per year per site during the school day and must be pre-approved by the Superintendent. Please refer to Smart Snacks in Schools guidelines http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf and the Smart Snacks calculator <http://www.californiaprojectclean.org/>

Snacks. Snacks served during the school day or in after-school 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 district 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.
- Competitive foods and beverages are sold during lunch hours at secondary schools. All food will be Smart Snack compliant and each item will be evaluated using the smart snacks calculator from <http://www.californiaprojectclean.org/>

Rewards. [Schools are discouraged from rewarding students with foods or beverages. Whenever possible, non-food items should be considered for rewards. Food or beverages will not be withheld as punishment. Staff may not withhold food or beverage options that are part of the regular meal service, including food brought from home.](#)

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.

Food prepared in a private home shall not be used for classroom parties. The district will disseminate a list of healthy party ideas to parents and teachers and post it on the District website.

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 and only foods that meet or exceed state and federal nutritional standards can be served before 1:00 p.m.

School-sponsored Events (such as, but not limited to athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day (30 minutes before or after the regular school hours) do not have to meet the nutritional requirements.

III. Nutrition and Physical Activity Goals, Promotion, and Food Marketing

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will post the [Local Wellness Policy and acceptable snacks list on the District website](#), 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. The district will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties) rewards, and fundraising activities.

The district 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.

Food Marketing in Schools. Whenever possible, 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 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 and 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: vending machine covers promoting water; pricing structures that promote healthy options in ala cart lines; sales of fruit for fundraisers; and coupons for gym memberships.](#)

Nutrition Education. The District will provide K-5 a minimum of 1 hour per month of standards-based nutrition education through the P.E. Specialist. Secondary students receive health and nutrition education through the credentialed teachers in the Physical Education and Health Education Departments. Students enrolled in the After School Programs participate in monthly nutrition education activities.

Staff Wellness. In that district staff are role models for students, they will be encouraged to demonstrate choices that stress healthy living.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-10. All students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 100 minutes/week for elementary school students and 200 minutes/week for middle and high school students) for the entire school year. The district will encourage that all physical education be taught by a

certified physical education teacher. Students in grades 11- 12 will be encouraged to enroll in elective physical education classes in order to receive the recommended level of daily physical activity. 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.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. All elementary, middle, and high 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 child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

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

[Joint-Use Agreement.](#) The City of Newman Recreation Department partners with the NCLUSD to use the gymnasiums for city recreation programs for youth and adults.

[Transportation.](#) Students are encouraged to walk or bike to school. Bike racks are available at every school. Crossing guards are in place K-8 to ensure students arrive safely.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee 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 school district superintendent or designee.

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 school district will report on the most recent USDA [Administrative Review](#) findings and any resulting changes. If the district has not received an [Administrative Review](#) from the state agency within the past [three](#) years, the district will request from the state agency that an [Administrative Review](#) be scheduled as soon as possible.

The Wellness committee will meet annually to review and monitor progress toward these objectives and amend the policy as necessary. The Superintendent or designee will develop a summary report every [two](#) 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 (where parents and community member will have an opportunity to comment on LSW) and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Nondiscrimination Statement:

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, religious creed, disability, age, political beliefs, 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.
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