

Local School Wellness Policy

BUSD

June, 2016

Wellness Policy

The Governing Board recognizes the important connection between health and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness. As part of the larger community, schools have a responsibility to promote family health, support the reduction of childhood obesity, and provide a strong foundation for making healthy decisions for children's future.

District Health Council

The Superintendent or designee shall appoint a district health council or other committee that may consist of: parents/guardians, school nutrition services, school administrators, board representatives, members of the public, district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The council shall serve as a resource to school sites for implementing, monitoring, and reviewing district wide nutrition, physical education, and physical activity programs. The council shall also develop a plan for implementing the district's wellness policy and measuring implementation of that policy. The District's Health Council will meet a minimum of 3 times during the year. Meetings shall be open to the public.

Goals for Nutrition Education

Students in K-12 will receive a standards based nutrition education.

The district will:

- Adhere to requirements established originally in the Child Nutrition WIC Reauthorization Act, 2004, as well as new requirements established in the Healthy, Hunger-Free Kids Act of 2010
- Reinforce messages on healthy eating by coordinating child nutrition programs/services with classroom-based nutrition education, with other components of student wellness specified in this policy.
- Integrate current, scientifically accurate, and grade level specific nutrition content into classroom instruction.
- Reinforce sound nutritional practices in before and after-school programs.
- Make use of existing agencies aligned with nutrition and physical activity laws and regulations prepared by the California Department of Education.
- Encourage instructional strategies which incorporate experiential learning opportunities that engage students and family members in reinforcing healthy nutrition behaviors.

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- Assess learning of core health concepts by requiring students to demonstrate ways in which they can enhance and maintain their nutrition-related health and well being, using knowledge based on current nutrition recommendations, goal setting skills, and decision making skills.
- Encourage schools to utilize media such as newsletters, signs, school newspapers, websites, television, and district partners such as parent organizations to disseminate positive messages about nutrition that will reinforce the District's goals for nutrition education.
- Monitor and approve any advertising and marketing to which students may be subject to during the school day.
- Develop a relationship with school related organizations that will facilitate communication between parents, students, and staff to enhance the collective health of the community.

Goals for Physical Education and Physical Activity

Physical Education

The District will provide physical education as part of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle. Physical education activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate to reach common goals. The district shall meet minimum requirements for physical education as specified in the Education Code (EC 51210, 51222, 51223). The minimum requirements include:

- 200 minutes per 10 school days for 1st -6th grade
- 400 minutes per 10 school days for 7th-12th grade
- Students will be moderately to vigorously active as much time as possible within the physical education class.
- Temporary exemptions from physical education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (EC 51241)
- Physical education staff will appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions- and will ensure access to appropriate hydration.

In addition, the district will:

- Ensure that student involvement in other programs involving physical activity (i.e. Intramural sports) is not used as a substitute for meeting the physical education requirement.
- Encourage schools to minimize non-instructional use of physical education facilities to make them available for instruction during the school day.
- Provide parent/guardian notification of the availability of and their right to access a student's physical fitness test results.

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Physical Activity

All students in grades K-12 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.

The district will:

- Encourage after-school child care and enrichment programs to provide daily periods of moderate-to-vigorous physical activity.
- Require at least 20 minutes a day of supervised recess (recess does not count toward education minutes) for all students during which school staff shall encourage moderate-to-vigorous physical activity.

Goals for Other School Health Activities

The Board recognizes the importance of providing an environment that promotes students' mental and physical health while engaging parents/guardians as well as school staff, in support of a comprehensive wellness program.

The district will:

- Provide all students access to a credentialed school nurse or a designated staff member who has current certification in CPR or first aid training.
- During times of school crisis provide students access to credentialed school counselors and/or psychologists who will provide support and assistance in managing emotions and coping strategies, as appropriate.
- Require schools to provide a plan for a safe and healthy school environment (individual school Emergency Plans).
- Encourage all students to obtain an oral health screening from a dental professional prior to entering kindergarten or first grade and learn about and practice good dental health care.
- Encourage all school-based before and after-school programs be aligned with the wellness policy adopted by the district.
- Require all schools to have on file a comprehensive health questionnaire on each student, health checkups, and records for appropriate grade levels.
- Encourage and provide an opportunity for employees to have basic CPR training & First Aid.
- Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.

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- Provide consistent health education information to parents and families, including but not limited to nutrition and physical activity (i.e. parent meetings, the school/district websites).
- Promote and encourage staff wellness.

Guidelines for Reimbursable Meal Programs

The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide a nutritious breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced priced meals, for students whose families meet federal eligibility criteria.

The district will:

- Ensure that all district schools participate in the National School Lunch and School Breakfast Programs.
- Ensure foods and beverages provided through federally reimbursable school meal programs 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.
- Menu Planning meets or exceeds Federal & State requirements of:
 - A minimum number of required calories per student based on age and grade level
 - Total fat not to exceed 30% (saturated fat not to exceed 10%) along with minimum requirements for protein, calcium, iron, and vitamins A and C
 - Offer at least two non-fried vegetables & two fruit options each day, and five different fruits & vegetables over the course of a week.
 - Include only nonfat or 1% milk options
 - Contain whole grains (listed as the first ingredient on the label) in at least ½ of the grains served.
- Ensure that school food service departments use the *USDA Food Based Menu* planning option as the school menu planning tool.
- Share with students and parents information concerning the nutritional content of school meals.
- Schedule meal periods at appropriate times (i.e. lunch between 10:20am. and 1:20pm.) and allow adequate, uninterrupted time periods for meals.
- Provide students access to hand washing or hand sanitizing before meals and snacks.
- Provide a clean and safe eating environment.
- Schools should discourage students from sharing food or beverages during meals and snack time, given concerns about allergies and other restrictions on some children's diets.

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Guidelines for Other Foods and Beverages Available to Students

- The Governing Board believes that foods and beverages available to students at district schools should support the wellness policy, contribute to the reduction of childhood obesity, and promote optimal health. All foods and beverages that are sold to students, including foods and beverages provided through the district's Nutrition Services Program, student vending machines, fundraisers, or other venues, will meet or exceed state and federal nutrition standards. Artificial trans-fat foods cannot be sold or provided to pupils on K-12 campuses at any time.

The district will:

- Encourage school organizations to use food items that meet or exceed state and federal nutrition standards or non-food items for fundraising purposes and encourage fundraising projects that promote physical activity.
- Ensure that foods and beverages that do not meet nutrition standards are not promoted in any way and are sold to students only in accordance with Education Code requirements (Education Codes 49430,49431,49431.2, 49431.5,49431.7 CCR sections15575-15578)
- Offer and promote healthy food and beverage products at all school-sponsored events.
- Require that snacks served during the school day, in after-school care, or enrichment programs make a positive contribution to children's diets and health, with an emphasis on serving under consumed foods which include: fruits, vegetables, whole grain products, and low-fat or non-fat dairy products as the primary snacks and beverages that are within the nutritional standards.
- Promote incentives other than food or beverages for student accomplishments.
- Encourage schools to limit celebrations that involve food during the school day and encourage the serving of healthy foods.
- The District determines that the maximum number of classroom celebrations will be no more than 3 per year. This will be consistent at each school site.
- Require that schools do not lose instructional time for birthday celebrations.
- Encourage classroom and school celebrations to be centered around physical activity and games that will get students moving rather than sitting and eating.
- Recommend a nutritional snack list that will be provided for parents/guardians who choose to bring treats for classes.
- Encourage school organizations and Parent Teacher Associations to work with School Nutrition Services to purchase foods for events whenever possible.

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Policy Implementation and Evaluation

- The district superintendent or designee shall ensure district wide compliance with this policy and its nutrition standards. In each school the principal or designee will ensure compliance with these policies. The District's Health Council will also provide continued assistance in implementing these guidelines.

- Implementation of this wellness policy shall be evaluated and measured as follows:
 - The District Health Council will establish one to two goals each year to maintain forward momentum and the integrity of this policy.
 - The District Health Council in collaboration with the superintendent will submit an annual status update to the Governing Board.
 - Specific quality indicators for implementing and evaluating this student wellness policy will be kept by each site and given to the health and wellness coordinator at end of each school year.
 - This wellness policy will be revised to set new priorities and to address changes in state and federal law as needed.

Adoption History:

April, 2006

June , 2010

June , 2013

June, 2016

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Attachment A

Minimum Nutrition Guidelines for Foods and Beverages

(Served & Sold on Campus EC 49431, 49431.2, 49431.5):

- a. The Nutrition Service Department provides food and beverages which ensure food safety and maximizes the district's ability to serve healthy and appealing meals.
- b. Cafeteria a` la carte sales should meet the district's nutrition standards described in this section and Attachment B: *Snack & Beverage Standards*.
- c. Schools should follow the nutrition standards for grades K-8, during the school day and after school programs, as indicated in *Food & Beverage Nutrition Standards*-- Attachment B (EC 49431, 49431.2, 49431.5).
- d. Classroom snacks, celebrations, and food rewards should be limited and feature healthy food choices that meet the district's nutrition standards as listed in the *BUSD Wellness Brochure*.
- e. School Administrators encourage all school-based organizations to use non-food items for fundraising. Students, parents, or school groups should sell compliant food or beverages as described in Attachment B at fundraisers only after the lunch period.
- f. All foods sold or served at school should have a food label, listing ingredients so students with food allergies are protected from accidental exposures.
- g. Food or beverages that **DO NOT** meet nutrition standards described in this section and Attachments A & B, may only be sold in accordance with state law and off school premises or at least a ½ hour after the end of the school day. (EC 49431]
- h. All food to be shared with students must be commercially prepared, prepackaged, unopened, and when possible individually wrapped. Foods prepared at home may be used only for individual student lunches and snacks.
- i. Outdoor Barbecues must comply with the County Department of Environmental Health [paragraph 114143 of the CA Retail Food Code]. The Nutrition Service Department is the only district establishment approved to operate barbecues on school premises. A county health permit is required to operate a barbecue on school grounds if food will be served.

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Attachment B

Food and Beverage Nutrition Standards

Elementary Schools:

Food (EC 49431)

The only food authorized during breakfast and lunch periods is food that is sold as a full meal through the federal reimbursable meal program.

In addition:

- a. Individually sold portions of nuts, seeds, nut butters, eggs, cheese (packaged for individual sale), fruit, vegetables that have not been deep fried, and legumes may be sold.
- b. Individually- sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item.

Beverages (EC 49431.5)

The only beverages authorized are:

- a. water, with no added sweeteners
- b. milk (nonfat, 1%, 2%, rice, soy, or other similar nondairy milk)
- c. fruit juice, preferably 100% but at least 50% fruit juice, with no added sweeteners
- d. vegetable juice, at least 50% vegetable juice, with no added sweeteners

Middle Schools:

Food (EC 49431.2)

The only food that may be sold outside the federal reimbursable meal programs must meet the following requirements:

- a) not more than 35% of its total calories will be from fat (excluding nuts, nut butters, seeds, eggs, & cheese)
- b) not more than 10% of its total calories will be from saturated fat and trans fat combined (excluding eggs & cheese)
- c) not more than 35% of its total weight will be composed of sugar, including naturally-occurring and added sugar (excluding fruits & vegetables)
- d) calories will not exceed 250 calories per food item

Entrée` items (i.e. foods generally regarded as being the primary food in a meal, including, but not limited to, sandwiches, burritos, pasta, and pizza) will not exceed 400 calories per food item & 4 grams of fat per 100 calories.

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Beverages (EC 49431.5)

The only beverages that shall be sold are:

- a) water, with no added sweeteners
- b) milk (nonfat, 1%, 2%, rice, soy, or other similar nondairy milk)
- c) fruit juice, preferably 100% but at least 50% fruit juice, with no added sweeteners
- d) vegetable juice, at least 50% vegetable juice with no added sweeteners
- e) electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20-ounce serving
- f) caffeinated beverages containing naturally-occurring caffeine in cocoa with less than 30 milligrams per 12- ounce serving (coffee and tea are not authorized)

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 - Office of the Assistant Secretary for Civil Rights
 - 1400 Independence Avenue, SW
 - Washington, D.C. 20250-9410;
- (2) fax: [\(202\) 690-7442](tel:202-690-7442); or
- (3) email: program.intake@usda.gov.

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