

School Wellness Policy

Sequoia Union School District's Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Sequoia Union School District is 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. Therefore, it is the policy of the Sequoia Union School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- 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.
- To the maximum extent practicable, our district will participate in available federal school meal programs. Sequoia Union School will provide nutrition information and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Wellness Policy Committee

The Sequoia Union School Wellness Council will also act as the Sequoia Union Wellness Policy Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as the resource for implementing those policies.

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

School Meals

Meals served through the National School Lunch Programs will:

- Be appealing and attractive to children;
- 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;
- Serve only low-fat 1% or 2% milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

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 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 (Provision II Sites); promote the availability of school meals to all students; and/or promote nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Meal Times and Scheduling. Schools, to the extent possible:

- 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 10 a.m. and 2 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will 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).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all food service personnel. The district recognizes the cultural diversity within the student population and will include as a part of staff development to reflect the diversity of healthy food traditions in the student population. Staff development programs should include appropriate certification and/or training programs for cafeteria workers, according to their levels of responsibility.

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, disease transmission and other restrictions on some children's diets.

Foods and Beverages Sold individually (i.e., foods sold outside of reimbursable school meals, such as fundraisers and school stores, etc.)

Beverages:

Senate Bill 677 is the current beverage legislation and is summarized below:

**Senate Bill 677 – July 1, 2004
(Elementary & Middle School)**

1. Approved beverages that can be sold any time of the day (including fund-raising events, sporting events, academic events, etc.):
 - Water
 - Milk
 - 100% Fruit Juice
 - Fruit/vegetable juice drink that contains at least 50% fruit/vegetable juice and no added sweetener
 - Electrolyte replacement drink that contains no more than 42 grams of added sweetener per 20 oz serving

2. Noncompliance beverages may be sold (including fund-raising events, sporting events, academic events, etc.):

- ½ hour after the end of the school day

Foods:

Current legislation states that Foods of Minimal Nutritional Value cannot be sold anywhere reimbursable meals are served or eaten. This Federal Policy is summarized below:

Federal Policy and Requirements Related to Foods of Minimal Nutritional Value – July 2005 (Elementary School)

Reference: United States Department of Agriculture APB: SP-01-04, Title 7, Code of Federal Regulations, Parts 210 and 215

Foods of Minimal Nutritional Value:

1. Cannot be sold where reimbursable meals are served or eaten, this includes but is not limited to, classrooms and cafeterias
2. List of foods of minimal nutritional value:
 - Carbonated beverages
 - Water ices: except those that contain fruit or fruit juice
 - Hard candy: including, but not limited to hard, brittle texture, candy stick, lollipops, cinnamon candies, jaw breakers, breath mints
 - Jellies & gums: gum drops, jelly beans
 - Marshmallow candies
 - Fondant: candy corn, soft mints
 - Licorice
 - Spun candy: cotton candy
 - Candy coated popcorn

Senate Bill 12 is new legislation that goes into affect as of July 1, 2007. This bill encompasses foods for all grade levels. Senate Bill is Summarized Below:

Senate Bill 12 – July 1, 2007 (Elementary School)

Elementary:

Foods that can be sold anytime during the school day (including fund-raising events, sporting events, academic events, etc.):

- Full meals (National School Lunch)
- Individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables (not deep fried) and legumes.
- Individually sold dairy or whole grain food.
 - Not more than 35% of total calories from fat

- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight shall be composed of sugar
- Not more than 175 calories per individual food item

Secondary (Middle & High):

Foods that can be sold anytime during the school day (including fund-raising events, student stores, vending machines, cafeterias, sporting events, academic events, etc.):

1. Snacks:
 - a. Not more than 35% of total calories from total fat.
Exempt: nut, nut butters, seeds, eggs, cheese, fruits, non-fried vegetables, legumes
 - b. Not more than 10% of total calories from saturafated fat.
Exempt: egg, cheese
 - c. Not more than 35% of total weight shall be composed of sugar.
Exempt: fruits, non-fried vegetables
 - d. Not more than 250 calories per individual food item.

2. Entrees:
 - a. Not more than 400 calories per entrée.
 - b. Not more than 4g of fat per 100 calories per entrée
 - c. Entrée portions no larger than school meal portions

3. Fund-raising:
 - a. Noncompliance beverages may be sold (including student stores, vending machines, cafeterias, sporting events, academic events, etc):
 1. Elementary, middle, high school – ½ hour after the end of the school day and/or off or away from school premises.

Fundraising Activities To the extent possible to support children’s health and school nutrition-education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. Foods or beverages that do not meet the nutrition standards in this document, may be sold for fundraising if;

- a) the sale takes place off and away from school campus
- b) the sale occurs 30 minutes before the school day or 30 minutes after the end of the school day

Rewards Schools, to the extent possible, 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 behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. Food Services will provide a list of alternative rewards.

Celebrations Sequoia Union School will to the extent possible, limit celebrations that involve food during the school day to no more than one party per quarter. Each party should include no more than one food and one beverage that does not meet nutrition standards for food and beverages sold individually (above). The district may disseminate a list of healthy party ideas to parents and teachers.

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 will meet current legislation.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Sequoia Unified School District aims to teach, encourage, and support healthy eating by students. Schools should to the extent possible, provide nutrition information and engage in nutrition promotion that:

- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, 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 management and staff

Communications with Parents. Sequoia Union School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating, and send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. . The school 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 school will provide parents a list of foods and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

The school 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.

Food Marketing in Schools. School-based marketing will be consistent health promotion. 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 (legislation summary above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹² 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 fruits and/or vegetables as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; 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 a la carte lines or vending machines; and sales of fruit for fundraisers.

IV. Physical Activity Opportunities and Physical Education

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. (NOTE: This period cannot count as physical education).

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 During School.

Sequoia Union Elementary School will be adopting the Tandalay Physical Education Program, which is approved by and meets all State standards. Sequoia Union Elementary will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Sequoia Union Elementary School 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.

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.

Safe Routes to School. 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 and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district 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.

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 should be available to community agencies and organizations. School policies concerning safety will apply at all times.

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 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. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies. The report will be provided to the school board and also parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district 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 at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

² 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.

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.

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

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

⁷ Surprisingly, 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 fruits, vegetables, yogurts, and other perishable items.

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

¹¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary School Physical Education* from the National Association for Sport and Physical Education.