

STUDENT WELLNESS**Comprehensive School Health Program**

The District/schools will develop a comprehensive wellness program within the context of the eight-component model of coordinated school health. As described in the 2003 Health Framework for California Public Schools, Kindergarten through Grade Twelve, coordinated school health is an integrated and collaborative approach that includes:

- Safe and healthy school environment
- Health education curriculum
- Physical education curriculum
- Child nutrition program
- School health services program
- Social and psychological services program
- Family and community involvement
- Health promotion for staff

Quality and Effective Health Education

The District utilizes the Health Framework for California Public Schools, Kindergarten through Grade Twelve (2003), which includes expectations, content, scope and sequence of health instruction.

Physical Education and Physical Activity

Schools will provide all students the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and the physical activity program.

Physical education is provided through the utilization of the Physical Education Model Content Standards for California Public Schools, Kindergarten through Grade Twelve, which represents the essential skills and knowledge that all students need to maintain a physically active, healthy lifestyle. Schools provide 200 minutes of physical activity every 10 school days in grades one through six and 400 minutes of physical activity every 10 school days for students in grades seven through 12. (Ed Code 51210, 51222)

The Physical Education Model Content Standards establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum should be designed and implemented to help students acquire the knowledge, skills, attitudes, and confidence needed to adopt and maintain a physically active, healthy lifestyle.

- At least 50% of instructional time should be spent in moderate-to-vigorous physical activity.

STUDENT WELLNESS (continued)

- Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Ed Code 51241)
- High school students who are exempt from two years of physical education in grades 10, 11, or 12 must be provided with the opportunity to participate in a variety of physical education elective courses. (Ed Code 51222(b), 51241)
- School districts will administer the physical fitness test annually (Fitness Gram) to all students in grades five, seven, and nine during the months of February, March, April or May. Students will receive these test results upon completing the test. (Ed Code 60800)

Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.).

- Integrating physical activity into the classroom setting—For students to receive the nationally-recommended amount of daily physical activity (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.
- Daily recess—Elementary students in grades one through six will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and through the provision of space and equipment. This period shall not count as physical education.
- Schools should discourage extended periods (blocks 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 encourage extracurricular physical activity programs, such as 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 healthcare needs.
- Physical activity as punishment—Teachers and other school and community personnel will not use physical activity (running laps, push-ups) or withhold opportunities for physical activity (recess, physical education) as punishment. (Ed Code 49001)

STUDENT WELLNESS (continued)

- Physical activity for school staff—The District/schools should provide staff with convenient opportunities to engage in regular physical activity.
- Communication with parents—The District/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. It will offer practical suggestions through seminars, sending home information via newsletters, posting tips on school website, and/or sending other take-home materials.

Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs

- Meals should comply with current United States Dietary Guidelines for Americans.
- School food service should use either the USDA or Shape California nutrient-based menu planning options as the basis for school meal menu planning.
- Information concerning the nutritional content of all school meals and snacks, if available, will be shared with students and parents.
- Schools should promote the importance of eating a healthy breakfast and the benefits of the School Breakfast Program to students and families.
- When students are excused for lunch, schools should be encouraged to have students go out for recess first and then eat, especially in elementary schools.
- Students and staff should have access to hand washing or sanitizing before eating any school meal or snack.
- Ingredients of foods sold or served at school should be available so students with food allergies are protected from accidental exposure.

Nutrition Guidelines for Food and Beverages (Available outside the school meal programs)

Individual food items sold outside the federal reimbursable meal programs, including those sold on campus during the school day, shall meet local, state, and federal guidelines.

The term “sold” refers to any food or beverage provided to students on school grounds in exchange for money, coupons or vouchers. The term does not refer to food brought from home for individual consumption.

Food or beverages that do not meet the nutrition standards may be sold by pupils:

- If the sale takes place off and away from school campus; or
- On school grounds, if the sale occurs 30 minutes after the end of the regular school day.

STUDENT WELLNESS (continued)

It is recommended that:

- Schools should offer foods embracing the current United States Dietary Guidelines for Americans.
- Ingredients of foods sold or served at school should be available so students with food allergies are protected from accidental exposure.

Nutrition guidelines are outlined in Charts A, B and C.

STUDENT WELLNESS (continued)

Chart A

**Wellness Policy 5030: Food and Beverage Sold or Served in Elementary Schools
To be fully implemented by July 1, 2007***

Issue	Standards	Rationale
<p>General Statement: District Non-Profit Food Service Program</p>	<p>1) Items sold a la carte by the food service program are intended to supplement meals from school and/or home, and not to compete with the reimbursable meal.</p> <p>2) Beverage sales will be limited to fruit- or vegetable-based drinks that are composed of no less than 50% fruit/vegetable juice and have no added sweetener; water with no added sweetener; 2%, 1% or non-fat milk. *(EXCEPTION: THIS PORTION OF AR TO BE IMPLEMENTED JULY 1, 2006.)</p> <p>3) Individually sold dairy or whole grain food may be sold if it meets the following standards:</p> <ul style="list-style-type: none"> • Not more than 35% of its total calories shall be from fat. • Not more than 10% of its total calories shall be from saturated fat. • Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. • Not more than 175 calories per individual food item. <p>Individual portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold.</p>	<p>Children who consume the reimbursable meal receive more nutrients than those who purchase a la carte. Extra food/beverages consumed may result in rejection of meal items and/or overeating.</p> <p>EDUCATION CODE 49431.5</p> <p>EDUCATION CODE 49431</p>

STUDENT WELLNESS (continued)

<p>Food and beverage sales outside the District Non-Profit Food Service Program</p>	<ol style="list-style-type: none"> 1) Fundraising sales by students of food or beverages may only occur off campus or at least 30 minutes after the end of the regular school day. 2) Items offered must be commercially prepared, individually wrapped and stable at room temperature. 3) Have approval from Site Wellness Committee. 	<p>EDUCATION CODE 49431 EDUCATION CODE 49431.5</p> <p>State & local food safety/sanitation regulations.</p> <p>Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness.</p>
<p>Other food and beverages used outside District meal programs</p>	<ol style="list-style-type: none"> 1) Parents and staff are strongly encouraged not to use food and beverage items for rewards and celebrations. 2) Classroom parties offering food and/or beverages should be limited and must be held after the end of the lunch period. The food and beverage items offered should follow the guidelines as outlined above in Standards #2 & #3 for Food Service Program. 3) Teacher must confer with parents regarding student food allergies. 	<p>Extra calories can result in overeating and rejection of meal items.</p> <p>Using non-nutritious foods for rewards can lead to poor life-long eating habits.</p> <p>Food allergies.</p>

STUDENT WELLNESS (continued)

Chart B

**Wellness Policy 5030: Food and Beverage Sold or Served in Middle Schools
To be fully implemented by July 1, 2007***

Issue	Standards	Rationale
<p>General Statement: District Non-Profit Food Service Program</p>	<ol style="list-style-type: none"> 1) Items sold a la carte by the food service program are intended to supplement meals from school or home, and not to compete with the reimbursable meal. In addition, limited entrée items may be offered for sale for those students who choose not to participate in the meal program. 2) Beverage sales will be limited to fruit- or vegetable-based drinks that are composed of no less than 50% fruit/vegetable juice and have no added sweetener; water with no added sweetener; 2%, 1% or non-fat milk; electrolyte replacement drink that contains no more than 42 grams of added sweetener per 20-ounce serving. *(EXCEPTION: THIS PORTION OF AR TO BE IMPLMENTED JULY 1, 2006.) 3) Snacks sold, except those served as part of the USDA meal program, shall meet all the following standards: <ul style="list-style-type: none"> • Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, and legumes, are exempt. • Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale are exempt. • Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. • Not more than 250 calories per individual food item. 4) Entrees may be offered by the District food service department only. Entrees not part of the regular meal may not: exceed 400 calories per serving and 4 grams of fat per 100 calories. 	<p>Children who consume the reimbursable meal receive more nutrients than those who purchase a la carte. Extra food/beverages consumed may result in rejection of meal items and/or overeating.</p> <p>EDUCATION CODE 49431.5</p> <p>Snacks are intended to supplement either the school meal program, or meals brought from home.</p> <p>EDUCATION CODE 49431.2</p> <p>Nutritious entrees may be available for students choosing not to participate in the regular meal program.</p> <p>Foods must comply with State and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness.</p> <p>EDUCATION CODE 49431.2</p>

STUDENT WELLNESS (continued)

<p>Food and beverage sales outside the District Non-Profit Food Service Program</p>	<ol style="list-style-type: none"> 1) One student organization each day may sell up to 3 types of snack and/or beverage items, providing that: <ul style="list-style-type: none"> • Items selected for sale must meet the nutritional standards outlined above for snacks and beverages. • Have approval from the Site Wellness Committee. • The items offered for sale are intended to supplement the meal program or meals brought from home. • The items are not offered for sale by the district food service program. • All items offered for sale must be commercially prepared, individually packaged, and stable at room temperature. 2) Schools may select no more than 4 school days on which any number of organizations may sell any number of items, providing that: <ul style="list-style-type: none"> • The sale is approved by the Site Wellness Committee. • The items selected for sale meet the nutrition requirements outlined above. • The school cafeteria staff is given a minimum of two week written notice. 3) All other fundraising sales of food and beverages may only occur off campus, or 30 minutes after the end of the regular school day. 4) Sales not approved by the Site Wellness Committee may not occur at any time on school campus. 5) “Sold” is defined as any item exchanged for cash, token or voucher. 	<p>California Code of Regulations Title 5.</p> <p>To ensure optimum participation in the district’s non-profit meal program.</p> <p>Consuming nutritious meals leads to life-long healthy eating habits.</p> <p>Snacks are intended to supplement either the school meal program or meals brought from home.</p> <p>California Code of Regulations Title 5</p> <p>Health Department regulations</p> <p>EDUCATION CODE 49431.2</p> <p>EDUCATION CODE 49431.5</p>
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STUDENT WELLNESS (continued)

<p>Other food and beverages used outside the District meal programs</p>	<ol style="list-style-type: none"> 1) Parents and staff are strongly encouraged not to use food and beverage items for rewards and celebrations. 2) Classroom parties offering food and/or beverages should be limited and must be held after the end of the lunch period. The food and beverage items offered should follow the same guidelines outlined above. 3) Teacher must confer with parents regarding student food allergies. 	<p>Extra calories can result in overeating and rejection of meal items.</p> <p>Using non-nutritious foods for rewards can lead to poor life-long eating habits.</p> <p>Food allergies</p>
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STUDENT WELLNESS (continued)

Chart C

**Wellness Policy 5030: Food and Beverage Sold or Served in High School
To be fully implemented by July 1, 2007***

Issue	Standards	Rationale
<p>General Statement: District Non-Profit Food Service Program</p>	<ol style="list-style-type: none"> 1) Items sold a la carte by the food service program are intended to supplement meals from school or home, and not to compete with the reimbursable meal. In addition, limited entrée items may be offered for sale for those students who choose not to participate in the meal program. 2) Beverage sales will be limited to fruit- or vegetable-based drinks that are composed of no less than 50% fruit/vegetable juice and have no added sweetener; water with no added sweetener; 2%, 1% or non-fat milk; electrolyte replacement drink that contains no more than 42 grams of added sweetener per 20-ounce serving. *(EXCEPTION: THIS PORTION OF AR TO BE IMPLEMENTED JULY 1, 2006.) 3) Snacks sold, except those served as part of the USDA meal program, shall meet all the following standards: <ol style="list-style-type: none"> a. Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, and legumes, are exempt. b. Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale are exempt. c. Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. d. Not more than 250 calories per individual food item. 4) Entrees not part of the regular meal may not exceed 400 calories per serving and 4 grams of fat per 100 calories. 	<p>Children who consume the reimbursable meal receive more nutrients than those who purchase a la carte. Extra food/beverages consumed may result in rejection of meal items and/or overeating.</p> <p>EDUCATION CODE 49431.5</p> <p>Snacks are intended to supplement either the school meal program, or meals brought from home.</p> <p>EDUCATION CODE 49431.2</p> <p>Nutritious entrees may be available for students choosing not to participate in the regular meal program.</p> <p>Foods must comply with State and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness.</p> <p>EDUCATION CODE 49431.2</p>

STUDENT WELLNESS (continued)

<p>Food and beverage sales outside the District Non-Profit Food Service Program</p>	<ol style="list-style-type: none"> 1) One student organization each day may sell up to 3 types of snack and/or beverage items, providing that: <ul style="list-style-type: none"> • Items selected for sale must meet the nutritional standards outlined above for snacks and beverages. • Have approval from the Site Wellness Committee. • The items offered for sale are intended to supplement the meal program or meals brought from home. • Items are not offered for sale by the district food service program. • All items offered for sale must be commercially prepared, individually packaged, and stable at room temperature. 2) Schools may select no more than 4 school days on which any number of organizations may sell any number of items, providing that: <ul style="list-style-type: none"> • The sale is approved by the Site Wellness Committee. • The items selected for sale meet the nutrition requirements outlined above. • The school cafeteria staff is given a minimum of two week written notice. 3) All other fundraising sales of food and beverages may only occur off campus, or 30 minutes after the end of the regular school day. 4) Sales not approved by the Site Wellness Committee may not occur at any time on school campus. 5) “Sold” is defined as any item exchanged for cash, token or voucher. 	<p>California Code of Regulations Title 5</p> <p>To ensure optimum participation in the district’s non-profit meal program.</p> <p>Consuming nutritious meals leads to life-long healthy eating habits.</p> <p>Snacks are intended to supplement either the school meal program or meals brought from home.</p> <p>California Code of Regulations Title 5</p> <p>Health Department regulations</p> <p>EDUCATION CODE 49431.2</p> <p>EDUCATION CODE 49431.5</p>
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STUDENT WELLNESS (continued)

Other food and beverages used outside the District meal programs	<ol style="list-style-type: none"> 1) Parents and staff are strongly encouraged not to use food and beverage items for rewards and celebrations. 2) Classroom parties offering food and/or beverages should be limited and must be held after the end of the lunch period. The food and beverage items offered should follow the same guidelines outlined above. 3) Teacher must confer with parents regarding student food allergies. 	<p>Extra calories can result in overeating and rejection of meal items.</p> <p>Using non-nutritious foods for rewards can lead to poor life-long eating habits.</p> <p>Food allergies.</p>
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