

STUDENT WELLNESS

Alvord Unified School District is committed to providing school environments that promote and protect student's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Alvord Unified 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 TK-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 and the National SMART snack in school requirements.
- 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.
- All schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To achieve these policy goals:

I. District Wellness Council

To the extent possible, the District Wellness council shall be an active committee which will consist of a group of individuals representing each of the district schools and the community, parents, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The council will serve as a resource to school sites to create and strengthen committees, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and the implementation of district policies. The District Wellness council will meet at least 4 times throughout each school year to review the District's Wellness Policy, Wellness Procedures, assessment results and new legal regulations. After reviews the council will present to the Board any updates and recommendations as appropriate.

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II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs**

- Meals should comply with current United States Dietary Guidelines for Americans.
- 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.
- To better support learning and healthy eating, it is suggested that lunch will follow recess 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.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition guidelines are outlined in Charts A.

STUDENT WELLNESS (continued)**III. Nutrition and Physical Activity Promotion and Food Marketing****Nutrition Education and Promotion**

Alvord Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, 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 teachers and other staff.

Resources for Nutritional Education:

- Dairy
- Council of California
- Harvest of the Month
- USDA Nutrition Education
- California Project Lean
- Network for a Healthier California
- University of California Fresh

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., 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. Toward that end:

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- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and,
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Resources for Additional Physical Activity Opportunities:

- Go Noodle.com
- Hopsports brain breaks
- Jammin Minutes
- Brain Breaks from Alvord USD Website

Communication with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, 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/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/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 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).¹¹ 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.

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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-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; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

Alvord Unified School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should incorporate staff wellness within their site wellness council. The council should develop, promote, and oversee plans to promote staff health and wellness. The plans should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. Physical Activity and Daily Physical Education (P.E.) TK-12

Alvord 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 taught by certified physical education teachers and 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.

- Students will spend at least 50% of physical education class time participating in moderate to vigorous activity. At least 50% of instructional time should be spent in moderate-to-vigorous physical activity.

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- 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)
- Students may be granted an exemption from courses in physical education for two years any time during grades ten to twelve, inclusive, if the pupil has met satisfactorily any five of the six standards of the physical performance test administered in grade nine pursuant to Section 60800.” (EC Section 51241 [b][1])
- 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)
- The school district 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)

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 offer 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.

After School Programs 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.

STUDENT WELLNESS (continued)**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)

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.

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 also should be available to community agencies and organizations offering physical activity and nutrition programs. 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/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 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, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils,

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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.¹³ 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 our nutrition and physical activity policies; provision of an environment that supports healthy 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.

CHART A**ACCEPTABLE BEVERAGES**

Beverage	Elementary Schools	Middle Schools	High Schools
Water	Unlimited	Unlimited	Unlimited
Low fat or fat free milk (flavored or unflavored with ≤ 28 g total sugar per 8 fl. oz.)	≤ 8 fluid ounces	≤ 12 fluid ounces	≤ 12 fluid ounces
100% fruit or vegetable juices (with no added caloric sweeteners)	≤ 8 fluid ounces	≤ 12 fluid ounces	≤ 12 fluid ounces
Electrolyte replacement beverages	Not allowed	Not allowed	≤ 20 fluid ounces Water as first ingredient, ≤ 16.8 g added sweetener/8oz, ≤ 40 calories/8oz, 10-150mg sodium/8oz, 10-90mg Potassium/8oz, No added caffeine
Caffeine	All beverages shall be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.		

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ACCEPTABLE FOODS (All grade levels)

	Snacks	Entrées
Calories	≤ 200	≤ 350
Sodium	≤ 230 mg	≤ 480 mg
Fat (excluding nuts, seeds, and nut butters)	≤ 35% of total calories	
Saturated Fat	< 10% of total calories	
Trans Fat	≤ 0.5 g per serving	
Sugar (excluding fruits, vegetables and dairy)	≤ 35% by weight	
Grains	100% whole grains	
Serving Size	One serving per container	