

Monson-Sultana Joint Union Elementary School District
Wellness Policy

Reviewed by Health Committee 9/16/2011
Approved By the Governing Board 10/4/2011

BP 3550(a)

Business and Noninstructional Operations

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes the important connection between a healthy diet and 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, and as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well being. To reinforce the district's nutrition education program, foods provided on school premises shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
3. Served in age-appropriate quantities

Students shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Superintendent or designee shall ensure that the meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch Program.

To the extent permitted under the National School Lunch Program, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

The Board has established and sustained a Child Nutrition and Physical Activity Advisory Committee (CNPAAC) to discuss nutrition and physical activity related topics of concern in the school community, and to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board. (Education Code 49433)

BP 3553(a)

Business and Noninstructional Operations

FREE AND REDUCED PRICE MEALS

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

The Superintendent or designee shall recommend for Board approval a plan that ensures that students eligible to receive free or reduced price meals and milk are not treated differently from other students or easily identified by their peers.

Upon approval of the Board, this plan shall be submitted to the California Department of Education for approval (Education Code 49557)

The Board authorizes designated employees to use individual records pertaining to student eligibility for any free and reduced price meal program for the purpose of disaggregation of academic achievement data in accordance with federal and state law and regulation.

OTHER FOOD SALES

The Superintendent or school site administrator shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

The Superintendent or school site administrator shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations.

No foods of minimal nutritional value shall be sold on school premises during the school day (as defined as one half hour before the official school day begins until one half hour after the official school day ends).

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

Food sales are prohibited during school hours, and within one hour before or after school hours, unless the organization is legally organized as a nonpartisan, charitable organization and the purpose of the solicitation has been approved in accordance with Governing Board policy. (Education Code 51520)

The Superintendent or designee shall ensure that all food and beverages outside of the Child Nutrition Services program meets basic nutrition standards:

1. Non-nutritious foods, including but not limited to candy, sodas, donuts, and chewing gum, cannot be

sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends).

2. The District should encourage fundraisers that reflect our commitment to student health. Fundraisers such as the sale of non-food items, nutritious food items, and physical activity events are strongly encouraged.

Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program

In any school participating in the National School Lunch or Breakfast Program, student organizations may sell food items in accordance with 5 CCR 15500-15501. The specific nutritious food item shall be approved by the Superintendent or designee and, if sold during the regular school day, shall not be a food item prepared on school premises or sold in the food service program at school during that day. (5 CCR 15500-1550)

BP 6142.7(a)

Instruction

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

Staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these students.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in 1 through 6 and not less than 400 minutes each 10 school days for students in grades 7 through 12. (Education Code 51210, 51222).

During the month of February, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. A developmentally appropriate curriculum based on State adopted standards for Physical Education has been designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. The existing physical education requirements are monitored and enforced by the school site administration.
4. Expanded opportunities for lunchtime and after school physical activity for students have been developed.
5. The student/teacher ratio for physical education classes is similar to other classes.

FOOD SERVICE/CHILD NUTRITION PROGRAM

Posting Requirements

The district's policies and regulations on nutrition and physical activity in public view within the school cafeteria or in other central eating areas. (Education Code 49432)

The district may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)

Nutritional Standards

The Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. The District exercises control over all vending machines on its property including vendors, locations, contents, and appearance.
 - a. All vending machines located on campus and available to students may sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure fresh produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus.
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - b. Salad bars and/or pre-packaged salads, as well as fresh fruit shall be available for 6th-8th graders.
4. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Students shall have an adequate amount of time in which to eat lunch.
 - b. School site leadership is involved in improving cafeteria décor and atmosphere.
 - c. Child Nutrition Services solicits student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.

5. Nutrition and Health education are incorporated into regular teaching plans, in ways that meet California Standards requirements.
 - a. Teachers are provided with opportunities to integrate nutritious eating experiences and nutrition education into the curriculum for math, science, history, and language arts at all grades.

6. Ensure that no student is hungry.
 - a. The District works to ensure maximum participation in the school meal program through education and outreach programs.
 - b. The district shall ensure that all eligible children qualify for free and reduced meals.

Child Nutrition and Physical Activity Advisory Committee

The membership of the Child Nutrition and Physical Activity Advisory Committee shall include, but is not limited to, the following members: school administrators, food service staff, students, parents/guardians, teachers, and interested community members.

The Child Nutrition and Physical Activity Advisory Committee shall meet at least one time during the year. This meeting shall be open to the public.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)

1. Implementing the nutritional standards set forth in Education Code 49431
2. Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods
3. Ensuring that no student is hungry
4. Improving nutritional standards
5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold
6. Ensuring, to the extent possible, that the food served is fresh
7. Encouraging eligible students to participate in the school lunch program
8. Integrating nutrition and physical activity into the overall curriculum
9. Ensuring regular professional development for food service staff
10. Ensuring students engage in healthful levels of vigorous physical activity
11. Ensuring students receive nutrition education
12. Improving the quality of physical education curricula and increasing training of physical education teachers
13. Enforcing existing physical education requirements
14. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy foods
15. Increasing the availability of organic fruits and vegetable and school gardens

In developing the policy(ies), the committee shall hold at least one public hearing. (Education Code 49433)