STUDENT WELLNESS: SCHOOL NUTRITION AND PHYSICAL EDUCATION PROGRAMS

SCHOOL NUTRITION AND GOALS FOR STUDENT LEARNING

Students should be able to:

- Demonstrate ways in which they can enhance and maintain their nutrition-related health and well being.
- Understand and demonstrate dietary and activity behavior that prevent disease and promote health.
- Analyze the influence of media and food marketing on student decisions related to nutrition, physical activity, and lifestyle choices.
- Understand and accept individual differences in growth and development among people.
- Understand the relationship between the human body and nutrition.
- Identify information, products, and services that may be helpful or harmful to health.
- Demonstrate the ability to identify research-based nutrition information and resources.

Each school shall post the district's policies and regulations on nutrition in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Nutritional Standards

Food sold by the district or parent organizations on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085:

1. Milk and dairy products, including cheese, yogurt, frozen yogurt, and ice cream.
2. Full-strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice.
3. Fresh, frozen, canned, and dried fruits and vegetables.
4. Nuts, seeds, and nut butters.
5. Non-confection grain products, as defined by regulation of the United States Food and Drug Administration (FDA), including crackers, bread sticks, tortillas, pizzas, pretzels, bagels, muffins, and popcorn.
6. Meat, poultry, and fish, and their products including beef jerky, tacos, meat turnovers, pizza, chili, and sandwiches.
7. Legumes and legume products, including bean burritos, chili beans, bean dip, roasted soybeans, and soups.

Furthermore, the Superintendent or designee shall ensure that elementary schools comply with the following nutritional standards set forth by the California Department of Education (Education Code 49431):

FOOD

1. The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal and meets the district nutrition guidelines as stated below. However, fruits, non-fried vegetables, legumes, beverages, dairy products or grain products may be sold as individual food items if:

    a. Not more than 30 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
    b. Not more than 10 percent of the food item's total calories is from saturated fat.
    c. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar.
    d. No food item will contain the following:
        - Hydrogenated oils, partially hydrogenated oils, or trans fats.
        - High fructose corn syrup.

2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in item #1 a-d above.

BEVERAGE

Beginning July 1, 2004, the following nutritional standards shall apply to all beverages provided in the district's food services program (Education Code 49431.5):

1. Regardless of the time of day, the only beverages that may be sold to students are water, milk (with no added sweeteners or flavoring), 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50 percent fruit juice and that have no added sweeteners *with the exception of chocolate milk. Encourage lunch programs to look at lower sugar content of chocolate milk.

* "Added sweetener" means any additive that enhances the sweetness of the beverage, including, but not limited to, added sugar and artificial sweetener, but does not include the natural sugar or sugars that are contained within the beverage that is a component of the beverage.

Celebrations

Foods brought to school for birthdays and celebrations are required to follow the district nutrition guidelines and have no more than 5 grams of fat/serving or per 150 calories. Any food items shall meet the standards in FOOD item #1 a-d. The principals will distribute a list of healthy party and holiday foods to parents and teachers as well as a list

of non-food alternatives for celebrations via newsletter. Celebrations should occur after the last lunch period when possible.

PHYSICAL EDUCATION

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 grades 1 through 6 and not less than 400 minutes each 10 school days for students in grades 7 and 8.

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 will receive their individual fitness test results. 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.

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

1. The district shall develop a sequential, developmentally appropriate, standards-based curriculum that shall be 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 physical education requirements will be implemented.

3. Professional development opportunities for physical education should be available to teachers and administrators.

4. Students shall be encouraged to safely walk or bike to and from school.

5. Expanded opportunities for lunchtime and after school physical activity for students and staff shall be encouraged.

6. The school/district should ensure that students and staff have access to appropriate hydration (e.g. water or other fluids).

7. Facilities and equipment used for physical activity should be properly monitored and maintained to ensure participants' safety.

8. Teachers and other school and community personnel will not use physical fitness activity or withhold opportunities for physical fitness as punishment. (EC Section 49001)

9. All elementary school students should have at least 20 minutes a day of supervised recess, outdoors if weather permits, during which schools should encourage moderate-to-vigorous physical activity, including the provision

of space and equipment.

10. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory schoolwide testing necessitate that students remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Legal Reference:
EDUCATION CODE
51210 Areas of Study
51222 Physical Education
60800 Physical Performance Test

PLAN FOR MEASURING IMPLEMENTATION OF THE WELLNESS POLICY AND DESIGNATING RESPONSIBILITY FOR IMPLEMENTATION AND ENFORCEMENT OF THE POLICY

The minimum requirements that must be met:

- Representatives of the school district shall develop a plan for implementing the district wellness policy and measuring implementation of that policy.
- The district superintendent or designee shall designate at least one person within the local educational agency or at each school that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.
- Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (EC Section 49432)

It is recommended that:

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.

The school nurse, in conjunction with 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 or designee). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and will make recommendations on any necessary changes to the nutrition policy. If the district has not received an 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.

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 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.

Based on these assessments, 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 the wellness council, parent/teacher organizations, school principals, and school health services personnel in the district.

Training

The district may provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school/district food service personnel, and other staff members of the wellness council.

First Reading:	April 25, 2006
Second Reading and Adoption:	May 9, 2006
Revised and Approved:	February 8, 2011
Second Reading and Adoption:	April 26, 2011

DIXIE SCHOOL DISTRICT **Regulation 5030 (a)**

STUDENT WELLNESS: SCHOOL-SPONSORED EVENTS

Fundraising Activities

To support children's health and school nutrition education efforts, school fundraising activities during school hours will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Rewards/Punishment

School personnel will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations

Foods brought to school for birthdays and celebrations are required to follow the district nutrition guidelines and have no more than 5 grams of fat/serving or per 150 calories. Any food items shall meet the standards in FOOD item #1 a-d. The principals will distribute a list of healthy party and holiday foods to parents and teachers as well as a list of non-food alternatives for celebrations via newsletter. Celebrations should occur after the last lunch period when possible

School-Sponsored Events

The school district should offer and promote healthy food and beverage products at all school-sponsored events.

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