

Student Wellness

BP 5030(a)

The Governing board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Goals

The Paradise Unified 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 Paradise 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 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, to the extent feasible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings.
- To the maximum extent practicable, all schools in the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]).
- 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.

Achievement of Goals:

I. To Achieve These Policy Goals

The Paradise Unified school District Coordinated Wellness Advisory Committee will develop, monitor, and as necessary, strengthen all components of the Coordinated Wellness Policy and will consist of individuals representing all components of wellness within the school community including parents/guardians and students.

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

A. School Meals

Meals served through the National School Lunch and Breakfast 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, seasonal and fresh, when practicable;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);

Schools will engage students and parents/guardians in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents/guardians and students. Such information will be made available on the Paradise Unified school District Web Site.

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, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- 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.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should attempt to schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- elementary schools may consider scheduling lunches after recess periods, so the students play first, then eat.
- will encourage hand washing and provide students access to hand washing facilities.

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, continuing professional development will be provided for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and 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 and other restrictions on some children's diets.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers)

Elementary and Middle Schools: The school food service program will provide all food and beverage sales to students in elementary and middle schools. Given children's limited nutrition skills, foods in elementary and middle schools should be sold as balanced meals.

High Schools: In high schools all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack lines, vending machines, or fundraising activities) during the school day will meet the following nutrition and portion size standards:

Foods and Beverages Sold individually (cont'd.)

Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA).electrolyte replacement beverages and beverages lower in sodium.

Foods

A food item sold individually:

- a. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat.
- b. Will have no more than 35% of its *weight* from added sugars;
- c. Will be lower in sodium.

During meal periods, a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes:

Portion sizes will comply with the National School Lunch Program standards and the nutritional standards and beverages, as listed in the Education Code (E.C. 49431).Limit portion sizes to single serving sizes. Super size portions will be discouraged.

Food sales may not legally compete with the school food service program.

Fundraising Activities.

To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

Elementary and Middle Schools– A student organization may not sell more than one food item per sale when all the following conditions is met:

1. The specific nutritious food item is approved by the Governing Board.
2. Food sales do not begin until after the close of the midday food service period.
3. Sales are not of food items prepared on the premises (i.e. commercial kitchen only).
4. There are no more than four such sales per year.
5. Any food sold has no more than 35% fat, 10% saturated fat, 35% sugar by volume.
6. The food item sold is not one sold in the food service program at that school during the school day.

High Schools – In high schools, all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, or fundraising activities during the school day will meet the following nutrition and portion size standards:

1. The specific nutritious food item is approved by the Governing Board
2. Food Sales do not begin until after the close of the midday food service period.
3. Sales are not of food items prepared on the premises
4. There are no more that four sales per year.
5. Any food sold has no more than 35% fat, 10% saturated fat, 35% sugar by volume
6. The food item sold is not one sold in the food service program at that school during the school day.

Fundraising Activities – High Schools (cont'd.)

These restrictions do not apply to student fundraiser sales of foods at least one half hour after the end of the school day, or to sales that occur off school premises.

High School/Middle school Vending Profit-Sharing Program: Joint ventures of food and beverage sales by food service and any associated student body must meet all criteria described above. *In addition let it be noted that the district food service program has exclusive food and beverage vending rights.*

Snacks.

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. Schools will not use foods or beverages that do not meet the nutrition standards and foods will not be withheld as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day to foods that fall into the definition of the National School Lunch Program. They should plan any event with the food service department and must meet criteria for age of children involved.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). The district encourages that foods and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals or for foods and beverages sold individually (above), since these standards reflect our commitment to health and wellness.

III. Nutrition and Physical Activity Promotion and Food Marketing

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

Nutrition and Physical activity (cont'd.)

- 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.

B. 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:

- 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;

III. Nutrition and Physical Activity Promotion and Food Marketing

B. Integrating Physical Activity into the Classroom Setting (cont'd.)

- opportunities for physical activity may be incorporated into other subject lessons; and
- classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

C. Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. In partnership with community health agencies, the district/school will offer, when possible, 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 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.

D. 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). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

E. Staff Wellness. Paradise Unified School District highly values the health and well-being of every staff member. As resources allow, the District will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities and Physical Education (cont't)

A. Daily Physical Education (P.E.) K-12. All students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every two weeks for elementary school students and 400 minutes every two weeks for middle and high school students) for the entire school year. All physical education will be monitored by a certified physical education teacher. At the K-6 level, elementary teachers are certified for all subjects, including physical education. Students will spend as much time as possible in physical education participating in moderate to vigorous physical activity, consistent with the California Physical Education Standards.

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.

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

III. Physical Activity Opportunities and Physical Education

B. Daily Recess (cont'd.)

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.

C. Physical Activity Opportunities Before and After School. In collaboration with recreation districts, to the extent possible, all elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools are encouraged to offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests and abilities of all students.

After-school elementary child care 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.

D. Physical Activity and Punishment. Teachers and other school and community personnel will review the issues regarding the use of physical activity as punishment and withholding physical activity as punishment during the school year. The intent is to create a policy in the near future.

E. Safe Routes to School. The school district will assess and, if necessary and to the extent possible, identify 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.

F. 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 and district policies concerning safety, utility costs, building maintenance, etc. will apply at all times.

IV. Monitoring and Policy Review

A. 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 annually 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 Director of Food Services).

The superintendent or designee will develop a summary report each year 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, parent/teacher organizations, school principals, and school health services personnel in the district.

B 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.

Student Wellness

BP 5030(k)

As part of an ongoing process, the school district will review the wellness policy and the provisions that support healthy eating, physical activity, physical education, and legislation that may effect change. Work plans to facilitate any changes will be developed and implemented by the district Superintendent or designee.

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Proposed Adoption: