

SECTION: STUDENTS

TITLE: STUDENT WELLNESS

ADOPTED: May 17, 2006

CALIFORNIA AREA SCHOOL DISTRICT ^{REVISED:}

<p>1. Purpose</p> <p>Authority Public Law 108-265 Section 204</p> <p>Committee</p> <p>Committee Duties</p>	<p style="text-align: center;">STUDENT WELLNESS</p> <p>California Area School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn and our purpose is to teach them.</p> <p>The board is committed to establish one requirement of the law that <u>nutrition guidelines</u> must be developed for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity. The standards apply to all grades in all buildings.</p> <p>However, it is the responsibility of the food service director that a directive accompanies each menu made that provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a) 0, as those regulations and guidance apply to schools.</p> <p>Committee shall be comprised of at least one (1) of the following: School board member, district administrator, district food service representative, student, parent/guardian, teacher, and the public in the development of the school wellness policy.</p> <p>Committee shall serve as an advisory committee regarding student health issues and to promote student wellness. This policy adopted by your School Board must be developed by the appointed Wellness Committee. Thus, the Wellness Committee should choose only the options it deems necessary for the successful implementation of a Student Wellness Plan in the school district. The committee will also</p>
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<p>Delegation of Responsibility</p>	<p>examine related research, laws and other board policies.</p> <p>The Superintendent shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy.</p> <p>Each building principal shall report to the Superintendent regarding compliance in his/her school and make suggestions for improvement in specific areas.</p> <p>Each building principal shall provide the superintendent with a list of activities and programs conducted to promote nutrition and physical activity.</p> <p>Staff members are responsible for programs related to student wellness shall report to the building principal regarding the status of such programs.</p>
<p>Food Service</p>	<p>*Food Service Director will provide a healthy snack list. Nutritional data will be kept on file for competitive foods sold during the lunch program.</p> <p>Food sold for fundraising shall not take place until after the last lunch. Staff members should promote students to participate in school breakfast and lunch programs.</p> <p>Fundraising - The individual submitting the request will be responsible for following the Districts Wellness Policy.</p>
<p>Goals</p>	<p>The goal of nutrition education is to <u>teach</u> encourage and support healthy eating by students in order to lead healthy lives. The California Area School District will accomplish these goals through Education, Physical Activity, Physical Education and School Breakfast and School Lunch Programs.</p>
<p>Nutritional Education</p>	<p>Nutrition education will be provided and comprehensive health education programs in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education lessons and activities shall be age appropriate.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.</p>
<p>Physical Activity</p>	<p>California Area School District will strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p>

<p>Physical Education</p>	<p>The school district shall determine how they will provide students opportunities to accumulate at least thirty (30) minutes of physical activity on all or most days of the week.</p> <p>Physical activity shall not be used as a form of punishment.</p> <p>Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.</p> <p>A course of study that focuses on providing skills, knowledge and confidence to participate in lifelong, health enhancing.</p> <p>Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>Physical education shall be taught by certified health and physical education teachers.</p> <p>Students shall be active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class</p>
<p>Other School Based Activities</p>	<p>Students shall be provided ten (10) minutes sit down time for breakfast and twenty (20) minutes sit down time for lunch.</p> <p>Food will not be used in the schools as a reward or punishment.</p> <p>Students may be involved in some menu selections.</p> <p>Access to the food service operation shall be limited to authorized staff.</p> <p>Administrators, teachers, food service personnel, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs.</p>
<p>Competitive Foods</p>	<p>Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include ala carte foods, snacks and beverages: vending food, school store food, fundraisers, classroom parties, holiday celebrations, and food from home.</p>
<p>Plan</p>	<p>*The purpose of classroom parties and fundraising to take place after the last lunch is most important to your food service department. The school district shall support the fact that food items shall not be available before or during meal times. This ensures that students will eat school breakfast and school lunches. This will also plan a role in the financial status of the cafeterias operation. The cafeteria needs the support of the school</p>

district.

*The following standards apply to all foods offered as ala carte.

*Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes.

*Water fountains will be maintained in proper working condition and students will have access to them.

*At least two whole grain items will be available on daily basis.

*A minimum of three fruits will be offered daily (at least one being fresh).

*At least one vegetarian entrée will be offered. This could be a hot entrée, pre made salad or offer a salad bar.

*A minimum of two vegetables will be offered daily.

*At least one items that provide >2 grams of fiber per serving will be available on a daily basis.

*No foods will be on-site deep fat fried. This does not stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 4 times per week.

*Foods of Minimal Nutritional Value (USDA) regulation 7CFR210 and 220) will not be available anytime during the school day. In addition, the majority of items offered will:

Not contain added sugar as the first ingredient.

Provide minimal to no trans fatty acids.

*K-5 will not offer more than 10 ala carte food items in total. A healthy snack list will be developed.

*A minimum of 75% (100% for grades K-5) of beverage offered will be:

*Water, unflavored (any size)

*100% fruit juice (not to exceed 12 oz).

*Milk, 1% lowfat or nonfat (Not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 oz serving, inclusive of naturally occurring sugar). Preferably package in plastic resealable containers.

This is for beverages in vending or beverages sold over the counter.

*The school district will not have food vending machines. Soda will be replaced in vending with water and 100% fruit juices.

*All food items sold after the last lunch as fundraisers, still during the school day, will follow the standards listed below.

*Packages will be in single serving sizes.

*Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

*Foods will not be fried.

*Foods will not contain added sugar as the first ingredient.

*Provide minimal to no trans fatty acids.

*Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient. Classroom parties will not serve food in classrooms before lunch.

*Fresh fruits and vegetables

*Water, 100% fruit juice or milk.

*Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.).

*Students are not permitted to order food or have food delivered from outside stores or restaurants.

*Fundraising will not be permitted in the cafeterias during the breakfast meal or lunch meal as stated in agreement with the Department of Education through the National School Breakfast and National School Lunch Program.

*School stores will not sell food items. If school stores sell food items then the same restrictions applies as the fundraisers and classroom parties. Nutritional data will be on file on all food items sold.

*Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.