

## **Students**

### **STUDENT WELLNESS**

**AR 5030 (a)**

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.

**ALVORD UNIFIED SCHOOL DISTRICT**  
Riverside, California

**Leadership**

The Superintendent or designee will convene the District Wellness Council and facilitate the development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Each school site Principle will be required to ensure compliance with the District Wellness Policy.

**School Site Wellness Councils (SSWC)**

Each Alvord Unified school site shall establish a School Site Wellness Council (SSWC) and designate a school site wellness lead. The SSWC may include members of the school community such as parents, students, classroom, teachers, physical education teachers, administrations, school health professionals, school food authority, and local community stakeholders. The school site administrator shall encourage involvement in the SSWC.

**I. 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.
- Students will receive 10 or more minutes to eat breakfast and 20 or more minutes to eat lunch counting from the time they are seated.

**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 and extended school day, shall meet local, state, and federal guidelines (See Appendix A). These standards will apply in all locations and throughout all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeteria, vending machines, school stores and snack or food carts.

## STUDENT WELLNESS (continued)

AR 5030 (c)

The term “extended school day” is time during the before- and after-school activities that includes, but is not limited to, clubs, intramural sports, After School Programs, band and choir practice, and drama rehearsals.

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 encourages fundraisers that promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc).
- Fundraisers during and outside school hours will sell either 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.

### Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards (or, if the state policy is stronger, will meet or exceed stat nutrition standards), including through:

1. Celebrations and parties. The district will provide a list of healthy party celebration ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are also available from the USDA and The Alliance for a Healthier Generation.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. The list will be made available through the Child Nutrition Center and online at [AUSDnutrition.org](http://AUSDnutrition.org).
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. The list will be made available through the Child Nutrition Center and online at [AUSDnutrition.org](http://AUSDnutrition.org). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

**ALVORD UNIFIED SCHOOL DISTRICT**  
Riverside, California

**Fundraising**

Nutrition guidelines outlined in Appendix A.

**II. 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
- Nutrition Education Obesity Prevention (NEOP)
- USDA Nutrition Education
- California Project Lean
- Network for a Healthier California
- UC Cooperative Extension

**Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques
  - I.e. Menu boards

**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. Any foods and beverages marketed or promoted to students on the school campus during the school day or extended school day will meet or exceed the USDA Smart Snacks in School Nutrition standards (or, if stronger, the state nutrition standards). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

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. As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District Wellness Policy. 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.

Schools in the District are encouraged to implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. As such, foods and beverages served for staff meetings and school-sponsored staff events will be encouraged to meet or exceed the USDA's Smart Snack in School Nutrition Standards.

**III. 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.

## **STUDENT WELLNESS (continued)**

**AR 5030 (g)**

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.
- 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. (Ed Code 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.

**ALVORD UNIFIED SCHOOL DISTRICT**  
Riverside, California

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 and encourage participation in 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.

**Active Academics: 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. The District encourages the following:

- 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 breaks between lessons or classes, as appropriate.

Resources for Additional Physical Activity Opportunities:

- Go Noodle.com
- Hopsorts Brain Breaks
- Jammin Minutes
- Brain Breaks from Alvord USD website

**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.

**IV. 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.

## **STUDENT WELLNESS (continued)**

**AR 5030 (j)**

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, 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. 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.

### **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 analysis 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 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 support 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.

**Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report. This wellness policy and the progress reports can be found at [AUSDnutrition.org](http://AUSDnutrition.org) and [Alvordschools.org](http://Alvordschools.org).

**Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the Child Nutrition Center. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

**Annual Notification of Policy**

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and Child Nutrition website. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's or schools' events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

**Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the wellness policy.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District, or school will actively notify households/families of the availability of the triennial progress report.

**Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

**Community Involvement, Outreach and Communications**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

**APPENDIX A:****ACCEPTABLE BEVERAGES**

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

**ACCEPTABLE FOODS (All grade levels)**

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

**ALVORD UNIFIED SCHOOL DISTRICT**  
Riverside, California

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**STUDENT WELLNESS** (continued)