

Students

Student Wellness

The Governing Board recognizes the link between student health and learning, and is committed to providing a comprehensive coordinated school health program promoting healthy eating and physical activity. 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 for Nutrition and Physical Education, and Physical Activity

- The FUSD nutrition and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- District health education standards and guidelines shall include nutrition and physical education.
- Students in grades K through 12 shall be provided nutrition and physical education as part of the health education program.
- Nutrition and physical education shall be integrated into core academic subjects and offered through before and after school programs and school dining facilities, as appropriate.
- All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities.
- The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.
- All physical education and physical activity requirements in the California Education Code are met.
- Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
- To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Nutrition Guidelines for Foods and Beverages Available at School

- The Board shall adopt nutrition guidelines selected by the district for all foods and beverages sold on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity. These nutrition guidelines must meet or exceed all state and federal laws, regulations, and guidelines and guidelines.

- Nutrition guidelines shall apply to the school food service program, student stores, vending machines, fundraisers, and any other venues where food or beverages are sold.
- School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for classroom activities. Class parties or celebrations including food or beverage shall be held after the lunch period when possible.
- Other School Based Activities
- Facilities are provided to accommodate all students in a comfortable and pleasant environment during meal periods, wherever possible.
- Facilities are provided to accommodate all students in a comfortable and pleasant environment for physical education and activity, wherever possible.
- Adequate time to eat is provided during each school day, during each meal period.
- Schools provide a safe and healthy school environment that supports health literacy and successful learning.
- Staff wellness programs are encouraged to support employees' efforts to improve their personal health and fitness, so they can serve as role models for promoting health.

Program Implementation and Evaluation

- The Board shall establish a plan for implementing the district wellness policy and measuring implementation of that policy.
- The Superintendent shall designate at least one person within the school district to be charged with the operational responsibility for ensuring that the school sites implement the district's wellness policy.
- Each school shall post the district wellness policy and accompanying regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.
- The Superintendent or designee shall ensure district wide and individual school compliance with the adopted district wellness policy.
- Continuing professional development that is supportive of the adopted district wellness policy should be provided to teachers, school/district nutrition services personnel, and others involved in the development of the district wellness policy and regulations.
- Continuing education that is supportive of the district wellness policy and regulations should be available for all district staff, parents/guardians, and community.
- The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide, and at each district school.

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

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Comprehensive School Wellness Program – School affiliated strategies, activities, and services designed to promote the optimal physical, emotional, social, and educational development of students.

I. Nutrition and Health Education

- A. Nutrition and Health Education helps students acquire knowledge, personal skills and attitudes to take increased responsibility for their own health and practice healthful behaviors. The Comprehensive Health Education Curriculum includes instruction on physical activity topics that supplement the curriculum students receive in quality physical education programs. There is an inter-relationship of health concepts and physical education standards.
 1. Students need to learn to take responsibility for their own health and to adopt health-enhancing attitudes and behaviors.
 - a. Every school shall be a healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character.
 - b. Each school shall be organized to reinforce students' adoption of health-enhancing behaviors, and school staff shall be encouraged to model healthy lifestyles.
 2. The schools will create a culture that supports all children and youth in building developmental assets.
 - a. Every school will create a caring school climate where every student feels valued. This means supporting the development of boundaries and expectations, empowerment, constructive use of time, commitment to learning, positive values, positive identity, social competencies and support.
 - b. Sites will use the California Healthy Kids Survey to evaluate and plan appropriate programs related to the development of assets in students.
- B. School Health Services promotes the health of students through prevention, health screenings (eye, ear, and scoliosis), early intervention and remediation of specific health programs, and directs services to students. School leaders shall ensure, with available resources, that the nutrition, health services, and social services students need in order to learn are provided either at the school site or in cooperation with community agencies.
- C. Community Collaboration promotes a collaborative partnership between community agencies and Fremont USD to address the comprehensive health needs of students and their families. Fremont USD is committed to integrating family and community involvement activities designed to engage families as active participants in their student's education. Fremont USD is committed to fostering collaboration with community resources and services to respond more effectively to the health-related cultural needs of students.

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II. Physical Education and Activities

- A. Physical education significantly contributes to every student's health and well-being. Every student – regardless of disability, ethnicity, gender, native language, race, religion, or sexual orientation – is entitled to a high-quality physical education program. Physical education is an integral part of the overall education program for every student and provides one of the few opportunities for every student to develop the skills, knowledge, and confidence necessary to lead a physically active lifestyle.
- B. To achieve the benefits of a comprehensive physical education program, all students must be given sufficient opportunities to attain the physical education learning standards at each grade and course level. California law clearly establishes the priority of physical education instruction. Education Code Section 51210 requires schools to provide a minimum of 200 minutes of physical education every ten school days for students in grades one through six. Education Code Section 51222 requires schools to provide a minimum of 400 minutes of physical education every ten school days for students in grades seven through twelve. Education Code Section 51241 states the governing board of a school district or the office of the county superintendent of a county may grant permanent exemption from courses in physical education.
- C. The California Physical Fitness Test (PFT) will be administered to 5th, 7th and 9th grade students. The PFT is designed to assess six key fitness areas:
1. aerobic capacity
 2. body composition
 3. abdominal strength and endurance
 4. trunk extensor strength and flexibility
 5. upper body strength and endurance
 6. flexibility

Results of the PFT will be analyzed by teachers and used when designing instruction.

- D. In addition to physical education instruction, schools offer students a variety of opportunities for physical activity throughout the day. Physical activity is any bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance and other movement. Information and resources regarding programs shall be made available to parents/guardians. Programs that promote physical activity such as after-school sports will be supported at the school site and within the community.

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III. Nutrition Standards

- A. All schools participate in the National School Lunch Program (NSLP). The District shall meet or exceed nutritional standards and must comply with all state, federal and local laws and regulations for all food and beverages made available to students anytime before school starts up to 30 minutes after the regularly scheduled school day.
- B. Food and beverages offered by the District during the school day will include a variety of healthy choices that are of excellent quality, appealing to students and handled in a safe manner. The District assures that foods available in schools for students are consistent with the recommended American dietary allowances and when consumed, contribute to the development of lifelong healthy eating habits. Families are highly encouraged to support the nutritional integrity of the district policies.
- C. Fundraising
 - 1. The District encourages fundraising activities that promote good health habits and the sale of nutritious foods. All fundraising activities involving the sale of food must comply with all state and federal regulations regarding student nutrition.
 - 2. Food and beverages served or sold to students by any student organization in fundraising activities during the school day, including any time before school starts up to 30 minutes after the end of the school day, shall meet or exceed all existing state, federal, and local mandates. (CCR, Title 5, Sections 15550, 15501, E.C. Section 39876, 48931, 49431.2, 49431.5, and 7CFR 210.11, 210.12).
 - 3. Fundraising activities include, but are not limited to, student stores, vending machines, club and team sales, individual sales, classroom sales, and school offices. All food and beverages served or sold on the entire school campus to students by these groups as part of a fundraising effort, shall meet the nutritional guidelines of the FUSD Student Wellness Policy. Food or beverages sold as part of a fundraiser during the school day by these groups must differ from the food and beverages offered by the FUSD Nutrition Services Department that day, and may not be prepared on campus. For example, if the Nutrition Services Department is offering fruit juice for sale, a student organization shall not sell any type of fruit juice. "Sold" means the exchange of a beverage or food for money, coupons or vouchers. (CCR Title 5, Section 15501)
 - 4. Food and beverages served or sold to students by any parent organization in fundraising activities during the school day, including anytime before school starts up to 30 minutes after the end of the school day, shall meet or exceed all existing state, federal, and local mandates. (CCR, Title 5, Sections 15550, 15501, E.C. Section 39876, 48931, 49431.2, 49431.5, and 7CFR 210.11, 210.12).

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5. It is required that schools submit their planned food and beverage fundraising schedule for the following year to the Director of Nutrition Services by the last day of the current school year. This schedule can be revised throughout the school year with at least one month's notice. This will enable Nutrition Services to plan its purchasing requirements accordingly.
 6. Each group or individual selling foods and beverages on campus, must have an assigned administrator or staff coordinator who will be responsible for ensuring all food and beverages are compliant before they are sold to students.
 7. All food and beverage sales must be documented in a central location on each campus for auditing purposes by the California Department of Education. The type of information necessary to evaluate compliant food and beverages must include the contact information for each group or individual that sells food or beverages on campus, a list of all food and beverages sold and dates and times planned for such sales.
- D. The following requirements must be followed for food and beverage fundraising activities:
1. Elementary Schools
 - a. Pupil organizations in elementary schools participating in the National School Lunch Program can not sell food. (Exhibit A)
 - b. Non-compliant food and beverage sales by parent organizations are not permitted anytime before school starts up to 30 minutes after the regularly scheduled school day. (CCR, Title 5, Sections 15550, 15501, E.C. Section 39876, 48931, 49431.2, 49431.5, and 7CFR 210.11, 210.12)
 2. Junior High and High Schools

The following requirements for student sales will remain in effect as specified in CCR, Title 5, Sections 15550, 15501, E.C. Section 39876, 48931, 49431.2, 49431.5, and 7CFR 210.11, 210.12.

 - a. During regular school hours, only one student organization, including school sponsored vending machines, may sell up to three types of food or beverage items. "Food items" are defined as each separate kind of food offered for sale as a unit, e.g., orange juice and apple juice is considered two items. (CCR Title 5, Section 15501)
 - b. Secondary schools are permitted to have only one organization sell each day except for four days during the school year. On those four days during the year, any number of organizations may sell. (CCR Title 5, Section 15501)

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- c. The sales during the regular school day are not of food prepared on the premises. (CCR Title 5, Section 15501)
- d. The food items sold during the regular school day shall not be the same as any item sold by the district in the Nutrition Services program at that school during that school day. (CCR Title 5, Section 15501)
- e. All foods and beverages offered for sale to students by any organization or entity at each point of sale must be compliant. The only foods and beverages that are approved for sale during the school day must meet guidelines. (Exhibit B)

E. Vending Machines/Contracts

1. All food and beverages sold to students in vending machines shall meet or exceed all existing state, federal, and local mandates and follow all fundraising guidelines.(CCR, Title 5, Sections 15550, 15501, E.C. Section 39876, 48931, 49431.2, 49431.5, 7CFR 210.11, 210.12).
2. A school is not permitted to enter into or renew a food or beverage contract without the prior approval of the Superintendent or authorized delegate. All food and beverages must be in compliance with District policies.

F. Celebrations and Rewards

Non-food celebrations and rewards are encouraged. Examples are birthday book club, party games, pencils, stickers, music, art projects or teacher assistant of the day. Food or beverages offered to students during school activities, celebrations, parties and recognitions, shall follow the district nutrition standards listed in Exhibits A and B. Celebrations involving food and beverages shall occur after the close of the lunch period.

G. Access to Meals

1. Meal Service and Times

Each student shall have a minimum of 20 minutes to consume lunch. All students K-12 must be offered a district-sponsored reimbursable meal during each school day (EC Section 49550). “During” is defined as requiring that students return to class after the lunch period. Meals are required to be offered to kindergarten students during regular lunch service, but meals must be eaten on campus. No district-sponsored reimbursable meals are to be taken off campus unless authorized for a field trip or other school activity.

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2. Free and Reduced-Price Meals

A free and reduced-price meal application must be given to every family each school year. Applications may be mailed home to each family or given to each student by the first day of school.

H. Facilities/Environment

1. Schools will create an environment that supports healthy eating practices and allows adequate time for food consumption. Schools will strive to maintain dining areas that are pleasant, clean and inviting places to eat meals.
2. All food facilities operated by the Nutrition Services Department are regulated under the California Retail Food Code. Nutrition Services personnel who are certified in food safety must be present when these facilities are in use.

I. Field Trips

The District encourages the adherence of food and beverage nutrition standards on all district-sponsored field trips and school activities.

IV. Implementation and Effectiveness

- A. Each school shall post the Student Wellness Policy and accompanying regulations on nutrition and physical activity in public view within all school cafeterias, or other central eating areas.
- B. The Superintendent or designee shall ensure district wide and individual school compliance with the adopted Student Wellness Policy. In order to ensure success, assessments will be conducted annually to determine compliance and progress toward implementation of the Student Wellness Policy.

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Legal References:

California Retail Food Code 114021

Code of Regulations, Title 5
15500-15501 Food Sales by student organizations
15500 Food sales in elementary schools
15501 Sales in high schools and junior high school
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast program

Code of Regulations, Title 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

Education Code
E.C. 38080-38103 Cafeteria, establishment and use
E.C. 38085 Sale of specified food items
E.C. 45103.5 Contracts for management consulting services; restrictions
E.C. 48931 Authorization and sale of food
E.C. 49430-49436 Pupil Nutrition, Health, Achievement Act of 2001
E.C. 49490-49493 School Breakfast and lunch programs
E.C. 49500-49505 School meals
E.C. 49510-49520 Nutrition
E.C. 49530-49536 Child Nutrition Act
E.C. 49547-48548.3 Comprehensive nutrition services
E.C. 49550-49560 Meals for needy students
E.C. 49570 National School Lunch Act
E.C. 51210 Course of study, Grades 1- 6
E.C. 51220 Course of study, Grades 7- 12
E.C. 51222 Course of Study, Grades 7 – 12
E.C. 51241 Course of Study, Exemptions from requirements
E.C. 51520 School premises; prohibited solicitations

Federal Child Nutrition and WIC Reauthorization Act of 2004
Public Law 108-265, Section 204 (Local Wellness Policy)

Federal Regulations Definition
210.11 Federal Register

United States Code, Title 20
1232g Federal Educational Rights and Privacy Act
6301-6514 Title 1 programs

United States Code, Title 42
1751-1769 National lunch Programs
1771-1791 Child Nutrition
1773 School breakfast program

Regulation Established: April 28, 2010

EXHIBIT A

Elementary Schools		
Issue	Nutrition Standards	Rationale
General Statement	<ul style="list-style-type: none"> • Items sold a la carte are intended to supplement meals from school and/or from home, not to compete with the district's School Breakfast Program (SBP) and National School Lunch Program (NSLP). • Limit beverage sales to juice, milk and water. • No foods of minimal nutritional value (FMNV). (Code of Federal Regulations, Title 7, Part 210.11) • Total fat content \leq 35% of calories • Saturated fat content \leq 10% • \leq 35% sugar by weight • Artificial trans fat foods cannot be served or sold on school campus (E.C. Sec. 49431.7) 	<ul style="list-style-type: none"> • Students who buy the district-sponsored reimbursable meal receive more nutrients than those who purchase a la carte. • Extras consumed may result in rejection of meal items and/or overeating. • FMNV means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving. • The categories of FMNV include soda water (carbonated beverages, unless approved by the USDA), water ices (frozen sweetened water e.g. Popsicles), chewing gum, candies (such as hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn). • Follows USDA guidelines for healthy diets
Beverages	<ul style="list-style-type: none"> • Fruit juices must contain \geq 50 % juice • Milk, any type, reduced fat • No beverage of minimal nutritional value • No artificial sweeteners 	<ul style="list-style-type: none"> • Excessive fluid intake results in rejection of other foods that provide required nutrients. • Fluids from natural sources are essential to good health. • Fruits and vegetables contain vitamins and minerals.
Snacks Desserts	<ul style="list-style-type: none"> • Snacks and desserts served may not exceed 175 calories. • Exception: if served as part of the National School Lunch Program (NSLP). • No foods of minimal nutritional value (FMNV). (Code of Federal Regulations, Title 7, Part 210.11) 	<ul style="list-style-type: none"> • Snacks are intended to supplement a meal. • There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal. • Extra calories can result in the rejection of meal items and/or overeating.
Food Outside the Nutrition Service Program	<ul style="list-style-type: none"> • Fundraising sales of non-compliant food or beverage items on campus can not begin until 30 minutes after school hours. • Classroom parties, giveaways and other school functions cannot compete with the National School Lunch and Breakfast Program. • Sales and/or fundraisers that do not benefit the schools may not occur at any time on school campus. 	<ul style="list-style-type: none"> • Student Wellness Policy • Extra calories can result in the rejection of meal items and/or overeating.

Relates to BP5030 Student Wellness

EXHIBIT B

Junior High and High Schools

Issue	Nutrition Standards	Rationale
General Statement	<ul style="list-style-type: none"> • Items sold a la carte are intended to supplement meals from school and/or home, not to compete with the district’s School Breakfast Program (SBP) and National School Lunch Program (NSLP). • At this grade level, entrée items may be offered for those who choose not to participate in the meal program. • Any item served on the meal program menu may be offered a la carte. • No foods of minimal nutritional value (FMNV) Code of Federal Regulations, Title 7, Part 210.11 • Total fat content $\leq 35\%$ of calories • Saturated fat content $\leq 10\%$ of calories • $\leq 35\%$ sugar by weight • Artificial trans fat foods cannot be served or sold on school campus (E.C. Sec. 49431.7) 	<ul style="list-style-type: none"> • Extras consumed may result in rejection of meal items and/or overeating. • FMNV means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving. • The categories of FMNV include soda water (carbonated beverages, unless approved by the USDA), water ices (frozen sweetened water e.g. Popsicles), chewing gum, candies (such as hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn). • Follows USDA guidelines for healthy diets
Beverages	<ul style="list-style-type: none"> • Water, unflavored or flavored • Fruit juices must contain $\geq 50\%$ juice • Milk, any type, reduced fat • Other beverages ≤ 42 gm added sugar per 20 oz. • No beverages of minimal nutritional value 	<ul style="list-style-type: none"> • Excessive fluid intake results in rejection of other foods that provide required nutrients. • A la carte beverages are not intended to replace a meal.
Snacks Desserts	<ul style="list-style-type: none"> • Snacks and desserts sold a la carte may not exceed 250 calories. • Exception: if served as part of the National School Lunch Program (NSLP). • No foods of minimal nutritional value (FMNV). (Code of Federal Regulations, Title 7, Part 210.11) 	<ul style="list-style-type: none"> • Snacks sold a la carte are intended to supplement a meal and are not intended to replace a meal. • There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.
Entrees	<ul style="list-style-type: none"> • Entrees not on the menu that are offered for sale ≤ 400 calories • Menu planners are encouraged to vary meal entrée choices in an effort to promote a balanced diet. 	<ul style="list-style-type: none"> • Items not offered on the district-sponsored reimbursable meal, detract from meal sales, the best source for a healthy diet. • Students who buy the district-sponsored reimbursable meals receive more nutrients than those who purchase a la carte.
Food Outside the Nutrition Services Program	<ul style="list-style-type: none"> • Fundraising sales of non-compliant food or beverage items on campus can not begin until 30 minutes after school hours. • Classroom parties, giveaways and other school functions cannot compete with the National School Lunch and Breakfast Program. • Sales and/or fundraisers that do not benefit the schools may not occur at any time on school campus. 	<ul style="list-style-type: none"> • Student Wellness Policy • Extra calories can result in the rejection of meal items and/or overeating.