

**MANHATTAN BEACH UNIFIED SCHOOL DISTRICT  
WELLNESS POLICY**



**Manhattan Beach Unified School District  
Board of Education**

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**Superintendent of Schools**  
Michael Matthews, Ed.D.

**April 2016**

## INTRODUCTION TO THE MANHATTAN BEACH UNIFIED SCHOOL DISTRICT WELLNESS POLICY

Manhattan Beach Unified School District (MBUSD or District) is committed to providing school environments that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Through this Wellness Policy:

- The District will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness and physical activity policies.
- All students Kindergarten through 12<sup>th</sup> grade (K-12) will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school starting at midnight and up to one half hour after the school day, including fundraisers, will meet the state and federal nutrition regulations that pertain to Food & Nutrition Services.
- 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 school sites will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
- To the maximum extent possible, all schools in our District will participate in available federal school meal programs.
- The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects.

*This policy frequently uses the word 'schools' which includes the following: school grounds, school students and staff, the school community, or all of the above.*

## **BACKGROUND**

### **HEALTH AND SAFETY / WELLNESS POLICY COMMITTEE MEMBERS**

The Wellness Policy Committee is a subset of members from MBUSD’s Health & Safety Committee, as well as additional members with unique insights and expertise in the field of student wellness. Formed in 2007, the Wellness Policy Committee has tracked changing regulations and guidelines to stay abreast and update the District’s Wellness Policy as needed. Current members of the Health & Safety/Wellness Policy Committee are listed in **Appendix A**.

### **MBUSD WELLNESS POLICY**

MBUSD believes that all students should be educated in environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. MBUSD believes schools play a critical role in promoting lifelong healthy and safe behaviors in our students. Improving student health and safety increases students’ capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness. MBUSD’s Wellness Policy was developed to align with the California Department of Education’s (CDE) policy for local school wellness policy requirements (**Appendix B**).

### **SCHOOL HEALTH, SAFETY AND ENVIRONMENT**

MBUSD will continue to provide and promote a safe environment during the school day and during all school related functions.

#### **1. Physical Environment, Health & Safety**

- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites will monitor equipment/grounds and report potential hazards for promptly for repair.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will enforce an “anti-bullying” policy and encourage social tolerance and respect for others.

#### **2. Social/Psychological Health**

- School sites have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health and mental health services, the District will provide awareness of such services at or near District schools and/or may provide referrals to other community resources.

### 3. MBUSD Health Services

The MBUSD Health Services program is a critical means to improving both educational performance and the well-being of the students.

- MBUSD Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- MBUSD Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
- MBUSD Health Services will provide information about health care, health insurance, and health education, including low- and no-cost resources to students, their families.
- Students will receive screenings in FitnessGrams® in 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> grades.
- District nurses will provide grade level mandated screenings.
- District nurses will participate in community health information outreach activities.

### 4. Health Education

MBUSD will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

- Staff will use a sequential health education curriculum that is consistent with state standards for health education.
- MBUSD should explore resources and grants for training and materials for health curriculum K-12.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

## **NUTRITION**

MBUSD schools, as do all California public schools, must comply with State and Federal regulations regarding the types, quantity and quality of foods served to students. Regulations and programs are constantly improving based on the nutritional and health needs of today's students.

MBUSD Food & Nutrition Services, meets and/or exceeds these regulations as follows.

### 1. Food & Nutrition Services

- Food & Nutrition Services employs and trains staff that efficiently serves appealing choices of compliant, nutritious foods at breakfast, snack and lunch time.
- The department will provide professional development for Food & Nutrition Services staff as well as School Principals or their designee on the Wellness Policy.
- All foods and beverages available on the school campus will meet or exceed State and Federal guidelines (**Appendix C: MBUSD Adapted Food & Beverage Regulation Summary**).
- All students shall have access to free, safe, fresh drinking water during meal times.
- Information for nutrition promotion will be provided to parents and students via the department website, in the cafeteria and on the menus.
- The department offers appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Food & Nutrition Services staff will be regularly trained in food safety.

### 2. Food and Nutrition Standards

- Each school ensures foods and beverages sold and/or served on school campus starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations (**Appendix C: MBUSD Adapted Food & Beverage Regulation Summary, Appendix D: Competitive Food Calculator**).
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.
- Documentation of nutrition information for foods sold or served outside of Food & Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.
- Food safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will: (Refer to [www.foodsafety.gov](http://www.foodsafety.gov) for more details.)
  - Wash their hands properly
  - Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 140 degrees Fahrenheit
  - Clean and sanitize utensils and work surfaces
  - Not handle food or utensils when sick
  - Not handle foods with bare hands
- To reinforce the school's nutrition standards, each school prohibits the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means (**Appendix C: MBUSD Adapted Food & Beverage Regulation Summary**).
- Schools will encourage non-food rewards for recognition of classroom success and achievement (**Appendix E: Healthy Fundraisers & Celebrations Tip Sheets and Examples**).
- Celebrations are limited to no more than four (4) Club Days and two (2) In & Out Honor Roll Days per year for 9<sup>th</sup>-12<sup>th</sup>, three (3) celebrations per year for grades 6<sup>th</sup> – 8<sup>th</sup>, and two (2) celebrations per year for grades K – 5<sup>th</sup>.
- USDA regulations mandate school celebrations involving food for kindergarten through 5<sup>th</sup> grade (K-5) occur after the last lunch period. Foods and beverages provided for these celebrations will meet or exceed state and federal regulations that pertain to Food & Nutrition Services (**Appendix C: MBUSD Adapted Food & Beverage Regulation Summary, Appendix D: Competitive Food Calculator**).
- Homemade foods are not to be served to students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption. Parents are discouraged from dropping off fast-food for their children during school hours and are encouraged to model healthy behaviors aligning with the District's policy.

### 3. Nutrition Education

- The school's nutrition education program shall be evidence-based and be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- Nutrition education shall be provided as part of a sequential health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through, before- and after-school programs.

## PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short- and long-term benefits of a physically active and healthy lifestyle.

### 1. Physical Education (PE) Standards

MBUSD PE curriculum will follow the California State Physical Education K-12 Standards (**Appendix F: Physical Activity Regulations Summary**).

- Students in grades one through six (1-6) will participate in moderate to vigorous physical activity per Education Code (**Appendix F: Physical Activity Regulations Summary**).
- Students in middle and high school will participate in moderate to vigorous physical activity through PE or interscholastic activities per Education Code (**Appendix F: Physical Activity Regulations Summary**).
- Students in grades nine through twelve (9-12) should be provided with the opportunity to participate in intramural or interscholastic activities.
- Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

### 2. Physical Educations (PE) and Physical Activity Goals

Schools provide all students, K-12, with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.

- A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to: PE, recess, health education that includes physical activity as a main component, and special programs.
- PE is delivered by well-prepared and well-supported staff.
- Current and scientifically accurate physical activity content is integrated into before- and after-school programs and classroom instruction.
- Professional preparation and/or ongoing professional development provided for District teachers related to physical education and physical activity.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill level.
- PE/physical activity should not be used for disciplinary purposes. Alternative disciplinary measures are encouraged in lieu of withholding physical education/activity or recess.
- Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.
- There are opportunities for additional activities that promote physical health to occur before, during, and after school. For suggestions please see **Appendix G: Additional Opportunities for Physical Activity**.

## **STAFF WELLNESS**

- All staff will be offered Flu shots annually by LA County Public Health Department as available.
- EASE program offered to staff
- All staff will receive annual notification of policies pertaining to health and wellness. Such policies and related information/documents will be made available to staff through the MBUSD website.

## **FAMILY AND COMMUNITY INVOLVEMENT**

The Superintendent or designee shall implement strategies for promoting wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle. To do so:

- Staff shall model healthy behaviors.
- The community and students' families are also encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.

## **IMPLEMENTATION AND MONITORING OF THE WELLNESS POLICY**

The Superintendent shall designate one person within the District and at each school site who is charged with operational responsibility to ensure that each school site complies with this policy. Annual training on this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the MBUSD Wellness Policy. The Superintendent or designee shall assess the implementation and effectiveness of this policy every year.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated.

The District's Health & Safety Committee/ Wellness Policy Committee will meet each year and evaluate the policy to fit the goals and needs of the District. The evaluation process, which will include the use of SurveyMonkey® at each site for staff and parents, shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness, and to identify successes, as well as any barriers to success.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results. In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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Appendix A.

**HEALTH AND SAFETY / WELLNESS POLICY COMMITTEE MEMBERS**

**Mike Matthews**

Superintendent  
MBUSD

**Christine Cronin**

Board Member

**Lena Agee**

Director  
MBUSD Food & Nutrition Services

**Toni Brown**

Principal  
Pennekamp Elementary

**John Loy**

Resource Officer  
MBPD/MCHS

**Debbie Snook**

Office Manager  
Pennekamp Elementary School

**Nina Huckabay**

Teacher  
Pacific Elementary School

**Staci Boretzsky**

School Health Programs Coordinator  
Beach Cities Health District

**Denise Bevly**

Senior Manager, Youth Services  
Beach Cities Health District

**Paul Ruta**

Director  
MBUSD Maintenance & Operations

**Megan Atkins**

Executive Director  
MBUSD Student Services

**John Jackson**

Principal  
MBMS

**Kristin Walz**

District Nurse  
MBUSD

**Lynn Burrell**

Psychologist  
MBUSD

**Brittney Olson**

Counselor  
MCHS

**Jon Shaw**

Vice Principal  
MCHS

**Shawn Chen**

Teacher  
MCHS

**Rod Jorgenson**

Maintenance Dept  
MBUSD

**Sandi Conley**

**Kryss Castle**

**Jesse Garcia**

**Tracie Haber**

Felise Shapiro

## Appendix B.

### **CALIFORNIA DEPARTMENT OF EDUCATION (CDE) LOCAL SCHOOL WELLNESS POLICY REQUIREMENTS**

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, *U.S. Code* 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion\* and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation\*, and periodic review and update\* of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.\*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school wellness policy.\*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies\* with the local school wellness policies.

\*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

**START HERE, and then continue clockwise.**

**ELEMENTARY SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

**Effective** from midnight to one-half hour after school.

**Applies to ALL** foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant foods:**

1. Can ONLY be a:
  - a. Fruit
  - b. Non-fried vegetable
  - c. Dairy food
  - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
  - e. Whole grain item

**AND**

2. Must meet the following:
  - a.  $\leq$  35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
  - b.  $<$  10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
  - c.  $\leq$  35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo), **and**
  - d.  $<$  0.5 grams trans fat per serving (no exceptions), **and**
  - e.  $\leq$  230 milligrams sodium (no exceptions), **and**
  - f.  $\leq$  175 calories per item/container (no exceptions)

**OR**

1. Meet the nutrient standards in #2 above
- AND**
2. Be a full meal that meets the USDA school meal pattern
- AND**
3. Each food in the meal must:
    - a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, **or**
    - b. Contain  $\geq$  10% DV for calcium, potassium, Vit D, or dietary fiber, **or**
    - c. Be a combo food containing ¼ cup of fruit or non-fried vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

\*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

**Whole grain:**

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. The first listed grain ingredient is whole grain, **or**
- c. A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), **or**
- d. The weight of the whole grain must be at least 51% of the total grain weight of the product.

**Non-compliant foods may be sold from one-half hour after school through midnight.**

**ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.

**Effective** from midnight to one-half hour after school.

**Applies to ALL** beverages sold to students by any entity.

**Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a.  $\geq$  50% juice **and**
  - b. No added sweeteners
  - c.  $\leq$  8 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d.  $\geq$  25% of the calcium Daily Value per 8 fl. oz., **and**
  - e.  $\leq$  28 grams of total sugar per 8 fl. oz.
  - f.  $\leq$  8 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
    - $\geq$  276 mg calcium
    - $\geq$  8 g protein
    - $\geq$  500 IU Vit A
    - $\geq$  100 IU Vit D
    - $\geq$  24 mg magnesium
    - $\geq$  222 mg phosphorus
    - $\geq$  349 mg potassium
    - $\geq$  0.44 mg riboflavin
    - $\geq$  1.1 mcg Vit B12, **and**
  - b.  $\leq$  28 grams of total sugar per 8 fl. oz., **and**
  - c.  $\leq$  5 grams fat per 8 fl. oz.
  - d.  $\leq$  8 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

**ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS**

Reference: *California Code of Regulations* Section 15500

**Effective** during school hours.

**Applies** to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus.**
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

**START HERE, and then continue clockwise.**

**MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

Agency: **MBUSD ADAPTED FOOD & BEVERAGE REGULATION SUMMARY**  
References: Education Code sections 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

**Effective** from midnight to one-half hour after school.

**Applies** to ALL foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant foods:**

1. **“Snack”** food items must be:

- a.  $\leq$  35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
- b.  $<$  10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
- c.  $\leq$  35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo), **and**
- d.  $<$  0.5 grams trans fat per serving (no exceptions), **and**
- e.  $\leq$  230 milligrams sodium (no exceptions), **and**
- f.  $\leq$  200 calories per item/container (no exceptions)

2. **“Entrée”** food items must be:

- a. Meat/meat alternate and whole grain rich food; **or**
- b. Fruit or non-fried vegetable and meat/meat alternate; **or**
- c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks),

**AND**

- 1.  $\leq$  35% calories from fat, **and**
- 2.  $<$  10% calories from saturated fat, **and**
- 3.  $\leq$  35% sugar by weight, **and**
- 4.  $<$  0.5 grams trans fat per serving, **and**
- 5.  $\leq$  480 milligrams sodium, **and**
- 6.  $\leq$  350 calories

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

\*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

**Non-compliant foods may be sold from one-half hour after school through midnight.**

**MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS**

References: Education Code Section 49431.5, California Code of Regulations sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

**Effective** from midnight to one-half hour after school.

**Applies** to ALL beverages sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a.  $\geq$  50% juice **and**
  - b. No added sweeteners
  - c.  $\leq$  12 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d.  $\geq$  25% of the calcium Daily Value per 8 fl. oz, **and**
  - e.  $\leq$  28 grams of total sugar per 8 fl. oz.
  - f.  $\leq$  12 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), **and**
  - b.  $\leq$  28 grams of total sugar per 8 fl. oz, **and**
  - c.  $\leq$  5 grams fat per 8 fl. oz.
  - d.  $\leq$  12 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size limit
5. Other Non-calorie Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
  - a. Water as first ingredient
  - b.  $\leq$  16.8 grams added sweetener/8 fl. oz.
  - c.  $\leq$  5 calories/8 fl. oz. (or  $\leq$  10 cal/20 fl. oz.)
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g.  $\leq$  20 fl. oz. serving size
6. Other Low-calorie Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
  - a. Water as first ingredient
  - b.  $\leq$  16.8 grams added sweetener/8 fl. oz.
  - c.  $\leq$  40 calories/8 fl. oz.
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g.  $\leq$  12 fl. oz. serving size

**Non-compliant foods may be sold from one-half hour after school through midnight.**

**MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS**

Reference: California Code of Regulations Section 15501

**Effective** during or after school hours.

**Applies** ONLY to food and beverage sales by student organizations.

1. Food or beverage item(s) must be **pre-approved** by governing board of school district.
2. Food(s) or beverage(s) **cannot be prepared on the campus.**
3. The food or beverage categories sold **cannot be the same as the categories sold in the food service program** at that school during the same school day.
4. **All student organizations may sell only on the four designated CLUB days** per year. School administration may set these dates.

**QUICK REFERENCE CARDS, PAGE 2**

California Department of Education, Food & Nutrition Services Division  
EFFECTIVE 7/1/2014  
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**EFFECTIVE 7/1/2014**

# Healthy Fundraising Tip Sheet

## Manhattan Beach Unified School District Wellness Policy **ONLINE COMPETITIVE FOOD CALCULATOR\*\***

Follow the link below to determine if the food(s) you plan to sell on school campus starting at midnight and up to 30 days after the school day meet the federal and state regulations. Please choose the appropriate category (Elementary, Middle/High, or Entree) when entering the nutrition information.

**Schools have many options to successfully raise money and keep school wellness a priority – without relying on sales of unhealthy foods such as candy and cookies. When schools hold healthy fundraisers, they send positive and consistent messages about the importance of good nutrition and physical activity.**

<http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>

\*\* As of May 2015 this online Food Calculator is still under construction and not available. It is included in this Wellness Policy as we believe it will be a useful resource once available. Until then, please refer to **Appendix C: MBUSD Adapted Food & Beverage Regulations Summary**



Appendix E.  
**HEALTHY FUNDRAISERS  
& HEALTHY  
CELEBRATIONS TIP  
SHEETS AND  
EXAMPLES**

## Benefits of Healthy Fundraising

**Healthy Kids Learn Better:** Research shows that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

**Promotes a Healthy School Environment:** To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school environment.

**Promotes Consistent Messages:** Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

## Positive Fundraiser Options

The following examples are fundraiser options that have a positive impact on children, families and the community

### Other Active Fundraisers

- ◆ Family obstacle course
- ◆ Golf, tennis or basketball tournaments
- ◆ Teacher-student competitions (softball, Frisbee)

- **As-THON-ishing results!** Raise money and get power play with active fundraisers. Bike-a-thons, Jump-a-thons, Walk-a-thons, and Dance-a-thons are a few examples. Kids can ask for pledges for miles biked, distance walked, or time jumped.
- **Hidden talents = fundraising treasures.** Can your child sing, dance, juggle, perform magic tricks, do gymnastics, or just make people laugh? Talent shows are a fun and healthy way to raise money.
- **Gifts that give back.** Many stores offer programs where you can buy gift cards or certificates to use as fundraisers, which are sometimes known as “Scrip”. Check with your local grocery store or national chains to see if they have a program in place to help your child’s school raise money.



Manhattan Beach Unified School District  
Wellness Policy

### Healthy Treats Sell!

#### Ideas for Healthier Celebrations



Sell Fruit baskets!

Are food sales a big part of your fundraising efforts? If so, sell healthier foods like:

There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus at parties from food to healthy and fun activities!

- 100% fruit juice
- Fruit baskets
- Fruit smoothies
- Yogurt parfaits
- Trail mix, nuts and seeds
- Granola bars
- Popcorn
- Unsalted pretzels

*Warning: A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds make sure none of the children have an allergy.*

*Make classroom celebrations healthy and fun!*

For the few yearly celebrations allowed during which you can serve food please remember:

- Foods must be pre-approved
- See Food & Nutrition Standards (pg. 5) & Appendix C

[www.fundinggreen.com](http://www.fundinggreen.com)

### Items to Sell Other than Food

- Artwork
- Calendars
- Candles
- Coupon books
- Football seats
- Gift Certificates or baskets
- Greeting cards
- Magazine subscriptions
- Refillable water bottles (with school logo)
- Stuffed Animals
- Scarves and stocking caps
- T-shirts and sweatshirts (with school logo)
- Tickets to sporting or fine arts events

### Grade Level Celebration Ideas:

Try these ideas for fun activities and healthy foods at school parties and other celebrations:

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small supplies.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair & can be the teacher’s assistant for the day.
- Provide a “free choice” activity time at the end of the day
- Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, bookmarks, stickers, etc).

### Elementary School Students

- Have a scavenger hunt for items related to a party theme
- Provide “free choice” activity time at the end of the day

This handout was developed with assistance and/or information from the following sources:

- Kansas State Department of Education
- Action for Healthy Kids
- California Department of Public Health
- Torrance Unified School District

## Appendix F.

### **PHYSICAL ACTIVITY REGULATIONS SUMMARY**

Below are the Education Code requirements for minutes of Physical Education for grades one through twelve (1-12).

“Students in grades one through six, inclusive, must be provided with physical education instruction with an "emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each ten schooldays, exclusive of recesses and the lunch period" (*EC* Section 51210[g]).”

Middle School/High School Minutes: Notwithstanding *EC* Section 51223, “All pupils, except pupils excused or exempted pursuant to *EC* Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten schooldays” (*EC* Section 51222[a]).

The minimum requirement for graduation is two courses in physical education. “Commencing with the 1988-89 school year, no pupil shall receive a diploma of graduation from high school who, while in grades nine to twelve, inclusive, has not completed . . .” (*EC* Section 51225.3[a]) “two courses in physical education, unless the pupil has been exempted pursuant to the provisions of this code” (*EC* Section 51225.3[a][1][F]).

This handout was developed with information from the following sources:



*Information was extracted from the California Department of Education's FAQ page, which can be found at <http://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>*

For more information on Physical Education and Health Education, please visit:

PE Framework (2009): <http://www.cde.ca.gov/ci/cr/cf/documents/peframework2009.pdf>

Health Framework (2003): <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>

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## Appendix G

### Additional Opportunities for Physical Activity

#### **Active Transport**

See below for a list of activities to encourage active transport to and from school (i.e., walking, biking, etc.):

- Designation of safe or preferred routes to school
- Promotion of safe routes to students, staff, and parents via newsletters, websites, and local newspapers
- Participation in International Walk to School Day
- Provide secure storage facilities for bicycles and helmets (shed, cage, fenced area)
- Offer students instructions on walking/bicycling safety
- Ensure crossing guards at all major intersections within 1 mile of the school
- Safeguard crosswalks on streets leading to schools
- Participation in the Walking School Bus program
- Tracking the number of students walking to and from school
- Creation and distribution of maps of the school and surrounding environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

#### **Physical Activity Before and After School**

The district offers a number of opportunities for students to participate in physical activity either before and/or after the school day. Programs meet the needs of students at various skill levels and reflect student interest. The district encourages students to be physically active through the following activities:

- Running Club
- Intramural Sports
- Freshmen/JV/Varsity sports teams
- Walking School Bus

#### **Resources (i.e., information about activities in the community, local parks, etc.)**

Schools shall encourage family and community members to support programs outside of school that promote an active lifestyle. Information should be posted on the District and individual school websites, respectively, and available to parents through a variety of communication outlets.

#### **Physical Activity during the School Day**

***Classroom Physical Activity Breaks*** - Teachers are encouraged to provide short (3-5 minute) physical activity breaks for students during and between class-time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Below is a list of free resources available to staff interested in providing short physical activity breaks for students during the school day.

**GoNoodle (Elementary):** Channel kid energy and stimulate learning. Without leaving the classroom, students participate in a variety of purposeful movement designed to get the wiggles out and refocus the classroom — all in five minutes or less, for free! [www.gonoodle.com](http://www.gonoodle.com)

#### Appendix G (continued)

**ABC For Fitness (Elementary):** ABC for Fitness™ is a physical activity program for elementary school students. By fitting physical activity into small intervals throughout the school day, this program will enable most children to accumulate 30 minutes or more of daily physical activity in the classroom, in addition to any other exercise already done in physical education class. Website offers all materials for free. <http://www.davidkatzmd.com/abcforfitness.aspx>

**The Energizers (Elementary & Middle):** Activity models for creating active lesson plans for in the classroom. <http://www.nhealthyschools.org/components/energizers>

**Active Academics (Elementary & Middle):** Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. Our standards-based activity ideas utilize the Common Core Standards as well as national standards.

<http://www.activeacademics.org/>

**Minds in Bloom: 20 3-minute Brain Breaks (Elementary)** - <http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html> - Helping your students focus. These are great to use anytime your students are feeling restless and are struggling to pay attention. Most of these will only take a few minutes, and then you can get back to the lesson with your students ready to focus on the lesson at hand.

**Toolbox for Physical Activity Breaks in Secondary Classrooms (Middle & High School)** - <http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf> - Within this guide you will find useful, tangible and practical tools and templates gathered from resources throughout the nation to create, enhance and implement activity breaks in your secondary classroom.

**Webinar for teachers/staff:** During this webinar, listen to experts from the state of Colorado and leave with tangible and practical tools and templates that you can use in your class tomorrow to get your students involved and have fun! <http://www.coloradoedinitiative.org/resources/teacher-toolbox-activity-breaks/>

**Playworks (Elementary):** The Playworks staff has found, created and sorted hundreds of games that will get kids off the sidelines and into the game. Whether you want to keep kids active for a full recess period, or just do a few minutes of ice breakers before an activity, there's a game here for your needs. Play on! ( Recommend Pages 292-344 for Minute Moves / Energizers)

<http://www.playworks.org/playbook/games/get-the-game-guide>

#### **Recess**

All elementary school students will have at least 20 minutes a day of supervised recess preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through provision of space and equipment.

Alternative measures are encouraged in lieu of withholding physical education/physical activity or recess as punishment way of disciplining students.

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