

Marysville Joint Unified School District
AR 5030
Students
Student Wellness

The Board has adopted goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. The District's nutrition education and physical education programs are based on research, consistent with the expectations established in the state's curriculum frameworks to include a planned sequential curricula and instruction that helps develop the knowledge, skills, and confidence necessary to maintain a healthy lifestyle.

Nutrition Education

Marysville Joint 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.

BP/AR 6142.8 Comprehensive Health Education includes additional district goals for overall health education.

Physical Activity

The adopted goals for nutrition education are detailed in BP/AR 6142.7 Physical Education.

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 and not less than 400 minutes each 10 school days for students in grades 7-12 (Education Code 51210, 51222)

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. (Education Code 60800)

Other School-Based Activities

- Encourage physical activity and the formation of healthy eating habits during all school based activities, including before and after-school programs.

- Support for the health of all students may be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children and their families in Medicaid and other children's health insurance programs.
- Consider the district's wellness goals and policies when planning other school-based activities (such as school events, field trips, dances, and assemblies).
- Encourage school health initiatives to involve support from all staff and faculty.

Nutrition Guidelines for All Foods on Campus

- Each school ensures foods and beverages sold on school campus starting at midnight and up to one half hour after the school day will comply with California Education Code 49430-49431.7, California Code of Regulations 15500-15501, 15575-15578, and Code of Federal Regulations 7CFR 210.11 "Smart Snacks in School" (Exhibit 5030.2: Competitive Food Regulations Summary).
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that meet the competitive Foods Regulations (Exhibit 5030.3: Non-Food Alternatives to Fundraising).
- Documentation of nutrition information for food sold outside of 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.
- Families, teachers, students and school officials may be engaged in choosing the competitive food selections for their respective schools.
- It is encouraged that beverages and snacks in vending machines accessible to staff and faculty follow the nutrition regulations for students.
- Parents/guardians or other volunteers shall be encouraged to support the District's policy as stated above when selecting any food and/or beverages that may be donated for occasional class parties.
- Schools will encourage non-food rewards for recognition of classroom success and achievement (Exhibit 5030.4: Non-Food Alternatives for School Rewards).
- Dining areas shall be clean, safe and attractive.
- Fundraisers, during the school day, by school organizations may sell only one food item on campus upon district approval. Elementary Schools are allowed four sales per school per year; Secondary Schools are allowed four sales per organization per school per year (see BP/AR 3554: Other Food Sales).

Nutrition Services Operations

- Professional development will be provided for Nutrition Services staff on the Wellness Policy.
- School meals aim to increase the intake of fruits, vegetables, whole grain and fiber and reduce the intake of fat, saturated fat, cholesterol and sodium.
- Schools will schedule at least 20 minutes for breakfast and 30 minutes for lunch.
- Schools shall strive to increase participation in the available federal Child Nutrition Programs (i.e. school lunch, school breakfast, after-school, and summer feeding programs).
- The school nutrition services operation uses locally grown fresh produce and students are provided an opportunity to meet a farmer.
- All foods and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines (Exhibit 5030.2: Competitive Food Regulations Summary).
- All students shall have access to free, safe, fresh drinking water during meal times.

Food Safety/Food Security

- All foods sold on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent foodborne illness in schools.
- For the safety and security of the food and facilities, access to the food service operations shall be limited to Nutrition Services staff and authorized personnel. Further assistance shall be provided through the US Department of Agriculture food security guidelines.
- All foods available on campus shall come from reliable food distribution sources and homemade foods shall not be sold to students in order to prevent foodborne illness in schools.

Measuring Implementation

- Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the MJUSD Wellness Policy
- School principal or designee shall ensure individual school compliance and communication with parent/teacher organizations.
- The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. Evaluation shall include:
 - The extent to which District schools are in compliance with this policy.
 - A description of the progress made in attaining the goals of the MJUSD Wellness Policy
- Annual Evaluation Forms shall be completed by each school/department/group involved in activities specified in this policy (Exhibit 5030.1 Wellness Policy Annual Evaluation Form).
- The Superintendent or designee should report annually on wellness policy compliance to the school board.
- The district shall provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school food service staff, and other staff members of the Coordinated School Health & Wellness Committee.
- As necessary, the Student Wellness Board Policy and Administrative Regulations shall be revised to address changes in state and federal law, as well as areas in need of improvement.
- School data collected from the Healthy Kids Survey, Fitness Gram, Healthy Climate Survey and other tools will be used to assess progress in achieving a healthy environment for both students and staff.

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

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

Physical Education Framework for California Public School, Kindergarten Through Grade Twelve, 1996

Physical Education Model Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2004

CDC PUBLICATIONS

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

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

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

CDHS PUBLICATIONS

Jump Start Teens, 1997

Playing the Policy Game, 1999

School Idea and Resource Mini Kit, 2000

WEB SITES

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

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

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

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

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

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

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

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

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

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

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

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