

## Selected Web Based Resources

- SMART SNACKS In School: [www.fns.usda.gov/](http://www.fns.usda.gov/)
- Alliance for a Healthier Generation: [www.healthiergeneration.org](http://www.healthiergeneration.org)
- Let's Move!: [www.letsmove.gov](http://www.letsmove.gov)
- Soccer for Success: [www.facebook.com/soccerforsuccesselmonte](http://www.facebook.com/soccerforsuccesselmonte)
- 100 Tips for Family Fitness: [www.shapeup.org](http://www.shapeup.org)
- Day One: [www.godayone.org](http://www.godayone.org)
- Dairy Council of California: [www.healthyeating.org](http://www.healthyeating.org)
- MyPlate - Healthy Eating Tips: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Covered California: [www.coveredca.com/get-help/local/](http://www.coveredca.com/get-help/local/)

# Wellness Policy Guidelines



## Mountain View School District Wellness Goals

### 1. Health Education

Students receive comprehensive health education

### 2. Nutrition Education

Instruction is based on Nutrition Standards and integrates accurate nutrition content into before and after-school programs and classroom instruction.

### 3. Physical Education and Activity

Standard based physical education instruction in grades 1st-6th is 200 minutes and in grades 7th-8th is 400 minutes, every 10 days.

Physical Activity Standards include: movement breaks between subjects, recess, fitness club and after-school programs.

### 4. Food and Beverage Nutrition Standards

All food and beverages offered on Mountain View's campuses meet or exceed the state and federal regulations.

A pleasant eating environment with adequate eating time is provided for all students.

### 5. Health Services

School nurses and Health Clerks will provide information on nutrition, disease prevention and detection.

We refer students to local federally qualified health care service partners if they do not have insurance.

The Board collaborates with the cities of El Monte and South El Monte, after-school programs, and other organizations that work to promote the health and wellness of the entire community.



Mountain View School District

3320 Gilman Road

El Monte, CA 91732

Phone: (626) 652-4000

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

The Mountain View School District School Board recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for our district students.



This institution is an equal opportunity provider.

## Smart Snacks in School

“Smart Snacks” is a rule by USDA that establishes nutrition standards for **ALL** foods sold in school.

### Nutrition Standards for Foods

Any food sold/served in schools must:

- Be a “whole grain-rich” product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

### Foods must meet several nutrient requirements:

#### Calorie limits

Snack items: ≤ 175 calories Elementary

Snack items: ≤ 200 calories Secondary

#### Sodium limits

Snack items: ≤ 200 mg

#### Fat limits

Total fat: ≤ 35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

#### Sugar limit

≤ 35% of weight from total sugars in foods

### Nutrition Standards for Beverages

All schools may sell/serve:

- Plain water (with or without carbonation)
- Unflavored low fat milk, unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice or 100% fruit or vegetable juice diluted with water, and no added sweeteners.

#### Smart Snack Product Calculator

To determine if your food or beverage meets nutrition standards, visit the Alliance for a Healthier Generation’s Smart Snack Product Calculator.

[www.healthiergeneration.org/productcalculator](http://www.healthiergeneration.org/productcalculator)  
OR [www.californiaprojectclean.org](http://www.californiaprojectclean.org)

## CLASSROOM CELEBRATIONS

Non-food rewards in recognition of birthdays, classroom success and achievement are recommended.

- Parties involving food are limited and must meet [Wellness Policy Guidelines](#)
- These celebrations are to take place after the last lunch period
- To ensure a healthy selection of treats and food safety, parents may arrange with the Nutrition Services Department for catering class parties/celebrations



## Physical Activity

The goal of the school’s physical activity component is to build skills and provide a variety of opportunities for students to develop active lifestyles. You can help!

- Participate together in family fitness activities such as bicycling, jogging, walking, roller-skating, swimming, dancing, hiking, and skiing
- Become familiar with resources in the after-school programs and your community that promote physical activity and fitness
- Walk or bike to school, park, store, home
- Take movement breaks during the day
- Check out fitness DVDs from the local library
- InstantRecess: [www.networkforahealthycalifornia.net](http://www.networkforahealthycalifornia.net)
- Jammin’ Minute: [www.jamschoolprogram.com](http://www.jamschoolprogram.com)
- City of El Monte: <http://www.ci.el-monte.ca.us/Government/ParksRecCommunitySrvs/ParksRecreation/Sports.aspx>

## AFTER-SCHOOL & EXTENDED LEARNING PROGRAMS

In accordance with Board Policy, all foods available to students on campus, regardless of the time of day, or day of week, must meet Wellness Policy guidelines. All after school programs meet these guidelines.

THINK TOGETHER: [www.thinktogether.org](http://www.thinktogether.org)

Kids Campus Youth Center - Soccer for Success:  
<http://kcycenter.org/soccer-for-success>

Nutrition Services is available to provide healthy snacks for all approved programs Call (626) 652-4082.

## HEALTHY FUNDRAISERS

The Governing Board recommends non-food and healthy food fundraisers

- **ALL** foods sold to students on campus, must meet Wellness Policy Guidelines
- “Thon” events (walk, dance, bike, jump, skate, read, jog)
- Family movie night, karaoke night, activity based carnivals
- Family Science Night, cooking class
- Gift wrap, raffles, auctions, recycling
- Student art projects can become tile walls of colorful art and custom gift items such as t-shirts, magnets, mugs, for parents
- Book fairs, plant, calendars, candles, scented pencils, picture frames, cookbook sales

Sales must meet ALL of the following:

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