



Welcome to the PYLUSD Wellness Policy

The wellness committee is made up of a wide variety of stakeholders and meets a minimum of quarterly.

If you would like to participate in the
Placentia Yorba Linda Unified Wellness Committee
contact Student Services to inquire.

714-986-7000

“This institution is an equal opportunity provider.”

Students

BP 5030(a)

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STUDENT WELLNESS

The Board of Education recognizes the link between student health and learning. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Board supports:

Nutrition Education and Physical Activity Goals

The District shall provide nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. The District's nutrition education and physical education shall be based on the state's curriculum frameworks and shall be provided as a part of the health and physical education programs.

Nutrition Guidelines for Foods Available at School

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current California state standards.

Program Implementation and Evaluation

The Superintendent or his designee shall ensure the implementation of the district's wellness policy.

The Superintendent or designee shall provide periodic reports to the board of this policy and any other policies related to nutrition and physical activity.

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

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

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

Management Resources:*CSBA Policy Briefs*

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA Publications

Healthy Children Ready to Learn, January 2005

California Department of Education Publications

Health Framework for California Public Schools, 2003

Physical Education Framework for California Public Schools, 1994

Centers for Disease Control Publications

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

National Association of State Boards of Education (NASBE) Publications

U.S. Department of Agriculture Publications

Policy Adopted: 8/29/06

ADMINISTRATIVE REGULATION

Placentia-Yorba Linda Unified School District

Students

5030(a) - AR

STUDENT WELLNESS

A. Purpose

The Placentia-Yorba Linda Unified School District (referred to herein as "the District") is committed to promoting a culture of health by providing a comprehensive program in collaboration with community partners that supports students and staff.

B. General

The District Board of Education recognizes the important connection between a healthy diet, physical activity, and a student's ability to effectively learn. The Board also recognizes the school's role in creating an environment that fosters healthy nutrition and quality physical activity.

C. Nutrition Education

The District teaches, models, encourages, and supports healthy eating. Nutrition education and physical education foster lifelong habits of healthy eating and physical activity that promote and protect children's health, well-being and academic success.

1. Appropriate nutrition education may be integrated into other areas of the curriculum such as math, science, language arts, social studies, and electives. Nutrition education may be offered before and after school. Nutrition lessons are provided to students in grades K-8 each school year. Nutrition education is available to students in grade 9-12.
2. Nutrition education promotes current USDA dietary guidelines and healthy food preparation methods. It also emphasizes caloric balance between food intake and energy expenditure to promote physical activity.
3. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver a research-based nutrition education program designed to promote healthy eating habits.
4. The district school sites shall provide health education information to families through newsletters, information handouts, parent meetings, web sites, and other venues that inform parents and children about health and nutrition. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

5. District staff wellness programs should support employee efforts to improve their personal health and fitness so they can serve as role models and promote the health of others including students.
6. Parents/guardians, volunteers, and school staff shall support the district's nutrition education program by ensuring nutritional quality when selecting any snacks that they may donate for occasional class parties. Foods or beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party. Class parties at elementary school sites shall be held after the lunch period when possible. Birthdays are encouraged to be recognized with non-food celebrations.
7. Non-food items are encouraged as a reward for student behaviors.

D. Physical Activity

The District provides students physical activity that includes physical education and recess. Classroom-based physical activity, walk and bicycle to school, and 60 minutes of out-of-school physical activity are encouraged.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as punishment. The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent feasible, the District will ensure that its grounds and facilities are safe and that equipment is available for students to be active. The District will conduct necessary inspections and repairs.

1. Physical Education

- a. The District provides students with physical education, using an age-appropriate, sequential curriculum consistent with national and state standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
- b. All students are provided equal opportunity to participate in physical education classes. The District makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.
- c. Time allotted for physical education is consistent with state requirements.
- d. As mandated by state law, students are assessed for physical fitness levels in grades 5, 7, and 9.
- e. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

2. Recess

- a. Recess provides a unique contribution to a child's creative, social, and emotional development.
- b. All elementary schools will offer at least twenty minutes of recess on all regularly scheduled days during the school year.
- c. Recess will complement, not substitute, physical education class.

3. Physical Activity Breaks

- a. Students are more attentive and ready to learn if provided periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities during and between classroom time to be active or to stretch on all or most days during a typical school week.
- b. The District will provide resources to support teachers in providing classroom physical activity breaks.

4. Active Academics

- a. Teachers are encouraged to incorporate movement and kinesthetic learning strategies into instruction when possible and to limit sedentary behavior during the school day.
- b. The District will provide resources to support teachers in incorporating movement and kinesthetic learning strategies.
- c. Teachers are encouraged to serve as role models by being physically active alongside the students whenever feasible.

5. Before and After School Activities

- a. Schools are encouraged to offer opportunities for students to participate in physical activity either before and/or after school hours through a variety of methods.

6. Active Transport

The District supports active transport to and from school, such as walking or biking. Schools are encouraged to support this through activities such as:

- a. Promotional events such as participation in International Walk to School Week, National Walk and Bike to School Week
- b. Instruction on walking/bicycling safety provided to students
- c. Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- d. Crosswalks exist on streets leading to school

E. Procedures

1. The District will maintain a local wellness committee that meets a minimum of four times a year and may be comprised of students, parents, teachers, school administrators, a school nurse and other health professionals. The committee will make recommendations to improve nutrition and physical activity in the school environment.
2. All foods and beverages sold during school hours shall meet nutritional standards and other guidelines set by the federal and state governments and the school district.
3. The Nutrition Services department shall take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Nutrition Services shall offer a variety of age appropriate healthy food and beverage selections for elementary, middle, and high schools.
4. The Board prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means to adhere to all state guidelines.

F. Campus Food

Campus food sold or provided outside of the Federal Reimbursable Meal (school lunch) Program by students, staff, or parent organizations on the school campus, during the school day must meet the USDA requirements as summarized in the *PYUSD Quick Nutrition Reference Guide (attached)*. The school day is defined as midnight through 30 minutes after the last bell. The school campus includes the cafeteria, vending machines, student stores, or classroom parties.

1. Vending machines shall not be stocked with peanut products.
2. Any school sponsored fundraising activities involving food or beverage items during the school day will follow the nutritional guidelines listed in Section F. School-sponsored fundraising activities that sell or serve food or beverages will not occur more than four times per year. Site and district administrators will encourage parent groups, students, and staff to utilize available resources for non-food fundraising options.
3. Foods and beverages sold on campus during the school day may not compete with any foods sold as part of the school nutrition program.

G. Eating Environment

1. All schools shall maintain pleasant eating areas for students while fostering good manners and respect for fellow students and their environment.
2. Lunch periods shall be scheduled as near the middle of the school day as possible. Adequate time will be dedicated to lunch periods to maximize student time to eat and to promote physical activity.

3. Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.
4. Clean, fresh drinking water will be available for students at mealtime.

H. Nutrition Service Operations

1. The Nutrition Service program will aim to be financially self-supporting. Therefore, food sold or served by students, staff, or parent organizations should not reduce student participation in the meal program.
2. Each school site will strive to maximize participation in the available state and federal child nutrition programs by reviewing all viable available programs (e.g. school lunch, school breakfast, after-school snack and supper programs).

I. Food Safety – Food Security

1. 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 food illness in schools.
2. For the safety and security of the food and facility, access to the nutrition service operations shall be limited to nutrition service staff and authorized personnel.
3. When schools become aware of a student with severe food allergies, a plan to mitigate exposure to those foods will be developed by the administrator, school nurse, nutrition services, and the parents of the student.
4. Parents will only provide home prepared items for consumption by their own student. Foods brought to school for the purpose of consumption by other students must be sealed in manufacturer containers and may not be made in the home to protect students' health and wellness. (*Hazard Analysis and Critical Control Points* (HACCP) regulations) Regulations are designed to protect students' health and wellness.

J. Program Implementation and Evaluation

At the discretion of the Superintendent or designee each school shall post the district's wellness policies and regulations in public view within all school cafeterias or in other central eating areas and on District and school web sites. (ED Code: 49432).

The Superintendent shall designate at least one person within the district who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy (43 USC 1751Note).

K. Approved by:

Responsible Division Head: Richard Mc Alindin	Date: 6/13/16
Superintendent: Doug Domene, Ed.D.	Date: 6/13/16

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 the end of the official school day.

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

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

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

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

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 the end of the official school day.

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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 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. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 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.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.
Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND 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 last 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.

QUICK REFERENCE CARDS

NON-CHARTER PUBLIC SCHOOLS

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

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 the end of the official school day.

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.

“Snack” foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entrée” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

A competitive entrée **sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée **sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

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

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH 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

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 the end of the official school day.

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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 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. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 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. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) **OR** ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) **OR** ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) **OR** ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) **OR** ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot be prepared on campus.**
5. 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.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. School administration may set these dates.