

# Rosemead ESD

## Administrative Regulation

### Student Wellness

AR 5030

#### Students

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

The Local Wellness Policy requirement was established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act and Healthy, Hunger-Free Kids Act of 2010. It requires each school district participating in the National School Lunch Program and/or School Breakfast Program to develop, continuously implement, evaluate and update the local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

This Administrative Regulation is a supplement to the wellness policy (BP 5030), meant to provide additional information and details about how the District promotes healthy eating and physical activity.

#### *School Meals*

Healthy food and beverage choices will be promoted using at least ten Smarter Lunchroom techniques, including but not limited to:

- Salad bar options are attractively displayed and available to all students.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All available vegetable options have been given creative or descriptive names.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers.
- White milk represents at least 1/3 of all milk in each designated milk cooler.
- A reimbursable meal can be created in any service area available to students.
- Signs show students how to make a reimbursable meal on any service line.

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.

Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients. Menus will be created by a Registered Dietitian or other certified nutrition professional.

The District child nutrition program will accommodate students with special dietary needs.

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

In order to expand participation in the child nutrition programs and to conform to existing legal requirements, schools will do everything possible to ensure that students are not overtly identified, stigmatized or otherwise treated differently because they avail themselves of free- and reduced-price meal programs. Schools should encourage participation in all child nutrition meal programs and will promote the importance of a healthy breakfast to students and families.

Meal times shall be scheduled to ensure adequate time for students to sit and eat their lunch. Schools:

- will provide students with at least 20 minutes for eating;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- to the maximum extent possible, will schedule lunch periods to follow recess periods (in elementary schools); and
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### *Competitive Foods & Beverages*

- In addition to the California competitive food and beverage nutrition standards, student organizations selling food or beverage items to students during the school day must also meet the following guidelines:
  - Elementary school
    - 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 last 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 that school during the same school day.

- Middle school
  - Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
  - Food or beverage item(s) must be pre-approved by governing board of school district.
  - Only one student organization may be allowed to sell each day.
  - Food(s) or beverage(s) cannot be prepared on the campus.
  - 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.
  - 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.
- A student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.
- A list of all foods and beverages sold during school fundraisers on campus during the school day will be evaluated and maintained by the school Principal and Nutrition Services Director each school year.
- These restrictions do not apply to the following situations:
  - School nurses using foods and beverages during the course of providing health care to individual students.
  - Special needs students whose Individualized Education Program (IEP) plan indicates the use of a food, beverage, or candy for behavior modification (or other suitable need) may be given.
  - School events (up to four different events each school year) during the school day to be pre-approved by the governing board of the school district. The sale must occur after the lunch period has ended.

### *Celebrations and Rewards*

- Schools and teachers should limit celebrations that involve foods and beverages. Classroom celebrations should focus on activities rather than food.
- Celebrations that do involve food should include healthy foods and beverages, such as fruit platters, vegetable platters with hummus or low-fat dip, baked chips, whole grain crackers, string cheese, low-fat yogurt, and 100% fruit or vegetable juice.
- Classroom celebrations that include food should occur after the lunch period whenever possible.
- School sites will develop a plan to transition from the food-based celebrations to non-food incentives, such as extra outside play time, organized games, and dance parties.
- This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using foods or beverages during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

### *Fundraising*

- Fundraising activities will strive to support healthy eating and wellness.

- All fundraising efforts that occur on campus during the school day must meet California competitive food and beverage nutrition standards.
- At least half of all fundraising efforts within a school year that are conducted during school hours must include non-food items (such as a jog-a-thon, read-a-thon or book fair, raffle ticket sales, wrapping paper sales, etc.) or healthy foods/beverages. Healthy foods/beverages are those that meet California competitive food and beverage nutrition standards.

### *Nutrition Promotion*

Nutrition promotion shall reinforce the district's nutrition standards and Wellness Policy.

- Each school site shall prohibit 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.
- 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 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.
- Schools shall encourage non-food rewards for recognition of classroom success and achievement.

### *Nutrition Education*

Nutrition education will teach, model, encourage, and support healthy eating by all students. Schools will 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 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 integrated into other classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, as well as through after-school programs;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grains, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and

- Includes nutrition education training for teachers and other staff

### *Food & Beverage Marketing in Schools*

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

### *Food from Home*

- This policy does not restrict what parents may provide for their own child's lunch or snacks.
- Parents/guardians are discouraged from bringing outside food, especially unhealthy fast food items, on campus for their own child's consumption. Fast food items are typically high in calories, saturated fat, Trans fat, sodium, and sugar.
- The sharing of foods and beverages is strongly discouraged due to potential food safety issues, such as food-borne illnesses and food allergies/allergic reactions (anaphylactic shock).
- If food is brought from home, single serving sizes are recommended to encourage children to consume only individual quantities.
- Specific state/federal nutritional requirement guidelines to be followed will be distributed annually for reference at each school site.

### *Physical Activity*

- Schools will promote extracurricular physical activity programs, such as physical activity clubs or intramural programs.
  - Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
  - After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.
- Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

### *Recess*

- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
  - Recess will complement, not substitute, physical education class.
  - Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### *Active Academics & Classroom Physical Activity Breaks*

- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (*e.g.*, science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.
- The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.
- Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.
  - When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.
- The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through

USDA and the Alliance for a Healthier Generation.

*Physical Education (P.E.)*

- All students in grades K-8 including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily P.E. (or its equivalent) of:
  - 200 minutes every 10 school days for grades 1-6, and
  - 400 minutes every 10 school days for grades 7-8
- All P.E. classes offered in grades 7-8 will be taught by a certified P.E. teacher.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the P.E. requirement.
- Students will spend at least 50 percent of P.E. class time participating in moderate to vigorous physical activity.

*USDA Nondiscrimination Statement:*

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This institution is an equal opportunity provider.

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**ROSEMEAD ELEMENTARY SCHOOL DISTRICT**  
**Rosemead, California**