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Students AR 5030

STUDENT WELLNESS

To achieve the Local Wellness Policy goals, the regulations of the district's Local Wellness Policy will focus on the following seven areas: School Health Collaborative, Nutrition Education Goals, Physical Activity Goals, Nutritional Qualities of Foods and Beverages Sold and Served on Campus, Other School Based Activities Designed to Promote Wellness, and Monitoring and Policy Review, and VII. Posting Requirements.

School Health Collaborative

Hacienda La Puente Unified School District will work within the existing Healthy Start/Medi-Cal Collaborative to develop, implement, monitor, review, and, as necessary, revise school nutrition, nutrition education, physical activity and wellness policies. The collaborative will serve as a resource to school sites for implementing the wellness policies. (The collaborative consists of a group of individuals representing the school and community, and includes representatives from the eight areas of the Coordinated School Health System such parents, students, school food services, members of the school board, school administrators, teachers, health professionals, and members of the public interested in school health issues.)

Nutrition Education Goals

Hacienda La Puente Unified School District aims to teach, encourage, and support healthy eating by students in grades preK-12. Nutrition education shall be provided as part of the health education program in grades preK-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

Schools should provide nutrition education and engage in nutrition promotion that is research based and:

- may be 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;
- may be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- may include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- may promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- may emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- may link with school meal programs, other school foods, and nutrition-related community services;
- may teach media literacy with an emphasis on food marketing;
- may include training for parents, teachers and other staff.
- may encourage staff to serve as positive role models for nutrition and physical activity and may provide opportunities for regular physical activity among employees.

Sequential health education curriculum will be developed that is consistent with standards and encompasses all physical, mental, emotional, and social dimensions of health. Professional development in the areas of nutrition education and physical activity shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media. To encourage consistent health messages between the home and school environment, the district may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Schools shall also provide prevention programs that encourage children to acquire healthy lifestyles that avoid consumption of drugs, alcohol, tobacco and other substances that are harmful to the mind and body.

Physical Activity Goals

All students in grades preK-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided

through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

Integrating Physical Activity into the Classroom Setting:

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Students will be given opportunities for physical activity during the school day through daily recess periods, elective PE classes, and walking programs.
- Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

Daily Physical Education preK – 12

All students in grades preK-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education as provided for in Board Policy 6142.7. Students are encouraged to spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Physical activity for Preschool children attending full day programs should have a minimum of 60 minutes per day, and those attending ½ day programs, a minimum of 30 minutes per day. Preschool students will be given the opportunities for physical activities as follows: physical activities that take place indoors and outdoors; curriculum that includes a component to develop skills needed to maintain a physically active lifestyle with emphasis in the body and health awareness; age-appropriate gross motor equipment that stimulates a variety of skills on different levels; curriculum that includes teacher-directed physical activities to meet the needs of the developing child.

Daily Recess

All elementary school students will have at least 20 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.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing or alternative scheduling, 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.

Physical Activity Opportunities Before and After School

As budget permits, elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports 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.

Physical Activity and Punishment

Teachers and other school and community personnel should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The school district will consider improvements needed to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation when available and appropriate for travel to school. Schools will encourage participation in such events as Walk-to-School Day.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children of various ages and diverse backgrounds
- be served in clean, safe and pleasant settings with staff trained to handle food emergencies;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;
- serve only low-fat (1% and 2%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- emphasize the offering and consumption of whole grains
- utilize fat reducing practices during food preparation.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information may be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials. Food Services staff will collaborate with teachers to reinforce nutrition education taught in the classroom.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools will promote the availability of school meals to all students, including students going on field trips and during minimum days. Schools should also consider using non-traditional methods for serving school meals, such as breakfast in the classroom and recess before lunch.

Meal Times and Scheduling

Schools:

- should attempt to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times;
- shall schedule minimum day lunch time during the school day such that students return to class after the lunch period before dismissal;

- should encourage hand washing before meals and snacks;
- should consider piloting a recess before lunch;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students are given an opportunity to get meals from the cafeteria and eat during the activities.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development will be provided for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for food services directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Board Policy and Administrative Regulation 3554 Other Food Sales prohibit all student food sales in elementary and middle schools before 2:00 pm in the afternoon. High schools must comply with Title 5 regulations which prohibit more than four student food sale days during the year each of which must be prearranged with Food Services, not consist of the same foods presented by the cafeteria that day, and not prepared with district food preparation equipment.

Elementary Schools

Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, beverages sold individually will be limited to milk (2%, 1%, nonfat, soy/rice milk and other nondairy milk), fruit/vegetable-based drinks of no less than 50% juice with no added sweeteners, and water with no added sweeteners.

Commencing July 1, 2007, (Education Code #49431) foods sold individually will be limited to nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, non-fried vegetables, and legumes. Individually sold dairy items and whole grain food items must meet the following standards:

- Not more than 35% of its total calories shall be from fat.
- Not more than 10% of its total calories shall be from saturated fat.
- Not more than 35% of its total weight shall be composed of sugar.
- Not more than 175 calories per individual food item.

Non-compliant foods may be sold as part of a fundraising event only if they are sold by pupils of the school and the sale of those items takes place off and away from school premises or at least one-half hour after the end of the school day.

Not allowed at the elementary level: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Intermediate Schools and High Schools

In intermediate school and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, should meet the following nutrition and portion size standards:

. Beverages

Allowed: From one-half hour before to one-half hour after the end of the school day the only beverages that can be sold are water or seltzer water with no added sweeteners; fruit/vegetable-based drinks that contain at least 50% fruit juice and no added sweeteners; unflavored or flavored low-fat or fat-free fluid milk, soy milk, rice milk and other nutritionally-equivalent non-dairy beverages; and electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving. No Foods of Minimal Nutritional Value (including most carbonated beverages and candy) may be sold during a meal service period in an area where reimbursable meals are served and/or eaten.

. Foods

Commencing July 1, 2007, a food item sold individually:

§ will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;

§ will have no more than 35% of its weight from added sugars;

§ will not contain more than 250 calories per individual snack item.

§ Entrée items, except food served as part of a USDA meal program, shall contain no more than 400 calories per entrée and contain no more than 4 grams of fat per 100 calories contained in each entrée, and shall be categorized as entrée items in USDA meal programs.

Non-compliant foods and beverages may be sold provided that the sale of those items take place off of and away from school premises or on school premises at

least one-half hour after the end of the school day or during a school-sponsored pupil activity one half-hour before the start or after the end of the school day.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities that occur during the instructional school day will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity (examples include, but are not limited to, walk-a-thon, jog-a-thon, etc.). The school district will make available a list of ideas for acceptable fundraising activities.

Snacks/Special Occasions/Parties

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. As stated in the Health and Safety Code "No food prepared or stored in a private home shall be used, stored, served, offered for sale, sold, or given away in a food facility (school)." Class parties or celebrations that involve food during the school day shall be held after the lunch period, shall be limited to no more than one per month and must be approved by the principal.

Rewards

Schools are discouraged from using foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Other School Bases Activities Designed to Promote Wellness

Communications with Parents

The district/school will encourage parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school may offer, from time to time, healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the enclosed nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and encourage parents' efforts to provide their children with opportunities to be physically active outside of school. Such encouragements may include sharing information about physical activity and physical education through the website, newsletter, or other take-home materials, special events, or physical education homework.

Parents, teachers, school administrators, students, foodservice professionals, and community members are encouraged to serve as role models in practicing healthy eating and being physically active, both in school and at home. Staff will ensure that consistent nutrition messages are promoted in all advertising, celebrations, fundraising, and rewards.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools should limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Monitoring and Policy Review

Monitoring

The Superintendent or designees will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designees.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent or designee will develop a summary report at least every two years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district and evaluation indicators as designated on the Healthy Learning Environment Rubric such as:

- level of health and nutrition education at each site,
- compliance with physical activity standards,
- student participation rates in school meal programs,
- analysis of nutritional content of meals served as part of the school meal programs,
- any sales of non-nutritious foods/beverages sold in fundraisers or other venues outside of the district's meal programs,
- feedback from food service personnel, school administrators, the school health advisory, parents/guardians, students and other appropriate persons.

The district may also include the following optional evaluation indicators such as: Average Daily Attendance, Annual Fitnessgram scores, Academic Performance Index, and California Healthy Kids Survey data. The evaluation data collected will be compared to baseline data from the 2005 school year. That report will be

provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

The School Health Collaborative will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Posting Requirements

Each school shall post the district's Wellness Policy as well as the Healthy Environment Rubric in public view within all school offices, cafeterias or in other general eating areas. They will also be posted on the website and published for parents.

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