





*EC 48931 Provides school boards power to authorize organizations to sell food on school grounds outside the NSLP and SBP California Code of Regulations Title 5, 1550 SBE policies in response to EC 48931 – regulations for the sale of food by student organizations in Elementary schools Title5, 15501 SBE policies in response to 48931: Regulations for the sale of food by student organizations in junior high and high schools.*

**ORANGE Unified School District Wellness Policy**

- Only low-fat and non-fat milk, non-fried vegetables should be sold individually
  - Allowable beverages for Secondary Schools
  - Water, no caloric sweetener
  - Greater than 50% fruit/veg. juice, no caloric sweetener
  - Unflavored/flavored low-fat/fat-free milk and nutritionally equivalent non- dairy alternatives
  - 35% or less calories from fat (excluding nuts, seeds, nut butters)
  - 10% or less calories from saturated fat and trans fat combined
  - 30% or less sugars by weight
  - 230 mg or less sodium per serving for chips, cereals, crackers, bakes goods and other snack items OR **MEETS CURRENT SODIUM REGS**
  - 480 mg or less sodium per serving for pastas, meats, soups
  - 600 mg or less sodium per serving for pizza, sandwiches, main dishes
- OR **MEETS CURRENT SODIUM REGS**

**Food Sold outside the school meal program Food Marketing in Schools**

- Consistent with nutrition education and health promotion
- Limit marketing to foods/beverages that meet the standards
- Prohibit all other types of food marketing

**Food Marketing in Schools** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will 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 (per **HHFKA 2014** and/or current regulations). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Fundraising**

- Encourage non-food activities for fundraising
- All foods sold must comply with standards listed above
- Encourage activities that promote physical activities

**Fundraising Activities** To support children's health and school nutrition-education efforts, school fundraising activities will not compete with School Lunch or Breakfast programs. Schools should encourage fundraising activities that promote physical activity and nutritious food choices. The district may disseminate a list of suggested ideas for acceptable fundraising activities.

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X  
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X

Orange High, VPHS, Canyon High and other Secondary sites found violating policy.

Orange High with non-compliant vending on campus

Orange High, VPHS, Canyon High and other Secondary sites found violating policy

**ORANGE Unified School District  
Wellness Policy**

**Snacks**

- Will emphasize fruits and vegetables and water
- Disseminate a list of healthful snacks to teachers, after school personnel, parents
- Eligible schools will participate in the federal snack reimbursement program

X  
X  
X

**Snacks**

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, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Competitive Foods for Elementary Schools:** An elementary school campus may not sell or serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until ½ HOUR AFTER SCHOOL HAS ENDED OR AFTER ½ HOUR AFTER last scheduled class.

**Competitive Foods for Secondary Schools: Middle/Junior High and High Schools** The competitive foods policy section for secondary schools states that it does "not pertain to food items made available by the Nutrition Services Department." In middle/junior high and high schools, all foods and beverages sold/served individually outside the reimbursable school meal programs (including those sold through ala carte [snack] lines, vending machines) during the school day, will meet the following nutrition and portion size standards:

At no time during the school day until after the last **lunch period has ended**, may any sale compete with the National School Breakfast or Lunch program.

**Rewards**

- Foods or beverages will not be used as rewards for academic performance or good behavior – Withholding foods or beverages will not be used as a punishment

X

**Celebrations**

- Limit celebrations involving food to 1 party/class/month.
  - Celebration should include no more than 1 food or beverage that does not meet the standards.

X

**Classroom Foods and Snacks Celebrations, Classroom Parties** The District recognizes that celebrating student special occasions with a classroom party is a time-honored tradition that provides the opportunity for parental involvement in the education of their children, which is beneficial for students, parents and teachers. The intent of the policy is to encourage the consumption of nutritious, well-balanced meals and to prevent competitive foods from being sold to students in place of the School Lunch & Breakfast Program. With the exception of school birthday parties, schools may not allow alternative meals to be provided to students in

Not all schools  
complying

**ORANGE Unified School District  
Wellness Policy**

competition with meals made available by the District Nutrition Service Department under the National School Lunch and School Breakfast Programs. Such items may be provided if they are provided through the NSLP meal program and supplemented with components provided by Nutrition Services to become a reimbursable meal. This allows the addition of milk, fruits and vegetables for a complete nutritious meal as well as providing federal reimbursement funds to the district. It is recommended such parties be scheduled after the end of the lunch period for the class so that these celebrations will not replace a nutritious lunch. The district may disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored events**

- Will meet the nutrition standards as stated above

**Food Safety**

**Outside Sales, Athletic Events at Permanent District Facilities**

The District recognizes the role of food in the activities of sites, departments and students organizations. In an effort to support schools, departments and student organizations and to ensure the safety of food provided on campus, organizations/groups shall adhere to the “District Facility Use Rules” and the “Nutrition Services Food Safety Policy, district HACCP plan and local Health Department regulations.”

The purpose of this Nutrition Services Food Safety Policies is to establish standards for food service on all campuses, for the safety and consistency of the products provided and to insure public safety, reduce District liability.

**District requires:**

Any food service or sale on any district property campus is to be in full compliance with State and County Health Department standards and other regulatory agencies. For the protection of the public, against foodborne illness or injury, established guidelines as provided by Environmental Health & Safety (California Retail Food Facilities Law) must be followed for each type of event and applicable permits obtained.

Nutrition Services will be responsible for implementing food safety procedures HACCP as required by state and federal regulations. An employee of the Nutrition & Food Services Department with a valid Food Manager certificate must be present during receiving, food preparation and sale of any food items at any district facility.

California regulations require the presence of a certified sanitation person when food is prepared and or served in District facilities. Additional charges for this person will be billed to the organization. Facility use charges may apply.

Events where the sale of only pre-packaged retail-purchased items sold in a non-permanent facility or temporary area which is not required to maintain a Health Department permit nor inspected by the local Health Department or agency’s are exempt.) **See also OUSD-Food Defense Plan**

X

Orange High,  
VPHS, Canyon  
High and other  
Secondary sites  
found violating  
policy

**ORANGE Unified School District  
Wellness Policy**

**Goal III** – Provides assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to section 9(f)(1I) and 17(a)of the Richard B. Russell National School Lunch Act (42 U.S.C 1758 (f)(1), 1766 (a)0, as those regulations and guidance apply to schools.

• **Healthy School Meals – Lunch**

• **Healthy School Meals – Breakfast**

**Code of Federal Regulations (CFR)**

*7CFR 210.10 Nutrition Standards and menu planning for National School Lunch Program*

*7CFR 210.11 Established competitive food regulations for NSLP 7CFR 210.8*

*Identifies nutrition standards and menu planning approaches for School breakfast Program (SBC) 7CFR210.12 identifies competitive food regulations for SBP*

**California Education Code EC 49531-49531.1** Defines participation in Breakfast and Lunch programs

**ORANGE Unified School District Wellness Policy**

**School Meals**

- Appealing and attractive • Pleasant environment
- Meet minimum local, state, federal requirements
- Offer variety of fruits and vegetables
- Only 1% and fat-free milk, and nutritionally equivalent nondairy alternatives
- 50% of grains served are whole grains

**Breakfast**

- Schools encouraged to operate the School Breakfast Program • Review bus and bell schedules, adopt “grab-and-go” or breakfast in the classroom to maximize SBP participation
- Market SBP and serving healthy breakfast to parents

**Portion Sizes**

- 1.25 oz for chips, crackers, cereal, trail mix, nuts, seeds, dried fruit, jerky
- 1 oz for cookies
- 2 oz for cereal bars, granola bars, pastries, muffins, bagels, other bakery items
- 4 fluid oz. for beverages excluding water
- Portion sizes of a la carte items will not be larger than comparable portions offered in the school meal program
- Two fruits or vegetables offered for sale at locations where food is sold

**Other**

- Eliminate social stigma/prevent overt identification of students eligible for F&RP meals

- Adequate time and space for seating should be provided for students to eat school meals. Lunch periods should be scheduled to reduce student wait time for meals.
- Nutrition education should be provided at all grade levels, pre-kindergarten through grade twelve.
- Non-food rewards and incentives should be used when possible to encourage student achievement and desirable behavior.
- School campus marketing and advertising should encourage healthy eating habits.
- Water and water fountains should be usable and accessible to students throughout the school day.
- Teachers and staff should be encouraged to model healthy eating and behaviors.
- Healthy food choices should be provided when foods are sold as concessions at school sports events and special school activities.

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X



**Goal IV** – Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy

*EC 49547.5, 49548-54948.5 Nutrition for Needy – Summer Food program EC 49430 – Free and Reduced Price meals program EC49432 – posting of Nutritional and Physical Activities guide*

**ORANGE Unified School District Wellness Policy**

**Monitoring**

- District superintendent or designee ensure district-wide compliance of wellness policies
- Principal or designee ensure policy compliance at school site
- School food service staff ensure policy compliance
- School district to report on most recent School Meals Initiative (SMI) findings and resulting changes
- District superintendent or designee to report every three years on wellness policy compliance to school board, school health council, parent/teacher organizations, school administrators, school health services.

**Policy Review**

- Each school to conduct a baseline nutrition and physical activity assessment, compile at district level and set priorities
- Repeat assessment every three years to review policy compliance and progress
- Determine areas in need of improvement and revise wellness policies as necessary

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X

**Monitoring and Policy Review**

**Monitoring and Policy Review** To The superintendent or designee 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 designee. A 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 annually. 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 every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. 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 help with the initial development of the District's Wellness Policies, each school in the district would conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**ORANGE Unified School District  
Wellness Policy**

**Training**

- Provide Staff//school food service staff/other staff appropriate and continuing professional development

X

**Qualifications of School Food Service Staff** As part of the school district's responsibility to operate a Nutrition Services program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Food Safety**

**Outside Sales, Athletic Events at Permanent District Facilities**

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The purpose of this Nutrition Services Food Safety Policies is to establish standards for food service on all campuses, for the safety and consistency of the products provided and to insure public safety, reduce District liability.

**District requires:**

- Any food service or sale on any district property campus is to be in full compliance with State and County Health Department standards and other regulatory agencies. For the protection of the public, against foodborne illness or injury, established guidelines as provided by Environmental Health & Safety (California Retail Food Facilities Law) must be followed for each type of event and applicable permits obtained.
- Nutrition Services will be responsible for implementing food safety procedures HACCP as required by state and federal regulations. An employee of the Nutrition & Food Services Department with a valid Food Manager certificate must be present during receiving, food preparation and sale of any food items at any district facility.
- California regulations require the presence of a certified sanitation person when food is prepared and or served in District facilities. Additional charges for this person will be billed to the organization. Facility use charges may apply.
- Events where the sale of only pre-packaged retail-purchased items sold in a non-permanent facility or temporary area which is not required to maintain a Health Department permit nor inspected by the local Health Department or agency’s are exempt.)

X

X

X

X

Extensive training conducted with staff-  
Training Tracker



<p><b>Goal V</b> – Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.</p> <ul style="list-style-type: none"> <li>• <b>School wellness planning</b></li> </ul> <p><i>EC 49533 Defines Child Nutrition Advocacy council</i></p>	<p><b>School Health Wellness Advisory Council</b></p> <ul style="list-style-type: none"> <li>• Include students, parents, teachers, food service professionals, health professionals, community members</li> <li>• Create, strengthen, work within existing school health council</li> <li>• Develop, monitor, review, revise Local School Wellness Policies</li> </ul>	<p>X X X</p>			
<p><b>ORANGE Unified School District Wellness Policy</b></p>	<p><b>Student Achievement Committee</b> The school district and/or individual schools within the district will create, strengthen, or work with existing Wellness for Student Achievement Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Wellness for Student Achievement Committee will also serve as a resource to school sites for implementing policies. (The Committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)</p>				

## FITNESS GRAMS

## Physical Fitness Test

Report:  
California Department of Education  
Statewide Assessment Division

SUMMARY REPORT

State: [California](#)  
County: [Orange](#)  
District: Orange Unified

School:

-- Select One --

## 2014-15 California Physical Fitness Report Overall - Summary of Results Orange Unified District

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

<u>Physical Fitness Area</u>	Total Tested <sup>1</sup> in Grade 5	Number Grade 5 Students in HFZ <sup>2</sup>	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - Health Risk	Total Tested <sup>1</sup> in Grade 7	Number Grade 7 Students in HFZ <sup>2</sup>	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - Health Risk	Total Tested <sup>1</sup> in Grade 9	Number Grade 9 Students in HFZ <sup>2</sup>	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - Health Risk
Aerobic Capacity	2,144	1,349	62.9	30.3	6.8	2,118	1,402	66.2	23.9	9.9	2,217	1,458	65.8	22.9	11.3
Body Composition	2,144	1,263	58.9	19.4	21.7	2,118	1,360	64.2	18.7	17.1	2,217	1,487	67.1	16.8	16.1
Abdominal Strength	2,144	1,480	69.0	31.0	N/A	2,118	1,862	87.9	12.1	N/A	2,217	1,915	86.4	13.6	N/A
Trunk Extension Strength	2,144	1,871	87.3	12.7	N/A	2,118	2,008	94.8	5.2	N/A	2,217	2,087	94.1	5.9	N/A
Upper Body Strength	2,144	1,493	69.6	30.4	N/A	2,118	1,350	63.7	36.3	N/A	2,217	1,860	83.9	16.1	N/A
Flexibility	2,144	1,593	74.3	25.7	N/A	2,118	1,709	80.7	19.3	N/A	2,217	1,934	87.2	12.8	N/A

<sup>1</sup> Includes partially tested students

<sup>2</sup> HFZ is an acronym for Healthy Fitness Zone a registered trademark of The Cooper Institute

\*\* To protect confidentiality scores are not shown when the number of students tested is 10 or less

N/A Not applicable

The PFT is based on the FITNESSGRAM/ACTIVITYGRAM software, owned by the Cooper Institute, Dallas, TX, and published by Human Kinetics, Champaign, IL. The PFT is created and copyrighted by the California Department of Education (CDE) under a license agreement with Human Kinetics. The FITNESSGRAM is a registered trademark of The Cooper Institute.

The PFT performance standards are available on the [CDE FITNESSGRAM: Healthy Fitness Zone Charts Web page](#). Information about the FITNESSGRAM is available on the [Human Kinetics Web site](#) (Outside Source).

# 2014-15 California Physical Fitness Report

## Overall - Meeting Healthy Fitness Zone<sup>1</sup> Summary of Results

### Orange Unified District

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 <sup>3</sup>	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 <sup>3</sup>	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 <sup>3</sup>
6 of 6 fitness standards	613	28.6	28.6	768	36.3	36.3	996	44.9	44.9
5 of 6 fitness standards	473	22.1	50.7	467	22.0	58.3	447	20.2	65.1
4 of 6 fitness standards	388	18.1	68.8	373	17.6	75.9	414	18.7	83.8
3 of 6 fitness standards	296	13.8	82.6	296	14.0	89.9	209	9.4	93.2
2 of 6 fitness standards	219	10.2	92.8	157	7.4	97.3	103	4.6	97.8
1 of 6 fitness standards	128	6.0	98.8	54	2.5	99.8	41	1.8	99.6
0 of 6 fitness standards	27	1.3	100.0	3	0.1	99.9	7	0.3	99.9
Total tested <sup>2</sup>	2,144	100.0	N/A	2,118	100.0	N/A	2,217	100.0	N/A

<sup>1</sup> Healthy Fitness Zone is a registered trademark of The Cooper Institute

<sup>2</sup> Includes partially tested students

<sup>3</sup> Column percents may not add up to 100 percent due to rounding

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N/A Not applicable

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StudentsStudent Wellness Policy

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the District's student wellness policy to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, District and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's student wellness policy. (42 USC 1758b)

**The Healthy, Hunger-Free Kids Act of 2010 (42 USC 1758b) mandates each district participating in the National School Lunch Program (42 USC 1751-1769) or any program in the Child Nutrition Act of 1966 (42 USC 1771-1791), including the School Breakfast Program, to adopt a districtwide school wellness policy. The following policy fulfills this mandate and should be revised to reflect district practice. Other policies in the district's policy manual will likely contain additional provisions supporting this wellness policy, such as BP 3312 - Contracts, BP/AR 3550 - Food Service/Child Nutrition Program, BP/AR 3552 - Summer Meal Program, BP/AR 3553 - Free and Reduced Price Meals, BP/AR 3554 - Other Food Sales, BP/AR 6142.7 - Physical Education and Activity, and BP/AR 6142.8 - Comprehensive Health Education. Nutritional Guidelines for Foods Available at School.**

**Healthy, Hunger-Free Kids Act: Interim Final Rule Published: June 28, 2013; Requirements take effect July 1, 2014.**

**Requires that USDA establish nutrition standards for all foods and beverages sold in school beyond the Federal child nutrition programs in schools. The law specifies that the nutrition standards shall apply to all foods sold: outside the school meal programs; on the school campus, and at any time during the school day.**

**Applicability Including: a la carte in the cafeteria; in school stores; classroom parties, on campus sales, snack bars; vending machines and other venues.**

**The “Smart Snacks in School”, standards published by USDA builds upon those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.**

**State and local flexibility: nutrition standards in interim final rule for all foods sold in school are minimum standards; State agencies and school districts may establish additional standards; State or local standards must be consistent with Federal standards.**

**Competitive Foods defined: all food and beverages sold to students on school campus during the school day, other than meals reimbursable under programs authorized by the USDA, CDE, NSLA and the CAN. Where standards apply: on all school campus' and all areas of the property under jurisdiction of the school that are accessible to students during the school day. When standards apply: During the school day; defined as the period from midnight before, to 30 minutes after the end of the official school day.**

**42 USC 1758b mandates that the district's wellness policy include nutritional guidelines that are consistent with federal nutrition standards, as specified below. Federal nutrition standards for the National School Lunch and Breakfast Programs, as amended by 77 Fed. Reg. 17, are aligned with the Dietary Guidelines for Americans. Requirements for the National School Lunch Program (7 CFR 210.10) are effective July 1, 2012. Requirements for the School Breakfast Program (7 CFR 220.23) are applicable through the 2013-14 school year and then will be replaced by the requirements in 7 CFR 220.8. See AR 3550 - Food Service/Child Nutrition Program.**

**Pursuant to 42 USC 1758, schools participating in the National School Lunch Program are required to make free drinking water available for consumption at locations where meals are served during meal service. In addition, Education Code 38086 requires all California schools to make free drinking water available during school meal times, unless the Board adopts a resolution demonstrating that the district is unable to comply due to fiscal constraints or health or safety concerns. See AR 3550 - Food Service/Child Nutrition Program for policy language related to these requirements. Also see CSBA's policy brief Increasing Access to Drinking Water in Schools for further information and sample strategies for providing water and encouraging consumption.**

**The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.**

### **Nutrition and Physical Activity Goals**

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs.

The Board prohibits the 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, free give-aways, or other means.

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement to make District facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

For all foods available on each campus during the school day, the District shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional 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, or other venues, shall meet or exceed state and federal nutritional standards.

In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the District may sponsor a summer meal program.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

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. Class parties or celebrations shall be held after the lunch period when possible.

### **Program Implementation and Evaluation**

The Superintendent shall designate one or more District or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which



District schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

**The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:**

- 1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements**
- 2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records**
- 3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program**
- 4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards**
- 5. Results of the state's physical fitness test at applicable grade levels**
- 6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity**
- 7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program**
- 8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate**

**The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.**

**As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.**

**The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)**

**In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.**

**Legal Reference:**

**EDUCATION CODE**

**33350-33354 CDE responsibilities re: physical education**  
**49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001**  
**49490-49494 School breakfast and lunch programs**  
**49500-49505 School meals**  
**49510-49520 Nutrition**  
**49530-49536 Child Nutrition Act**  
**49540-49546 Child care food program**  
**49547-49548.3 Comprehensive nutrition services**  
**49550-49561 Meals for needy students**  
**49565-49565.8 California Fresh Start pilot program**  
**49570 National School Lunch Act**  
**51210 Course of study, grades 1-6**  
**51220 Course of study, grades 7-12**  
**51222 Physical education**  
**51223 Physical education, elementary schools**  
**51795-51796.5 School instructional gardens**  
**51880-51921 Comprehensive health education**  
**CODE OF REGULATIONS, TITLE 5**  
**15500-15501 Food sales by student organizations**  
**15510 Mandatory meals for needy students**  
**15530-15535 Nutrition education**  
**15550-15565 School lunch and breakfast programs**  
**UNITED STATES CODE, TITLE 42**  
**1751-1769 National School Lunch Program, especially:**  
**1758b Local wellness policy**  
**1771-1791 Child Nutrition Act, especially:**  
**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**  
**220.1-220.23 National School Breakfast Program**  
**COURT DECISIONS**  
**Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781**

[49547-49548.3 Comprehensive nutrition services  
 49550-49561 Meals for needy students  
 49565-49565.8 California Fresh Start pilot program  
 49570 National School Lunch Act  
  
 51210 Course of Study, grades 1-6  
 51220 Course of Study, grades 7-12  
 51222 Physical education  
 51223 Physical education, elementary schools  
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**CODE OF REGULATIONS, TITLE 5**  
 15500-15501 Food sales by student organizations  
 15510 Mandatory meals for needy students  
 15530-15535 Nutrition education  
 15550-15565 School lunch and breakfast programs  
**UNITED STATES CODE, TITLE 42**  
 1751-1769 National School Lunch Program, especially:  
 1758b 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  
 Adopted: 4-12 Orange, California

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education  
 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001  
 49490-49494 School breakfast and lunch programs  
 49500-49505 School meals  
 49510-49520 Nutrition  
 49530-49536 Child Nutrition Act  
 49540-49546 Child care food program