

Red Bluff Joint Union High School District Wellness Policy



Revised 9/18

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Preamble

Red Bluff Joint Union High School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

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.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines Red Bluff Joint Union High School Districts approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Red Bluff and Salisbury High School have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Red Bluff Joint Union High School District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- RBHS establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in Red Bluff Joint Union High School District

I. School Wellness Committee

Committee Role and Membership

Red Bluff High School will convene a representative Red Bluff High School wellness committee (hereto referred to as the RBWC) that meets four times a year throughout the academic school year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this organization-wide wellness policy.

The RBWC membership will represent all school levels, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, education teachers, school health services staff, and mental health and social services staff, school administrators, school board members , and the general public. To the extent possible, the RBWC will include representatives from each school building and reflect the diversity of the community. Each school within Red Bluff Joint Union High School District and members from other schools will work to establish an ongoing School Wellness Committee.

Red Bluff Wellness Committee

| Name | Title | Email address | Role |
|-----------------|--------------------------------|-----------------------|----------------------------------|
| Marissa Stevens | Director of Nutrition Services | mstevens@rbhsd.org | RBWC Wellness Policy Coordinator |
| Grace Hendricks | Superintendent Secretary | ghendric@rbhsd.org | RBWC Committee Member |
| Karrie Roth | Nurse | kroth@rbhsd.org | RBWC Committee Member |
| Debbie Taylor | Teacher | Educational Assistant | RBWC Committee Member |
| Adrienne Wagner | Teacher | awagner@rbhsd.org | RBWC Committee Member |
| Pam Disibio | Physical Education Teacher | pdisibio@rbhsd.org | RBWC Committee Member |
| Jenny Svejda | Teacher | jsvejda@rbhsd.org | RBWC Committee Member |
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II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the Health School program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Director of Nutrition office located at 1260 Union Street, Red Bluff, Ca. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit RBWC membership from the required stakeholder groups; and (2) These groups' in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

Red Bluff Joint Union High School District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within Red Bluff High School's in meetings wellness goals. This annual report will be published around the same time each year in September, and will include information from each school within Red Bluff Joint Union High School District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the RBWC.

The annual report will be available on www.CafeSparta.org

The RBWC will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit, for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.
The position/person responsible for managing the triennial assessment and contact information is Marissa Stevens. Director of Nutrition Services: mstevens@rbhsd.org

The RBWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Red Bluff High School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The RBWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as priorities change; community needs change; wellness goals are met, new health science, information, and technology emerges; and new Federal or State guidance of standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

RBHS is committed to being responsive to community input, which begins with awareness of the wellness policy. RBHS will actively communicate ways in which representatives of RBWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that location. Red Bluff High School will also inform the public of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply (if applicable), and a description of and compliance with Smart Snacks in School nutrition standards. RBHS will use electronic mechanisms, such as email or displaying notices on RBHS School Food Service Website, www.cafesparta.org. As well as newsletters, sending information home and other means of public media releases. RBHS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that RBHS and individual schools are communicating other important school information with parents.

RBHS will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. RBHS will also use these mechanisms to inform the community about the availability of the annual triennial reports.

III. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The

school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within RBJUHSD participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Child and Adult Care Food Program (CACFP). All schools within RBJUHSD are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. RBHS offers reimbursable school meals that meet USDA Nutrition Standards.
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunch room techniques:
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - Majority of available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack bars, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
- Additionally, RBHS will:
 - Post menus on RBHS Nutrition Services Department website or individual school website
 - Menus will be created/reviewed by a Registered Dietetic Technician or other Certified nutrition professional
 - RBHS will attempt to accommodate students with special dietary needs.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

Staff Qualification and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). RBHS will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

Competitive Foods and Beverages

RBHS is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to , a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

Food and beverages are encouraged to meet USDA Smart Snack requirements in schools nutrition standards during and after the school day. The District will make available to parents and teachers a list of healthy snack ideas from the *Alliance for a Healthier Generation* and the *USDA*.

Fundraising

Foods and beverages are encouraged to meet USDA Smart Snacks in Schools nutrition standards and may be sold through fundraisers on the school campus. Fundraisers are also encouraged to utilize food items from local farms in Tehama and Glenn Counties. Schools will encourage using non-food fundraisers and promoting physical activity.

Nutrition Promotion

Nutrition Promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Online information regarding health and wellness can be found on the Food Services Department Website, www.CafeSparta.Org. Students and staff will receive consistent nutrition messages throughout schools classrooms and food service locations. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter School Lunchroom Techniques.
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smart snacks](http://www.healthiergeneration.org/smart-snacks).

Nutrition Education

Red Bluff Joint Union High School aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only the health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and the Agricultural Department.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Link with school meal programs, cafeteria nutrition promotion activities, and nutrition-related community services

Food and Beverage marketing in Schools

Red Bluff Joint Union High School District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards

Food advertising and marketing is defined as 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

IV. Physical Activity

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

All students shall be provided opportunities to be physically active on regular bases. Opportunities for moderate to vigorous physical activity shall be provided through physical education 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 unstructured activities. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food service staff, and other staff as appropriate to enhance their health knowledge and skills.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Red Bluff Wellness Committee.

Community Partnerships

Red Bluff Joint Union High School District will seek to develop future relationships and enhance current ones with community partners in support of this Wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals

Staff Wellness and Health Promotion

The RBWC will seek to identify and develop staff wellness resources, and will ensure the widest possible dissemination of these resources using electronic and/or paper methods of communication

Professional Learning

When feasible, the district will support requests for annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors, nutrition and fitness for children, adolescents and adults.

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