

**Students  
WELLNESS**

**Preamble**

Whereas, children need access to healthful foods, and physical activity in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity;

Thus, the Sanger Unified School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore it is the policy of the Sanger Unified School District that:

- The school district will encourage students, parents, teachers, child nutrition professionals, health professionals, and other interested community members to participate in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition guidelines set by state and federal regulations.
- Qualified child nutrition professionals will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students: will accommodate the cultural and ethnic diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings along with adequate time for students to eat.
- All schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, After School Snacks, and Summer School Food Service Program
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

**To Achieve These Policy Goals:**

**1. School Wellness Council**

The school district will develop or create, a School Wellness Council to implement, monitor, review, and when necessary revise the school nutrition and physical activity policies.

**2. Nutritional Quality of Foods and Beverages Sold and Served on Campus.**

**School Meals**

**Meals served through the National School lunch and Breakfast Program will:**

- Be served in a clean and pleasant setting
- 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 and fat-free milk and nutritionally-equivalently non dairy alternatives
- Ensure that grain items meet requirements established by state and federal statutes and regulations.
- Be appealing and attractive to students.

**Breakfast:**

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

- All schools will operate the School Breakfast Program
- Schools will utilize various methods to serve school breakfast, in order to encourage participation
- Schools will encourage parents to provide healthy breakfast for their students 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 the overt

identification of students who are eligible for the free and reduced-priced school meals. Toward this end, schools may utilize electronic identification and payment systems to provide meals at no charge to all students.

Any school participating in the National School Lunch Program and/or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall serve meals that, on average over each school week: (Education Code 49531; 42 USC 1758, 1773; 7 CFR 210.10,220.8)

### **Summer Food Service Program:**

Schools operating summer school and city programs will sponsor the Summer Food Service Program.

### **Meal Times and Scheduling Schools:**

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Should schedule meals at appropriate times, e.g., lunch should be scheduled between 10:00 am and 1:00 pm

### **Qualifications of School Food Service Staff:**

Qualified Child Nutrition Professionals will administer the School Meals Programs. As part of the School District's responsibility to operate a School Meal Program we will provide continuing professional development for all Child Nutrition Professionals. All Child Nutrition employees shall participate in staff development programs that comply at a minimum with the USDA established professional standards for school nutrition professionals who manage and operate the National School Lunch and School Breakfast Programs. Employees shall have appropriate certification and/or training according to their levels of responsibility.

(cf. 4231 Staff development)

### **Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through fundraisers, school stores etc.)**

#### **Elementary Schools:**

The school food service program will work with all school site and district organizations to ensure all food and beverage sales to students in elementary schools comply with state and federal regulations. Given young children's limited nutrition skills, food in elementary schools should be appropriate for this age group. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables, and whole grain-rich snack items that meet state and federal guidelines.

**Middle/Junior High and High Schools.**

The Child Nutrition Department will work with all school site and district organizations so that all foods and beverages sold outside the reimbursable meal will follow state and federal guidelines and be healthy food choices. (cf. 3553 Free and Reduced Price Meals)

**Beverages Sold:**

Will follow all federal requirements (as stated in the Smart Snacks in Schools law)

- Allowed: low-fat milk (1% or fat free), water without added caloric sweeteners: fruit and vegetable juices, and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners. At the elementary level, serving size should be 8 fl. oz., and middle/high school level 12 fl.oz.
- Not allowed: soft drinks, sport drinks, teas, fruit based drinks that contain less than 50% real fruit juice or that contain caffeine

**Foods Sold:**

A food item sold individually,

- Will have no more than 35% of its calories from fat (excludes nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat
- Will contain no Trans Fat per serving (less than 0.5 grams per serving)
- Will have no more than 35% of its weight from added sugars
- Will contain no more than 200 mg of sodium
- Will contain no more than 200 calories per snack item serving at the elementary level and the middle/high school level
- Entrée items may be sold at the middle/high school level: these entrees must be no more than 350 calories per serving and contain no more than 480 mg of sodium per serving
  - Note: Entrees cannot be sold at the elementary school level. Only fruit, vegetables, dairy foods, and whole grain-rich snack items may be sold at the elementary level. Paired foods may be sold but must meet ALL nutrition standards above.

*(cf. 3554 – Other food sales)*

**Portion Sizes will be Age Appropriate.**

- Portion sizes will be age (and grade) appropriate according to state and federal guidelines
- 8 fluid ounces for beverages at the Elementary grade levels and/or 12 fluid ounces for beverages at the Secondary grade levels, excluding water

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the state and federal regulations for food and beverages sold individually. Schools will encourage fundraising activities that promote physical activities.

### **Rewards:**

Schools are discouraged from using foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as punishment. Homemade goods are not allowed for classroom celebrations, store bought items will be acceptable.

### **1. Nutrition and Physical Activity Promotion and Food Marketing**

Sanger Unified School District aims to teach, encourage, and support healthy eating by providing a nutritious reimbursable meal to all students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences and electives
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods
- Emphasize caloric balance between food intake and energy expenditure
- Links with school meal programs, and nutrition-related community services

### **Integrating Physical Activity into the Classroom Setting**

Communications with Parents

- The district will send home nutrition information, post nutritional tips on school websites, and provide nutrient analyses of school meals.
- The school will provide information about physical education and other school-based physical activity before, during, and after the school day; and support parents' efforts to provide their students with opportunities to be physically active outside of school.

## **2. Daily Physical Education (P.E.) K-12.**

All students in grades K-12, including students with disabilities, special health-care needs and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes per 10 school days for elementary school students and 400 minutes per 10 school days for middle and high school students) for the entire school year. All physical education will be taught by a credentialed physical education teacher. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of their physical education class time participating in moderate to vigorous physical activity.

### **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.

### **Physical Activity Opportunities Before and After School**

All 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 and girls, students with disabilities, and students with special health-care needs.

After school 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 will not use physical activity or withhold opportunities for physical activity for all participants.

## **3. Monitoring and Policy Review**

The Superintendent or Administrator assigned will assess compliance with established district-wide nutrition and physical activity wellness policies in his/her school once every three (3) years. Progress goals and updates will be reported to the general public and school community on an annual basis as a part of this assessment process.

The committee will meet as needed, but at least twice a year.

School Child Nutrition Staff, at the school or district level, will ensure compliance with nutrition policies within school district meal programs. In addition, the school district will report on the most recent USDA Administrative Review of school meal program audit findings and any resulting changes.

The Superintendent or assigned Administrator will develop a summary annually on district-wide compliance with the District's established Student Wellness Policies, based on input from schools within the district. This report will be provided to the School Board and be posted for the public

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