

**Arcadia Unified School District
Wellness Policy**



ARCADIA
Unified School District

**Arcadia Unified School District
Board of Education**

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Introduction to the Arcadia Unified School District Wellness Policy

Arcadia Unified School District (AUSD) 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 intent of AUSD that:

- The District will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness and physical activity policies.
- All students Kindergarten through 12th grade (K-12) will have opportunities, support, and encouragement to be physically active and make healthy choices on a regular basis.
- Foods and beverages sold or served at school starting at midnight and up to one half hour after the school day, including fundraisers, will meet the state and federal nutrition regulations that pertain to Nutrition Services.
- 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 religious, ethnic, and cultural diversity of the student body in meal planning; and school sites will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
- To the maximum extent possible, all schools in our District will participate in available federal school meal programs.
- The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects.

This policy frequently uses the word 'schools' which includes the following: school grounds, school students and staff, the school community, or all of the above.

Background on the Wellness Policy Committee

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies. The objectives of the HHFKA include enhancing existing Local School Wellness Policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both wellness policy development and reporting.

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

AUSD Wellness Policy

AUSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. AUSD believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

School Health, Safety and Environment

AUSD will continue to provide and promote a safe environment during the school day and during all school related functions.

1. Physical Environment, Health & Safety

- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites will monitor equipment/grounds and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will enforce an "anti-bullying" policy and encourage social tolerance and respect for others.

2. Social/Psychological Health

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to health services and mental health services at or near District schools and/or may provide referrals to community resources.

3. Health Services

The Health Services program is a critical means to improving both educational performance and the well-being of the students.

- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
- Health Services will provide local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
- Health Services will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities as requested by students and staff.
- In addition to grade level mandated screenings (vision, hearing, scoliosis, and Acanthosis Nigricans), District Nurse will provide other screenings if requested (B/P, BMI, dental, height and weight) to students as identified/needed.

4. Health Education

AUSD will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- AUSD should explore resources and grants for training and materials for health curriculum K-12.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

Nutrition

1. Nutrition Services

Nutrition Services employs well-prepared staff that efficiently serve appealing choices of compliant, nutritious foods at breakfast, snack and lunch time.

- The department will provide professional development for Nutrition Services staff on the Wellness Policy.
- All foods and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines (*Appendix G: Competitive Food Regulations Summary*).
- All students shall have access to free, safe, fresh drinking water during meal times.
- Information for nutrition promotion will be provided to parents and students via the department website, in the cafeteria and on the menus.
- The department offers appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Nutrition Services staff will be regularly trained in food safety.

2. Food and Nutrition Standards

- Each school ensures foods and beverages sold and served on school campus starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations (*Appendix G: Competitive Food Regulations Summary, Appendix H: Competitive Food Calculator*).
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.
- Items sold cannot be the same items sold by Nutrition Services on the same day.
- We ask that all fundraising sales be held after the lunch period has ended.
- If selling to students on the school campus during the school day, fundraising groups must complete the AUSD Food Fundraising Request Form and submit a nutrition label of the item they will be selling thirty days prior to the sale. Food items must be on the preapproved list by the School Board or receive approval prior to selling.
- Documentation of nutrition information for foods sold outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.
- Food safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will: (*Refer to www.foodsafety.gov for more details.*)
 - Wash their hands properly
 - Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 140 degrees Fahrenheit
 - Clean and sanitize utensils and work surfaces
 - Not handle food or utensils when sick
 - Not handle foods with bare hands
- To reinforce the school's nutrition standards, each school prohibits the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, and scoreboards. (*Appendix G: Competitive Food Regulations Summary*).
- Schools will encourage non-food rewards for recognition of classroom success and achievement (*Appendix I: Healthy Fundraisers & Celebrations Tip Sheets and Examples*).
- Classroom celebrations involving food are limited to no more than two celebrations per year for K-12. Classroom celebrations involving food for kindergarten through 5th grade (K-5) occur after the last lunch period. Classroom celebrations involving food may occur throughout the school day for grades 6 through 12 (6-12). Foods and beverages provided for these classroom celebrations will meet or exceed state and federal regulations that pertain to Nutrition Services (*Appendix G: Competitive Food Regulations Summary, Appendix H: Competitive Food Calculator*).
- Homemade foods will not be allowed for students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.

3. Nutrition Education

- The school's nutrition education program shall be evidence-based and 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.
- Nutrition education shall be provided as part of a sequential health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through before- and after-school programs.

Physical Activity and Physical Education

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short- and long-term benefits of a physically active and healthy lifestyle.

1. Physical Education (PE) Standards

AUSD PE curriculum will follow the California State Physical Education K-12 Standards (*Appendix J: Physical Activity Regulations Summary*).

- Students in grades one through six (1-6) will participate in moderate to vigorous physical activity per Education Code (*Appendix J: Physical Activity Regulations Summary*).
- Students in middle and high school will participate in moderate to vigorous physical activity through PE or interscholastic activities (High School only) per Education Code (*Appendix J: Physical Activity Regulations Summary*).
- Students in grades nine through twelve (9-12) should be provided with the opportunity to participate in intramural or interscholastic activities.
- Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

2. PE and Physical Activity Goals

Schools should provide all students, K-12, with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.

- A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to: PE, recess, health education that includes physical activity as a main component, special programs (Jump for Heart, Live Well Program, Mileage Club, Elementary Track Meet, JROTC, Relay for Life, Walk and Jog-a-thons), athletic programs and intramural or interscholastic activities (High School).
- PE is delivered by well-prepared and well-supported staff.
- Current and scientifically accurate physical activity content is integrated into before- and after-school programs and classroom instruction.
- Professional preparation and/or ongoing professional development is provided for District teachers related to physical education and physical activity.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill level.
- PE/physical activity should not be used for disciplinary purposes. Alternative disciplinary measures are encouraged in lieu of withholding physical education/activity or recess.
- Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.
- The Board also encourages AUSD Administration, teachers, and staff regarding the following:
Healthy physical activity behaviors will be modeled.

Family, Staff and Community Involvement

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- Staff shall model healthy behaviors.
- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.

Implementation, Evaluation and Monitoring of the Wellness Policy

(Appendix L: Timeline for Implementation, Evaluation and Monitoring)

The Superintendent shall designate one person within the District and at each school site who is charged with operational responsibility to ensure that each school site complies with this policy. Annual training on this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the AUSD Wellness Policy. The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluations *(Appendix B: School Site Annual Evaluation Form, Appendix C: Health Services Annual Evaluation Form, Appendix D: Parent and Volunteer Group Annual Evaluation Form, Appendix E. Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form)* shall include:

- The extent to which District schools are in compliance with this policy.
- A description of the progress made in attaining the goals of the AUSD Wellness Policy.

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. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated. The District and Wellness Policy Committee will meet each year and evaluate the policy to fit the goals and needs of the District. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness and to identify successes, as well as barriers to success.

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 the evaluation results.

In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the 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.

Appendix A.

**Wellness Policy Committee Members
2014-2015**

Dr. Brook Reynolds

Director
Operations, Transportation, and Nutrition
Services

Kathleen Ashworth

Operations Manager
Nutrition Services

Lorie Purdy, RN.

District Nurse

Bhavini Bhakta

ASB Rep.

Jennifer Lashier

Assistant Principal
Arcadia High School

Zondra Borg

Curriculum Specialist
Arcadia Council of PTAs

Danny Johns

Teacher/Staff Rep.
Dana Middle School

John Finn

Principal Rep
Arcadia High School

Rachel Estuar

PTA Rep.

Travis Chen

Student Rep.

Appendix B.

School Site Annual Evaluation Form

(pg. 1 of 4)

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the AUSD Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually **by an Administrator, a teacher and the PTA president (or designee) at each school site** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have any questions regarding filling out this survey, you can contact Kathleen Ashworth, Nutrition Services Operations Manager at 626-821-8322 or kashworth@ausd.net.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Overview	Needs Improvement	Meets	Exceeds	Don't Know
1. Your school promotes a healthy lifestyle to your staff, students and parents.				
2. The programs and/or activities provided by your school set your school at or above the standards of the AUSD Wellness Policy.				

Additional comments on how your school site promotes health and wellness:

School Site Annual Evaluation Form

(pg. 2 of 4)

School Health, Safety and Environment (page 5)	Needs Improvement	Meets	Exceeds	Don't know
1. School site is monitored for potential hazards.				
2. Students are taught campus safety rules.				
3. An “anti-bullying” policy is enforced.				
4. Health Services staff at your school site promote healthy habits and injury prevention for staff and students.				
5. A drug- and substance-free environment is promoted.				
6. Your school encourages events that promote and support a healthy lifestyle.				
7. Grants and other resources are researched and implemented for training and materials for health curriculum, outside of standard funding given to your school.				

Additional comments on your school site’s school health, safety and environment:

School Site Annual Evaluation Form

(pg. 3 of 4)

	Needs Improvement	Meets	Exceeds	Don't know
Nutrition (page 6)				
Nutrition Services				
1. Cafeteria staff are well-prepared and efficiently serve meals to your students.				
2. Fresh, safe, free drinking water is available to students on campus.				
Food and Nutrition Standards				
3. All foods and beverages sold and served on school campus, including fundraisers, from midnight and up to one half hour after the school day comply with the California Education Code and California Code of Regulations. <i>(See Appendix G & H)</i>				
4. Food safety and sanitation standards are followed at all school-related events (ie cafeteria, class celebrations, fundraisers, athletic events, etc).				
5. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.				
6. Non-food rewards are encouraged for student achievement.				
7. Classroom celebrations involving food are limited to no more than 4 celebrations per year.				
8. Classroom celebrations involving food meet or exceed the California Education Code and California Code of Regulations. <i>(See Appendix G & H)</i>				
Nutrition Education				
9. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects.				

Additional comments on foods and beverages available on campus and nutrition education:

School Site Annual Evaluation Form

(pg. 4 of 4)

Physical Activity and Physical Education (page 7)	Needs Improvement	Meets	Exceeds	Don't know
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.				
2. The physical education curriculum at your school follows the California Education Code requirements. <i>(See Appendix J)</i>				
3. Physical education/activity is not used for disciplinary purposes.				
4. Physical education is delivered by well-prepared and well-supported staff.				

Additional comments your school site's physical activity and physical education:

Family, Staff and Community Involvement (page 7)	Needs Improvement	Meets	Exceeds	Don't know
1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.				
2. Teachers and staff model healthy behaviors.				

Additional comments on how your school site involves community, staff and teachers in student wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Health Services Annual Evaluation Form

The purpose of this evaluation is to determine if Health Services is meeting the wellness goals set forth in the AUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually **by the Health Assistants for each school site they are assigned** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, you can contact Kathleen Ashworth, Nutrition Services Operations Manager at 626-821-8322 or kashworth@ausd.net.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Health Services (page 5)	Needs Improvement	Meets	Exceeds	Don't know
1. The Health Assistants review and support the AUSD Wellness Policy.				
2. The Health Assistants review and support the AUSD Board Policy and protocols related to Health Services.				
3. The Health Assistants review the policies and protocols related to Health Services staff (LVNs, Health Service Technicians and Health Assistants) as needed.				
4. Health Assistants educate Health Services staff regarding AUSD protocol and local public health communicable disease control policies.				

Health Services Annual Evaluation Form

(pg. 2 of 2)

<i>Health Services continued</i>	Needs Improvement	Meets	Exceeds	Don't know
7. LVNs, Health Services Technicians, and Health Assistants refer students and staff to District Nurse who require information or assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation, and emotional wellness.				
8. The Health Assistants act on referrals and opportunities to provide health information to staff and students regarding nutrition, respiratory management, tobacco cessation, disease prevention and detection, and emotional wellness.				
9. Health Assistants provide non-mandated screenings for students as indicated, notifying parents/guardians of failed screenings and follow up on referrals. Families whose primary language is Korean, Japanese or Spanish are provided with the appropriate translation for referral(s).				
10. Health Assistants act upon opportunities to provide voluntary health screenings to staff as requested.				
11. Health Assistants maintain a current (updated at least annually) list of low/no cost health care resources and low/no cost health insurance in English and the other languages identified by the District (Korean, Japanese and Spanish).				
12. Health Services staff and District Nurse respond to information obtained from annual <i>AUSD Health History</i> forms to identify students and their families who need health insurance and distribute health care and insurance information to these and other identified families.				
13. Health Assistants participate in community health information outreach activities [such as the AUSD District English Language Multi-Cultural Advisory Committee (DELMAC) Conference and the Arcadia Memorial Medical Center (TMMC) Health Resource Fair].				

Additional comments on how Health Services promotes health and wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Parent and Volunteer Group Annual Evaluation Form (pg. 1 of 2)

The purpose of this evaluation is to determine if Parent and Volunteer groups on school campus are meeting the wellness goals set forth in the AUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation may be completed annually **by the PTA, Alliance, English Language Advisory Committee, booster groups and the School Site Council** and returned to the Superintendent or designee by May 1st of each year. *(Groups not specifically listed are encouraged to complete and submit this evaluation form.)*

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have any questions regarding filling out this survey, you can contact Kathleen Ashworth, Nutrition Services Operations Manager at 626-821-8322 or kashworth@ausd.net.

School Site: _____ Date: _____

Parent/Volunteer Group: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Parent and Volunteer Groups	Needs Improvement	Meets	Exceeds	Don't know
1. The Parent/Volunteer group at your school promotes health and wellness to students by incorporating physical activity into programs, fundraisers, events or other school-related functions.				
2. Foods and beverages sold or served on campus from midnight and up to one half hour after the school day support healthy eating and meet the California Education Code and California Code of Regulations. <i>(See Appendix G, H)</i>				
3. Food safety and sanitation standards are followed when foods are served at all school-related events (ie. class celebrations, fundraisers, athletic events, etc).				
4. Efforts are made to coordinate with Nutrition Services whenever serving/selling food on campus during the school day and up to 30 minutes after school ends.				

Parent and Volunteer Group Annual Evaluation Form

(pg. 2 of 2)

	Not at all Confident	Confident	Very Confident	Don't know
5. How confident does the Parent/Volunteer group at your school feel about meeting the nutrition standards set forth in the AUSD Wellness Policy?				

Please list any fundraisers or other events that the Parent/Volunteer group hosts that promote healthy behaviors (related to nutrition, physical activity, etc.) to our students. Please share any best practices.

Additional comments on how the Parent/Volunteer group at your school promotes health and wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form

(pg. 1 of 3)

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the AUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. For the questions below, please mark the answer that applies to your school as a whole. Questions specific to the Student Council or ASB will be noted. This evaluation must be completed annually **by all Student Council Officers for Elementary and all ASB Officers for Middle Schools and High Schools** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked “Needs Improvement”, you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have any questions regarding filling out this survey, you can contact Kathleen Ashworth, Nutrition Services Operations Manager at 626-821-8322 or kashworth@ausd.net.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Student Council/ASB teacher’s name: _____

Student Council and ASB Officers	Needs Improvement	Meets	Exceeds	Don't know
1. Your school promotes safety on campus.				
2. Your school promotes a drug- and substance-free environment.				
3. Your school enforces an “anti-bullying” policy on campus.				
4. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc.).				
5. Food and beverages sold and served on your school’s campus from midnight and up to one half hour after the school day are healthy.				

Student Council and ASB Officer Annual Evaluation Form

(pg. 2 of 3)

	Needs Improvement	Meets	Exceeds	Don't know
6. Food safety and sanitation standards are followed at all school-related events (ie. cafeteria, class celebrations, fundraisers, athletic events, etc).				
7. Classroom celebrations involving food at your school are limited to no more than four celebrations per year.				
8. Classroom celebrations involving food are healthy.				
9. Nutrition education is provided to students and is included into other academic subjects (math, science, English, etc).				
10. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.				
11. Physical education is taught by well-prepared staff.				
12. Teachers and staff model healthy behaviors while at school.				
13. How confident is your Student Council/ASB class at your school about following and understanding the nutrition standards in the AUSD Wellness Policy? <i>(Circle the response that best reflects your opinion).</i>	Not at all Confident	Confident	Very Confident	Don't know
14. Were you aware of the AUSD Wellness Policy before you filled out this evaluation form? <i>(Circle the response that best reflects your opinion).</i>	No	Somewhat – I've only heard of it	Yes – I've read it!	Don't know

Please see next page for more questions.

California Department of Education Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, *U.S. Code* 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion* and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation*, and periodic review and update* of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school wellness policy.*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies* with the local school wellness policies.

*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

START HERE, and then continue clockwise.

EFFECTIVE 7/1/2014

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. Can ONLY be a:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food
 - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
 - e. Whole grain item

AND

2. Must meet the following:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
 - d. < 0.5 grams trans fat per serving (no exceptions), and
 - e. ≤ 230 milligrams sodium (no exceptions), and
 - f. ≤ 175 calories per item/container (no exceptions)

OR

1. Meet the nutrient standards in #2 above
- AND**
2. Be a full meal that meets the USDA school meal pattern
- AND**
3. Each food in the meal must:
 - a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, or
 - b. Contain ≥ 10% DV for calcium, potassium, Vit D, or dietary fiber, or
 - c. Be a combo food containing ¼ cup of fruit or non-fried vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Whole grain:

- a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease....," or
- b. The first listed grain ingredient is whole grain, or
- c. A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), or
- d. The weight of the whole grain must be at least 51% of the total grain weight of the product.

Non-compliant foods may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15578, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice and
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, and
 - b. ≤ 28 grams of total sugar per 8 fl. oz, and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Effective during school hours.

Applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be pre-approved by the governing board of the school district.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed four sales per year.
6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

START HERE, and then continue clockwise.

MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. "Snack" food items must be:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
 - d. < 0.5 grams trans fat per serving (no exceptions), and
 - e. ≤ 230 milligrams sodium (no exceptions), and
 - f. ≤ 200 calories per item/container (no exceptions)

2. "Entrée" food items must be:

- a. Meat/meat alternate and whole grain rich food; or
- b. Fruit or non-fried vegetable and meat/meat alternate; or
- c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks).

AND

1. ≤ 35% calories from fat, and
2. < 10% calories from saturated fat, and
3. ≤ 35% sugar by weight, and
4. < 0.5 grams trans fat per serving, and
5. ≤ 480 milligrams sodium, and
6. ≤ 350 calories

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-compliant foods may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice and
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz. and
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. ≤ 28 grams of total sugar per 8 fl. oz. and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Other Non-calorie Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Other Low-calorie Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

Non-compliant foods may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization may be allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

Appendix H.

Competitive Food Calculator

Follow the link below to determine if the food(s) you plan to sell on school campus starting at midnight and up to one half hour after the school day meet the federal and state regulations. Please choose the appropriate category (Elementary, Middle/High, or Entrée) when entering the nutrition information.

<http://www.californiaprojectclean.org/doc.asp?id=180&parentid=95>

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Healthy Fundraising Tip Sheet

Appendix I. Healthy Fundraisers & Healthy Celebrations Tip Sheets and Examples



Schools have many options to successfully raise money and keep school wellness a priority – without relying on sales of unhealthy foods such as candy and cookies. When schools hold healthy fundraisers, they send positive and consistent messages about the importance of good nutrition and physical activity.

Positive Fundraiser Options

Benefits of Healthy Fundraising

Healthy Kids Learn Better: Research shows that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Promotes a Healthy School Environment: To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school environment.

Promotes Consistent Messages: Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

The following examples are fundraiser options that have a positive impact on children, families and the community

Other Active Fundraisers

- ◆ Family obstacle course
- ◆ Golf, tennis or basketball tournaments
- ◆ Teacher-student competitions (softball, Frisbee)
- **As-THON-ishing results!** Raise money and get power play with active fundraisers. Bike-a-thons, Jump-a-thons, Walk-a-thons, and Dance-a-thons are a few examples. Kids can ask for pledges for miles biked, distance walked, or time jumped.
- **Hidden talents = fundraising treasures.** Can your child sing, dance, juggle, perform magic tricks, do gymnastics, or just make people laugh? Talent shows are a fun and healthy way to raise money
- **Gifts that give back.** Many stores offer programs where you can buy gift cards or certificates to use as fundraisers, which are sometimes known as “Scrip”. Check with your local grocery store or national chains to see if they have a program in place to help your child’s school raise money.

Healthy Treats Sell!

Are food sales a big part of your fundraising efforts? If so, sell healthier foods like:

- 100% fruit juice
- Fruit baskets
- Fruit smoothies
- Yogurt parfaits
- Trail mix, nuts and seeds
- Granola bars
- Popcorn
- Unsalted pretzels

Warning: A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds make sure none of the children have an allergy.



Items to Sell Other than Food

- Artwork
- Calendars
- Candles
- Coupon books
- Football seats
- Gift Certificates or baskets
- Greeting cards
- Magazine subscriptions
- Refillable water bottles (with school logo)
- Stuffed Animals
- Scarves and stocking caps
- T-shirts and sweatshirts (with school logo)
- Tickets to sporting or fine arts events

“What message does it send our children when we constantly preach to them about getting more exercise, eating healthy and cutting back on junk food and then ask them to sell truckloads of cookie dough and candy bars to friends and family?”

www.fundraisinggreen.com

This handout was developed with information from the following sources:

1. Kansas State Department of Education
2. Action for Healthy Kids
3. California Department of Public Health

Healthy Celebrations

Arcadia Unified School District
Wellness Policy

There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus at parties from unhealthy food to healthy fun!



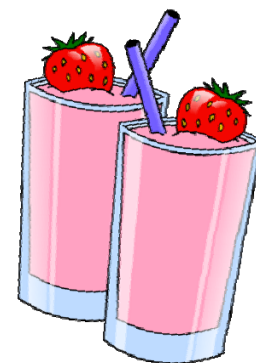
Healthy Celebration Snack Ideas

Try these ideas for fun activities and healthy foods at school parties and other celebrations:

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and can be the teacher's assistant for the day.
- Provide a "free choice" activity time at the end of the day
- Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, bookmarks, stickers, etc).
- Check with Nutrition Services to see what healthy snacks or fresh items they can provide for a reasonable fee.

If you decide to make food a part of the celebration during the school day, please check the Competitive Food Regulations in Appendix G.

- Fruit smoothies
- Fruit salads with low-fat cottage cheese
- Yogurt parfaits
- Angel food cake topped with fresh fruit
- Popcorn
- Low-fat pudding
- Applesauce or other fruit cups
- Berries with low-fat whipped topping
- Bananas or strawberries with a low-fat yogurt dip



- Whole-grain crackers with reduced-fat cheese
- Whole-grain tortilla chips with salsa

Ideas for Healthier Celebrations



Make classroom celebrations healthy and fun!

Promoting healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

Elementary School Students

- Have a classroom show-and-tell
- Have a scavenger hunt for items or information related to the party theme
- Provide “free choice” activity time at the end of the day
- Take a fun walk around the school
- Have a dance party
- Read outdoors or enjoy class outdoors
- Pick a children’s book related to the party theme. As a special guest or a parent to come in and read it
- Play a favorite game or play puzzles

Middle School Students

- Provide a five-minute chat break at end of class
- Offer extra credit
- Have fun brainteaser activities
- Play jeopardy
- Play a fun video

High School Students

- Offer extra credit
- Have drawings for donated prizes among students who meet certain grades standards
- Play a fun video
- Offer reduced homework or “no homework” pass
- Have a field trip

This handout was developed with information from the following sources:

1. Kansas State Department of Education
2. Redondo Beach Unified School District



Physical Activity Regulations Summary

Below are the Education Code requirements for minutes of Physical Education for grades one through twelve (1-12).

“Students in grades one through six, inclusive, must be provided with physical education instruction with an "emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each ten schooldays, exclusive of recesses and the lunch period" (EC Section 51210[g]).”

Middle School/High School Minutes: Notwithstanding EC Section 51223, “All pupils, except pupils excused or exempted pursuant to EC Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten schooldays” (EC Section 51222[a]).

The minimum requirement for graduation is two courses in physical education. “Commencing with the 1988-89 school year, no pupil shall receive a diploma of graduation from high school who, while in grades nine to twelve, inclusive, has not completed . . . ” (EC Section 51225.3[a]) “two courses in physical education, unless the pupil has been exempted pursuant to the provisions of this code” (EC Section 51225.3[a][1][F]).

Information was extracted from the California Department of Education’s FAQ page, which can be found at <http://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>

For more information on Physical Education and Health Education, please visit:

PE Framework (2009): <http://www.cde.ca.gov/ci/cr/cf/documents/peframework2009.pdf>

Health Framework (2003): <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>

Appendix L.

Timeline for Implementation, Evaluation and Monitoring

The AUSD Wellness Policy is effective July 1, 2014. Revisions were made by the Wellness Policy Committee during the 2014-2015 school year.

Each year, beginning the 2014-2015 school year, evaluations forms must be filled out by the appropriate stakeholders in *Appendix B: School Site Annual Evaluation Form, Appendix C: Health Services Annual Evaluation Form, Appendix D: Parent and Volunteer Group Annual Evaluation Form, and Appendix E. Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form*. The Annual Evaluation Forms are to be turned into the Superintendent or designee by May 1st each year.

The purpose of the Annual Evaluation Forms is to determine if the District is meeting the wellness goals set forth in this policy and determine particular areas of strength or weakness. Each year, a report of the results will be compiled and submitted for the Board to review in July.

The Wellness Policy Committee will reconvene each year and as requested by the Board to review and update the AUSD Wellness Policy to meet the District's needs and to ensure compliance with current laws.

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