STUDENT WELLNESS

The Board of Trustees recognizes the link between student health and academic success and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Fountain Valley School District (FVSD) Board is committed to providing a school environment that promotes and protects children’s health and well-being. The Board supports healthy eating and increased levels of physical activity.

The Superintendent or designee shall build a coordinated school health system that supports, promotes and reinforces students’ understanding of the importance of a healthy lifestyle through health education, physical education, and nutrition services.

Wellness Committee

The Superintendent or designee shall establish a District Health and Wellness Committee consisting of the following representatives: district administrators, school health professionals, physical education teachers, parents, community partners and others interested in school health issues.

The District Health and Wellness Committee shall assist with policy development and advise the district on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the council’s charges may include monitoring, evaluating, planning and implementing activities to promote health within the school or community.

Health and Wellness Liaisons: Each school will identify a Health and Wellness Liaison who will work with the principal to create annual goals; implement, monitor and report each school site activities and events that relate to the health and wellness policy guidelines and goals. Liaisons are responsible for providing school site health and wellness information to the District Health and Wellness Committee throughout the year.

Nutrition Education, Physical Education, Foods and Beverages and other Wellness Activities

The Board shall adopt goals for nutrition education, nutrition promotion, physical activity, and other school-based activities.

Nutrition Education

Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the instructional program in grades K-8, as suitable, integrated into core academic subjects and offered through, before- and after - school programs.
The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. 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, before- and after-school programs, summer learning programs, and school garden programs.

The district aims to teach, encourage, and support healthy eating by students and others while on the school site. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:

1. Offering each grade level a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

2. As appropriate, integration into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science and Social Sciences.

3. Developmentally-appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and other community locations promoting healthy lifestyles.

4. Linking educational and promotional activities with the Food Service Program and nutrition-related organizations and community services.

5. Promoting consumption of water, fruits, vegetables, whole-grain products, and low fat or fat-free dairy products, and health food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.

**Nutrition Promotion**

The district shall encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications.

**Staff, School Organizations and Community**

The Superintendent or designee shall encourage staff to serve as positive role models. Staff professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Health education assignments shall encourage student interaction with family and community.
Food Marketing in Schools

The Board prohibits the marketing and advertising of non-nutritious foods and beverages. 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 those consistent with the California Nutrition Standards and Guidelines set forth by the district.

Physical Education and Physical Activity

The FVSD will provide all students with the opportunity to be physically active within developmentally appropriate physical education as a part of the academic curriculum. The district will meet minimum requirements for physical education as specified in the California Education Code: all elementary grade levels must provide 200 minutes of physical education every 10 days (California Education Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days (California Education Code 51223).

The district shall provide:

1. Standards-based instructional content and delivery supported by physical education framework for California public schools
2. Developmentally appropriate sequencing of curriculum consistent with California State Standards
3. Multiple opportunities for students to demonstrate learning of content
4. Authentic assessment and documentation of meeting state adopted standards
5. Providing students with adequate amounts of moderate to vigorous physical activity (i.e., minimum 50 percent of allotted class time)
6. Physical education teachers in the FVSD shall be credentialed teachers
7. For physical education classes, the district shall staff those classes to provide for student safety and maximize student participation
8. Opportunities throughout the year for teachers to professional development in the area of physical education, health education and nutrition

Joint Use Agreements

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside of the school day and/or to use the community facilities to expand student’ access to opportunity for physical activity.
**Professional Development**

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

The Board recognizes that a safe, positive school environment is also conducive to student's physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health conditions.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

**Staff**

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 programs and may provide opportunities for regular physical activity among employees.

**Nutrition Guidelines for ALL Foods Available at School**

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

**Drinking Water**

The Superintendent or designee shall provide access to free, potable drinking water during meal times in the food service area in accordance with Education Code 38086 and 42USC 1758 and shall encourage student’s consumption of water by educating them about the health benefits of water.

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including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

**Guidelines for Classroom Birthday Parties, Fundraisers, Student Organizations and School Events**

School staff, parents/guardians, or other volunteers shall support the district’s wellness policy requirements when conducting class birthday parties, fundraisers, student organization sales and school celebrations/events.

**Classroom Birthday Parties**

No food or beverages may be a component of classroom birthday parties in order to support the FVSD’s goal to have every student maintain good nutrition and achieve a healthy weight and lifestyle.

**Student Organizations/Fundraising**

**Fundraising Activities**

During the school day- from midnight to one half hour after the school day Fundraising Activities must meet allowable food, beverage and snack items, be commercially prepared, and occur after the school lunch service and not be a potentially hazardous food item.

Food or beverages sold by student organizations for fundraising on campus from midnight to one half hour after the school day must meet the allowable food, beverage and snack items, occur after lunch service, be commercially prepared and not be a potentially hazardous food item. See E 5030 (2) (Reference Guide) for further guidelines regarding these sales.

Food or beverages sold by student organizations for fundraising 30 minutes after the school day until midnight do not have to meet the nutritional standards.

"Potentially Hazardous Food Item” is a food item that has to be cooked, refrigerated, washed, frozen, mixed or prepared before serving.

**School Events**

School Events occurring during the school day must use commercially prepared food, occur after lunch service, and follow E 5030 (1) (Guidelines for Safe Food Handling Procedures).
Food or beverages provided at school events that do not meet the policy’s nutritional standards may be sold if the sale takes place at least 30 minutes after the end of the school day until midnight.

**After-School Programs Including the Child Care Program**

Schools are encouraged to offer fresh fruits and vegetables, whole-grain snacks and low-fat or non-fat milk as part of an after school snack program.

The after school child care program and after school enrichment programs shall provide and encourage daily periods of moderate to vigorous physical activity for all participants.

**Program Implementation and Evaluation**

The Superintendent or designee shall establish a plan for measuring implementation of the policy. The Superintendent shall designate the Assistant Superintendent, Educational Services and the District Food Services Director to ensure that the school sites implement the district’s wellness policy.

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures will include tracking Nutrition Promotions, School Site Goals, Communication, Nutrition Education, and Physical Education.

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

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis.

The Superintendent or designee shall report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity.
Records

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.
STUDENT WELLNESS

PLEASE SEE DISTRICT MATERIAL IN THE
DISTRICT OFFICE FOR EXHIBIT (1)
"NUTRITION SERVICES"
Whenever food is prepared, caution must be taken to avoid food borne illness. In order to protect students and staff from food borne illness, please use the following guidelines:

1. The number one cause of food borne illness is due to improper hand washing. Make sure that anyone who is serving food has washed their hands prior to handling any food. Plastic gloves should be utilized.

2. Must buy commercially prepared foods such as those purchased in a grocery store, bakery or restaurant are monitored by the Orange County Department of Environmental Health and can be expected to provide safe food if it has been stored appropriately after purchase.

3. Foods that are most likely to contain harmful bacteria (potentially hazardous foods) are foods containing protein such as meats, poultry, fish and dairy products.

4. Bacteria that causes food borne illness grows best in the Danger Zone when temperatures are between 41 degrees fahrenheit - 135 degrees fahrenheit. Potentially hazardous foods should be kept outside of this temperature range.

5. Hot foods must be kept at an internal temperature of 135 degrees fahrenheit or higher in order to keep it safe while waiting to be served. Cold foods must be kept at or below 41 degrees fahrenheit prior to serving. This is also while food is being transported or held for any period of time.

6. If anyone cuts themselves while serving the food, any food in the area should be thrown away if there was any possibility it came in contact with the blood. All utensils should be sanitized with bleach solution before using again.

7. Include ingredients with the foods that are brought in to assist with identification of allergies.

8. Any person serving food to students is required to read and sign these guidelines. Parents should submit this form to the teacher and teachers retain their own forms.

Name: ______________________ Signature: ______________________ Date: ________________

Exhibit
version: January 12, 2017

FOUNTAIN VALLEY SCHOOL DISTRICT

Fountain Valley, California