

Wellness Policy

San Jacinto Unified School District

Involvement of the School and Community Stakeholders in Developing the Wellness Policy

The Federal Child Nutrition and WIC Reauthorization Act of 2004 along with the Healthy Hunger Free Free Act of 2010 requires that the local school wellness policy be developed with the involvement of parents, students, representatives of the child nutrition program, school board members, school administrators, and the public.

The school wellness policy is developed with the involvement of all members of the school health council, from the initial stage through the implementation.

The Wellness council will serve as a resource to school sites for implementing, monitoring and reviewing district wide nutrition, physical education and physical activity policies.

To monitor the effectiveness of the policies the council will be required to insure that regular scheduled meetings are held to evaluate their success.

San Jacinto Unified School District Preamble

The San Jacinto Unified School District recognizes the link between health and learning and will strive to provide a program which will promote healthy eating and physical activity for the districts students and staff.

The Superintendent or designee shall build a program that will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activities.

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.

The board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including the ones provided through the district's food services, student stores, vending machines, fundraisers, or other venues, shall meet or exceed the state and federal nutrition standards. School staff shall encourage parents/guardians and other volunteers to support the district's health and nutrition education program.

Establishment of goals for Nutrition Education, Physical Activity and other School-Based activities That promote student Wellness

Nutrition Education

Health Council

The school district and/or individual schools will work with the District Wellness Committee and its *ad hoc work groups* to review as necessary school nutritional policies. The Wellness Committee will serve as a resource to school sites for implementation of these policies.

The District Wellness Committee will solicit representation from each school site.

The District Wellness Committee will consist of representation from all stakeholder groups including parents, students, administrators, teachers and site health professionals. The District Wellness Committee will meet a minimum of six times a year and will review the Wellness Policy once a year.

Nutrition and Physical Activity Promotion and Food Marketing

San Jacinto Unified School District aims to teach, encourage and support healthy dietary habits and physical activity by students. In an effort to support healthy life choices by students, the District Wellness Committee will:

- encourage parent outreach activities
- encourage extra-curricular physical activities
- encourage activities that promote an understanding of healthy food choices
- encourage healthy life choices through good nutrition and physical activity.

Integrating Physical Activity into the School Day: the District Wellness Committee will encourage school sites in their efforts to provide opportunities for physical activity during the school day.

Physical Activity Opportunities

All elementary, middle and high schools are encouraged to offer extracurricular physical activity programs, such as clubs or intramural programs, for all students.

After-school programs will provide and encourage daily periods of physical activity for all participants.

Teachers and other school staff will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity through PE class as a punishment.

The school sites will follow district guidelines for facilities use by site and community groups throughout the week and weekend hours.

Nutrition Guidelines for Foods (Available in the School Meal Program)

The Governing Board recognizes that adequate nutrition is essential to the development, health, and learning of all students. The Superintendent or designee shall facilitate and encourage the participation in the school breakfast and lunch program for all students.

The district shall provide at least one nutritionally adequate meal each school day, free of charge or at a reduced price, for students whose families meet federal eligibility criteria. (Education Code 49550, 49552)

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3552 - Summer Meal Program)

(cf. 5030 - Student Wellness)

(cf. 5148 - Child Care and Development)

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer School)

The Superintendent or designee shall ensure that meals provided through the free and reduced-price meals program meet applicable state and/or federal nutritional standards in accordance with law, Board policy, and administrative regulation.

(cf. 3550 - Food Service/Child Nutrition Program)

Nutrition Guidelines for Foods and Beverages (Available Outside the School Meal Programs)

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from

vending machines, school stores and for in-school fundraisers. *All* competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards. Foods *served* as part of the Before and Aftercare (child care) programs must also comply with the district's nutrition standards *unless* they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

Foods of minimal nutritional value will not be sold or given away at anytime on school campuses during the school day.

- School Day is defined as: From midnight before to 30 minutes after the end of the official school day.

Fundraising

Elementary

Only four sales per year per school, only after the last lunch period, only one item, cannot prepare items on school campus, cannot be same item as sold by Food Service Dept. that day at that school.

1. Can only be a:

- Fruit
- Non-fried vegetable
- Dairy food
- Nuts, Seeds, Legumes, Eggs, Cheese (Protein)
- Whole grain item

2. "Snack" food items sold must meet the following criteria:

- 35% or less calories from fat
- 10% or less calories from saturated fat
- 35% or less sugar by weight
- Less than 0.5 grams trans fat
- Less 230 milligrams sodium
- 175 calories or less by package/container

-----Or-----

1. Meet the nutrient standards of # 2 above

And

2. Be a full meal that meets the USDA school meal pattern

And

- a. Be a fruit, non fried veggie, dairy, protein, or whole grain item ,
or
- b. Contain \geq 10 % daily value for calcium, potassium, Vitamin D, or dietary fiber,
or
- c. Be a combo food containing $\frac{1}{4}$ fruit or non fried vegetable

Fundraising

Middle/High

Only one student organization can sell per day, multiple organizations can sell on four designated days per year, no more than three categories of food, cannot prepare items on school campus, and cannot be same item as sold by Food Service Dept. that day at that school.

“Snack” food items sold must meet the following criteria:

- 35% or less calories from fat
- 10% or less calories from saturated fat
- 35% or less sugar by weight
- Less than 0.5 grams trans fat
- Less 230 milligrams sodium
- 200 calories or less by package/container

“Entrée” food items must meet the following criteria:

- An entrée must be no more than 400 calories AND no more than 4 grams of fat per 100 calories.
- A meat/meat alternate and whole grain-rich item:
- A vegetable or fruit and meat/meat alternate; or
A meat/meat alternate alone (*excluding yogurt, low-fat or reduced fat cheese, nuts, seeds, nut or seed butters, and meat snacks*).

The Governing Board believes that sales of foods and beverages at school during the school day should be aligned with the district’s goals to promote student wellness. Any food sales conducted outside the district’s food service program shall meet nutritional standards specified in law, Board policy, and administrative regulation and shall not reduce student participation in the district’s food service program.

- (cf. 3550 - Food Service/Child Nutrition Program)*
- (cf. 3551 - Food Service Operations/Cafeteria Fund)*
- (cf. 3553 - Free and Reduced Price Meals)*
- (cf. 5030 - Student Wellness)*
- (cf. 5141.27 - Food Allergies/Special Dietary Needs)*

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or school-connected organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.

- (cf. 1230 - School-Connected Organizations)*
- (cf. 1321 - Solicitations of Funds from and by Students)*

Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition environment goals of the school.

All student food fundraising sales shall take place ½ hour after the end of the school day.

Parent organizations must plan food sales ½ hour after the end of the school day so there is no interference with the school breakfast and lunch programs.

Foods of minimal nutritional value will not be sold or given away at anytime on school campuses during the school day.

- School Day is defined as: From midnight before to 30 minutes after the end of the official school day.

The school district encourages fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Measuring Implementation of the Wellness Policy and Designing Responsibility For Implementation and Enforcement

- Representatives of the district shall develop a plan for implementing and measuring implementation of the policy
- Superintendent or designee shall designate at least one person within the LEA or at each site with the operational responsibility.
- Each School shall post the district's policies and regulations on nutrition and physical activity.
- School Board involvement in establishing the goals for the school wellness policy.
- Superintendent or designee should recommend for school board approval specific quality indicators used to measure implementation of policy.
- Superintendent or designee should ensure district wide and individual school compliance with policy.

School Nutrition's Services staff and other members of the school health council assist in ensuring policy compliance.

Monitoring

- Superintendent or designee reports a minimum of every two years on compliance of policy.
- Conduct baseline assessments of nutrition and physical activity programs and policies.
- Repeat assessment every two years.

Revise as necessary, to address changes in state and federal law as well as areas in need of improvement.

Reference

Ed Code/Legislation/Regulations

Child Nutrition and WIC Reauthorization Act of 2004 Section 204: Local School Wellness Policy requirements for each local education agency participating in the National School Lunch (NSLP) or School Breakfast Program (SBP). <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

Code of Federal Regulations (CFR): 7CFR 210.10 Nutrition standards and menu planning approaches for NSLP. Parts 210 and 220 of the Code of Federal Regulations can be found in their entirety at: http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfrv4_05.html 7CFR 210.11

Federal law that defines competitive food sales and foods of minimal nutritional value (FMNV) for NSLP. 7CFR 220.8

Nutrition standards and menu planning approaches for SBP. 7CFR 220.12 Federal laws that defines competitive food sales and FMNV for SBP.

Federal Policy: APB SP 01-04 (January 2001) Provides definitions for "food service area" and "meal period." Prohibits the sale of FMNV during a meal period in an area where program meals are served and/or eaten. <http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/fmnmv.pdf>

<http://www.cde.ca.gov/ls/nu/sn/mb05110.asp> California Dept. of Education (CDE), Nutrition Services

Division (NSD) Management Bulletin (MB) 05-110

California Education Code (EC)*: Nutrition EC 35182.5

(Senate Bill 965, Torlakson – 2003) Requirements for school board entering or renewing contracts containing carbonated beverages, nonnutritious beverages, or nonnutritious foods. (EC defines nonnutritious foods and beverages)

<http://www.cde.ca.gov/ls/nu/sn/mb04105.asp> CDE/NSD Management Bulletin 04-105 EC 38085

(Assembly Bill 753, Torres – 1979) Requires that 50% of all foods, sold outside the NSLP and SBP, be from the List of Nutritious Foods. (List of foods provided in EC)

SB-12 Escutia- School Food Nutrition

Ed Code-39876 **Reference**
Ed Code/Legislation/Regulations

FOOD (EC Section 49431) The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program. In addition, individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold. Individually sold dairy

items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item.

BEVERAGES (*EC* Section 49431.5) The only beverages that shall be sold are: • Water, with no added sweeteners • Milk (one-percent, or nonfat or rice milk, soy milk, or other similar nondairy milk) • Fruit juice, preferably 100 percent but at least 50 percent fruit juice, with no added sweeteners • Vegetable juice, at least 50 percent vegetable juice, with no added sweeteners

Middle, Junior High, and High Schools FOOD (*EC* Section 49431.2)

BEVERAGES (*EC* Section 49431.5) The only food that may be sold outside the federal reimbursable meal programs must meet the following requirements: • Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs, and cheese) • Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese) • Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables) • Calories shall not exceed 250 calories per food item • Entrée items (i.e., foods generally regarded as being the primary food in a meal, including but not limited to, sandwiches, burritos, pasta, and pizza) shall not exceed 400 calories per food item and 4 grams of fat per 100 calories • The only beverages that shall be sold are: • Water, with no added sweeteners • Milk (One-percent, or nonfat or rice milk, soy milk, or other similar nondairy milk) • Fruit juice, preferably 100 percent but at least 50 percent fruit juice, with no added sweeteners • Vegetable juice, at least 50 percent vegetable juice with no added sweeteners • Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20-ounce serving.

