Students

Student Wellness

The Governing Board promotes healthy schools, by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District along with staff, families, and the community supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic wellness of children by facilitating learning through the support and promotion of health education, good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

The Board promotes long-term goals for achieving the District’s vision for maintaining and promoting the health and wellness of its schools, students, staff, and the community.

The District shall adopt a wellness policy that at a minimum shall:

- Recognize the relationship between students’ nutrition/health status and their attendance and ability to learn.
- Meet federal, state, and local legal requirements.
- Provide school environments that promote and protect children’s health, well-being, and ability to learn.
- Provide physical education and nutrition/health education activities to foster lifelong habits of healthy eating, physical activity, and practicing wellness behaviors.
- Recognize the Wellness Committee’s role in advising on health related issues, activities, policies and programs as well as promoting, monitoring and evaluating the District’s Wellness Policy.
- Establish linkages between health education, school meal programs, physical education, school health services, counseling and psychological services, related community services, and the other components of coordinated school health.
- Strengthen the local capacity to protect and promote the health and academic performance of the students.
- Encourage site-based activities that promote wellness, good nutrition, and regular physical activity.
- Encourage staff involvement in activities that promote wellness, good nutrition, and regular physical activity.
- Establish a plan for measuring the implementation of the policy including the designation by the District Superintendent of district and site staff who will be charged with ensuring that this policy is put into practice.
- Support adherence to the Smart Snacks in Schools, competitive food rules.
- Describe monitoring and enforcement as well as local school wellness policy posting requirements.

TUSD Adopted 6/9/2015
Student Wellness

- Outline competitive food and beverage restrictions by grade level.

**Legal Reference:**
2004 Federal Child Nutrition and WIC Reauthorization Act (PL#108-265)
Local Wellness Policy

**EDUCATION CODE**
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49450-49493 School Breakfast and Lunch Programs
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49548 Comprehensive nutrition services
49550-49560 Meals for Needy students
49570 National School Lunch Act
51222 Physical education
51223 Physical education, elementary schools

**CODE OF REGULATIONS, TITLE 5**
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition Education
15550-15565 School lunch and breakfast programs
15575-15578 State Food and Beverage Sale Regulations

**UNITED STATES CODE, TITLE 42**
1751-1769 National School Lunch Program, especially:
1751 Note wellness policy
1771-1791 Child Nutrition Act, including
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

**CODE OF FEDERAL REGULATIONS, TITLE 7**
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

TUSD Adopted 6/9/2015
Student Wellness

A. PURPOSE AND SCOPE

The Governing Board recognizes the relationship between student’s nutrition and health, and their attendance and ability to learn, and desires to promote healthy schools by supporting wellness, good nutrition and regular physical activity.

B. GENERAL

In November 2005, the Child Nutrition Re-Authorization Bill was passed and put into Public Law 108-265 requiring school districts to adopt a wellness policy to combat the rising trends of childhood obesity, diabetes and heart disease. Schools contribute to the wellness of children by facilitating learning through the support and promotion of health education, good nutrition, and physical activity. The Wellness policy reaches beyond the meal program and promotes a holistic approach to the well-being of our students and promotes lifelong wellness.

The Assistant Superintendent for Educational Services is designated by the Superintendent as the staff member responsible to establish a plan for measuring the implementation of the procedures listed below.

C. FORMS USED AND ADDITIONAL REFERENCES

1. Federal, State and Local legal requirements for health education, physical education and the National School Lunch and Breakfast Program
2. District Physical fitness test results
3. Healthy Kids Survey
4. Federal, State, and Local reports regarding student health

D. PROCEDURE

Inasmuch as the Board promotes long-term goals for maintaining and promoting the health and wellness of its schools, students, staff, and the community, the Assistant Superintendent for Educational Services or her designee shall:

1. Form a School Health/Nutrition Committee which will create, strengthen, develop, implement, monitor, review, and revise school nutrition and physical activity policies.
   The committee will also serve as a resource to other committees and school sites for implementing related policies.

2. Develop nutritional quality standards of foods and beverages sold and served on campuses.

3. Establish guidelines to promote physical activity and appropriate nutrition

4. Ensure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

5. Ensure daily physical activity and physical education opportunities are provided in accordance with state guidelines.

6. Develop a plan for measuring implementation of the school wellness policy.

7. Ensure sales of food comply with the Education Code, the California Code of Regulations and Code of Federal Regulations. (See addendum.)

Additional Resources

Local School Wellness Policy

TUSD Adopted: 6/9/2015
Student Wellness
Guidance for the Development of California School Wellness Policies (PDF; Outside Source)

California Education Code

Management Bulletin 06-110
Note: this document supersedes Attachment I in MB 06-110

California Code of Regulations

Management Bulletin NSD-SNP-08-2008

Code of Federal Regulations

List of Foods of Minimal Nutritional Value (Outside Source)

www.ProjectLEAN.org For competitive foods calculator and ideas on healthy fund raiser activities that do not involve food.

E. REPORTS REQUIRED

None

F. RECORD RETENTION

None

G. RESPONSIBLE ADMINISTRATIVE UNIT

Educational Services

H. APPROVED BY

Assistant Superintendent for Business Services

TUSD Adopted 06/13/06

TUSD Adopted: 6/9/2015
ADDENDUM

GUIDELINES TO ENSURE SALES OF FOOD COMPLY WITH THE CALIFORNIA EDUCATION CODE, THE CALIFORNIA CODE OF REGULATIONS, AND THE CODE OF FEDERAL REGULATIONS

TUSD Adopted: 6/9/2015
Student Wellness

A. California Summary of Competitive Foods and Beverages

Any food or beverage sold to students outside of a federally reimbursable meal program is considered to compete with those meals, and is referred to as a competitive food or beverage.

There are specific state and federal rules that govern competitive foods and beverages. Please note that not all competitive food scenarios are covered by law or regulations. The following is a summary of the federal and state laws and regulations governing competitive food and beverage sales in California.

B. Monitoring and Enforcement

References: Education Code sections 49431(c), 49431.2(d), and 49434

The California Legislature encourages the governing board of a school district to annually review its compliance with the food and beverage rules.

The California Department of Education monitors School Food Authorities for compliance with the food and beverage rules through its Coordinated Review Effort (CRE). The district shall adopt a corrective action plan agreed upon and signed by the district administration, including the district superintendent.

C. Local School Wellness Policy Posting

Reference: Education Code Section 49432

As of January 1, 2004, school districts shall post the school district's nutrition and physical activity policies, in public view within all school cafeterias or other central eating areas.

D. Elementary School - Food Restrictions

References: Education Code sections 49430, 49431, 49431.7, California Code of Regulations sections 15575, 15577, 15578

TUSD Adopted: 6/9/2015
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. MUST meet the following:
   a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), and
   b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), and
   c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), 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)

AND

2. MUST meet ONE of the following:
   a. Fruit
   b. Non-fried vegetable
   c. Dairy food
   d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
   e. Whole grain item**

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.

** A whole grain item contains:
   a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...., or
   b. A whole grain as the first ingredient, or
   c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
   d. At least 51% whole grain by weight.

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

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CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Schools selling foods/beverages to students must keep their own records as proof of compliance.

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ELEMENTARY 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

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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

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. No added sweeteners
   c. ≤ 2% (unflavored), 1% (flavored), and
   d. Contains Vitamins A & D, and
   e. ≤ 50% of the calcium Daily Value per 8 fl. oz, and
   f. ≤ 28 grams total sugar per 8 fl. oz.
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.:
      i. ≥ 276 mg calcium
      ii. ≥ 8 g protein
      iii. ≥ 500 IU Vit A
      iv. ≥ 100 IU Vit D
      v. ≥ 24 mg magnesium
      vi. ≥ 222 mg phosphorus
      vii. ≥ 349 mg potassium
      viii. ≥ 0.44 mg riboflavin
      ix. ≥ 1.1 mg Vit B12, and
   b. ≤ 28 grams 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.

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ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15500

Effective from midnight to one-half hour after school. 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.

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California Department of Education, Nutrition Services Division

EFFECTIVE 7/1/2014

Revised 10/7/201
MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS


\`middle/junior high\ contains grades 7 or 8, 7 to 9, 7 to 10.  
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. \( \leq 35\% \) 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. \( \leq 230 \) milligrams sodium (no exceptions), and
   f. \(< 200 \) calories per item/container (no exceptions)

AND must meet one of the following:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Contain \( \geq 10\% \) DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- Be a combination food containing at least \( \frac{1}{4} \) cup fruit or vegetable.

2. "Entree" food items must be:
   a. Meat/meat alternate and whole grain rich food; or
   b. Meat/meat alternate and fruit or non-fried vegetable; or
   c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack"),

AND

An individual entree sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

a. \( \leq 400 \) calories
b. \( \leq 4 \) grams of fat per 100 calories
c. \(< 0.5 \) grams trans fat per serving

An entree sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

a. \( \leq 35\% \) calories from fat
b. \(< 10\% \) calories from saturated fat, and
   c. \( \leq 35\% \) sugar by weight, and
   d. \(< 0.5 \) grams trans fat per serving, and
   e. \( \leq 480 \) milligrams sodium, and
   f. \( \leq 350 \) calories

AND must meet one of the following:

- A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Contain \( \geq 10\% \) DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- Be a combination food containing at least \( \frac{1}{4} \) cup fruit or 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.

**A whole grain item contains:

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

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

Check your district's wellness policy for stricter rules.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS


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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. \( \geq 50\% \) juice and
   b. No added sweeteners
   c. \( \leq 12 \) 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. \( \geq 25\% \) of the calcium Daily Value per 8 fl. oz, and
   e. \( \leq 28 \) grams of total sugar per 8 fl. oz.
   f. \( \leq 12 \) 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. \( \leq 28 \) grams of total sugar per 8 fl. oz, and
   c. \( \leq 5 \) grams fat per 8 fl. oz.
   d. \( \leq 12 \) fl. oz. serving size

4. Water:
   a. No added sweeteners
   b. No serving size limit

5. No-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
   a. Water as first ingredient
   b. \( \leq 16.8 \) grams added sweetener/8 fl. oz.
   c. \( \leq 5 \) calories/8 fl. oz. (or \( \leq 10 \) cal/20 fl. oz.)
   d. \( \leq 10-150 \) mg Na+/8 fl. oz.
   e. \( \leq 10-90 \) mg K+/8 fl. oz.
   f. No added caffeine
   g. \( \leq 20 \) fl. oz. serving size

6. Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
   a. Water as first ingredient
   b. \( \leq 16.8 \) grams added sweetener/8 fl. oz.
   c. \( \leq 40 \) calories/8 fl. oz.
   d. \( \leq 10-150 \) mg Na+/8 fl. oz.
   e. \( \leq 10-90 \) mg K+/8 fl. oz.
   f. No added caffeine
   g. \( \leq 12 \) fl. oz. serving size

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

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15501

Effective from midnight to one-half hour after school.  
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 is 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.

Revised 10/7/2014