

Student Wellness Policy

Mission

The educational mission is to improve the health of the school community by creating a variety of educational opportunities to establish life-long healthy eating habits and physical activity. The mission shall be accomplished through nutrition and healthy lifestyle education, physical activity, and the food served on district property.

Responsibilities

The Board of Education recognizes the important connection between a healthy diet and a student's ability to learn effectively to meet high achievement standards in school. The Board also recognizes the school's responsibility in creating an environment that fosters healthy nutrition and physical activity.

Nutrition Education

1. Nutrition education may be integrated into other areas of the curriculum such as science, physical education, and health as appropriate.
2. Nutrition education information will be reviewed by a qualified school food service and nutrition specialist.
3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
4. School districts will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
5. Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

1. Physical activity may be integrated throughout the school day. Movement may be made a part of science, math, social studies, and language arts.
2. Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
3. Time allotted for physical activity will be consistent with state requirements (200 minutes every 10 days for grades K-8 and 400 minutes every 10 days for high school).
4. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

**Moreno Valley Unified School District
Business Services**

5. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
6. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
7. Students will work toward performing within their "fitness zone" in order to achieve and maintain physically active lifestyles.

Other School-Based Activities

1. After-school programs will encourage physical activity and healthy habit formation.
2. Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
3. District will organize a local Wellness Committee comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.
4. The Nutrition Services department will work with student advisory committees, student representative councils, or associated student bodies, as appropriate, to open a line of communication regarding healthy eating.

Nutritional Guidelines for All Foods on Campus

1. All foods and beverages sold during school hours shall meet nutritional standards and other guidelines set by the federal and state governments and the school district.
2. Nutrition Services will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Nutrition Services will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.
3. Food items served and sold shall reflect the cultural diversity of the student body.
4. Nutritious and appealing foods such as fruits, vegetables, and whole grain products shall be available during the school day.
5. Nutrition information for products offered in snack bars, a la carte, and vending machines is readily available.
6. The sale of soft drinks is not allowed during the school day.
7. Classroom snacks feature healthy choices.
8. Nutrition education is encouraged during classroom snack times, not just during meals.

**Moreno Valley Unified School District
Business Services**

9. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

Eating Environment

1. All schools shall contain pleasant eating areas for students with adequate time for unhurried eating while fostering good manners and respect for fellow students and their environment.
2. Lunch periods are scheduled as near the middle of the school day as possible.
3. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
4. Drinking water is available for students at meals.

Child Nutrition Operations

1. The child nutrition program will aim to be financially self-supporting.
2. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. The school will strive to increase participation in the available federal child nutrition programs (e.g., school lunch, school breakfast).

Food Safety/Food Security

1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
2. For the safety and security of the food and facility, access to the food service operations is limited to child nutrition staff and authorized personnel.

Annual Review

1. The local wellness committee shall review established district wide nutrition, nutrition education, and physical activity wellness policy and report to the Superintendent annually.
2. The district will revise and update wellness policy as needed.

**Moreno Valley Unified School District
Business Services**

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary school

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local 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

**Moreno Valley Unified School District
Business Services**

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

**Moreno Valley Unified School District
Business Services**

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy MORENO VALLEY UNIFIED SCHOOL DISTRICT

Adopted: April 25, 2006 Moreno Valley, California