

San Gabriel USD

Board Policy

Student Wellness

BP 5030

Students

The Governing Board recognizes the link between student health and learning. A comprehensive, diverse and culturally inclusive program promoting healthy eating and physical activity for district students will be provided. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

A Wellness Policy has been developed that includes goals for the district in the following areas: Health and Wellness Education and Services, Food and Beverage Guidelines for all Campus Foods, Policy Monitoring and Other Wellness Considerations.

The Board will seek collaboration with the City of San Gabriel, after-school programs and other organizations that work to promote the health and wellness of the entire community.

- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.23 - Infectious Disease Prevention)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - School Health Services)
- (cf. 5142 - Safety)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Media Relations)
(cf. 1113 - District and School Web Sites)
(cf. 1114 - District-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

School Health Council/Committee

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee shall appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content, and designed to build the skills and knowledge that all students K-12 need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)
(cf. 6143 - Courses of Study)

Nutrition education shall be provided as part of the health education program and, as appropriate, and shall be integrated into core academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs.

(cf. 5148.2 - Before/After School Programs)
(cf. 6142.8 - Comprehensive Health Education)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)
(cf. 6142.7 - Physical Education and Activity)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

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 and may provide opportunities for regular physical activity among employees. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. 4131- Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331- Staff Development)

Nutrition Guidelines for Foods and Beverages Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)

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.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. School staff are encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. [1230](#) - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)
(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
7. Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all main school, offices, cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post an updated summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
- 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
- 49490-49494 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
- 49550-49561 Meals for needy students
- 49565-49565.8 California Fresh Start pilot program
- 49570 National School Lunch Act

51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education
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
UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program, especially:
1758b Local wellness policy
1771-1791 Child Nutrition Act, especially:
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
220.1-220.23 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781
Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2011

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2014

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

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

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <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>

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

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

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy SAN GABRIEL UNIFIED SCHOOL DISTRICT

adopted: May 9, 2006 San Gabriel, California

revised: March 22, 2016

San Gabriel USD

Administrative Regulation

Student Wellness

AR 5030
Students

The Governing Board and District administration believe that health and academic success are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially.

The Local Wellness Policy requirement was established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act and Healthy, Hunger-Free Kids Act of 2010. It requires each school district participating in the National School Lunch Program and/or School Breakfast Program to develop, continuously implement, evaluate and update a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

Standards for Health and Wellness Education and Service

I. Comprehensive Health Education (Education Code 51890, 51891, 51210,)

Students will receive a comprehensive health education including:

1. Instruction to aid them in making decisions in matters of personal, family, and community health
2. Classroom participation by practicing professional health and safety personnel in the community
3. Instruction that will help pupils gain appreciation for the importance and value of lifelong health and the need for each individual to take responsibility for his or her own health
4. Instruction on preventative health care, including obesity and diabetes prevention through nutrition education

II. Nutrition Education

The Board shall ensure teachers are provided with health curriculum framework for age-appropriate, skill-building nutrition education that is focused on behavior change at all grade levels. Nutrition education shall be sequential and comprehensive in scope. (Education Code 8990, 8993, 51210.4)

The Board encourages instructional staff to:

1. Base instruction on the California Health Education Content Standards.
2. Integrate current and scientifically accurate nutrition content into before and after-school programs and classroom instruction.
3. Link classroom nutrition education to the overall school community through various projects such as school gardens, cafeteria-based nutrition education, and/or parent/community outreach.
4. Provide professional preparation and/or ongoing professional development for district teachers related to nutrition education and all other areas of health education.
5. Use evidence-based nutrition education programs and curriculum that is aligned to the Dietary Guidelines for Americans to support healthy and positive eating choices.
6. Coordinate with the food service program and other components of the school health program in order to integrate nutrition concepts into the instruction of other subject areas.
7. Collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to pupils and their families.
8. Disseminate information to parents, guardians, pupils, and staff about community programs that offer nutrition assistance to families.
9. Model healthy eating behaviors.

The Board recognizes that district and school site level Food Services and Health Services staff is a part of the learning community and impacts the educational environment of students.

III. Physical Activity and Physical Education

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the concepts, knowledge and skills for age appropriate physical activities; maintain physical fitness; regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. (Education Code 33350, 51210, 51210.2, 51222, 51223, 33350)

(cf. 6142.7 – Physical Education)

A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to physical education and recess.

Other suggested activities to further enhance physical and mental health may include:

1. Walk/bike-to-school programs
2. Before- and after-school physical activity programs

3. Health education that includes physical activity as a main component, and physical activity within the classroom.
4. Movement breaks between subjects

The Board also encourages teachers and administrative staff to:

1. Base instruction on the California State Physical Education Standards K-12
2. Integrate current and scientifically accurate physical activity content into before and after-school programs and classroom instruction
3. Provide professional preparation and/or ongoing professional development for district teachers related to physical education and nutrition/physical activity
4. Physical education/activity and recess not be used or withheld as a punishment
5. Model healthy physical activity behaviors

IV. Health Services

School nurses shall be fully supportive of wellness policy regulations and promotion of health and wellness activities. Nurses will provide information on nutrition, disease prevention and detection.

School nurses promote attendance by providing resources for immunizations, obesity prevention and nutrition counseling, respiratory management and other preventive medical opportunities for students, staff and community.

Health services will seek local community resources for health education opportunities for students, staff and community.

V. Food Services

Healthy, active, and well-nourished children are more likely to attend school and are more prepared and motivated to learn. Good nutrition helps: maintain concentration, sustain energy levels, improve classroom behavior, and reduce the risk of being overweight or obese. Additionally it supports good oral and lung health reducing the risk of dental cavities and asthma. Teachers, parents, and administrators should be notified if a student does not eat on a regular basis.

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

The Board recognizes that each student needs a nutritious breakfast in order to be healthy, active, and ready to learn. Therefore, increased participation in the National School Breakfast Program shall be promoted and supported.

The District recognizes that students need adequate time to eat a nutritious meal. Students should have sufficient time to eat after sitting down with their lunch.

1. Each student must have the opportunity to eat a nutritious lunch around midday and must return to class before school dismissal if scheduling allows.
2. Students should have the opportunity to go through the lunch line if they so choose.
3. Students with sack lunches should not be seated separately from students with school lunches. All students shall be treated equally and fairly.

In order to promote student health and achievement, Food Services uses the USDA Federal Standard Menu Planning System. The weekly average of menus must meet calories and nutrient standards for protein, fat, saturated fat, vitamins A and C, iron, and calcium. Cholesterol, fiber, carbohydrate, and sodium levels are also monitored.

Standards for all Foods and Beverages Available on School Campus

All foods and beverages sold in schools, from midnight until 30 minutes after school day, will meet or exceed state and federal law in the Smart Snacks in Schools Initiative and the USDA's "All Foods Sold in Schools" Standards. (Education Code 49430, 49431) Refer to Exhibit 5030 (a) and E 5030 (b): Competitive Food Quick Reference Cards—Public Schools.

All food and beverage fundraisers taking place from midnight to one half hour after the school day and as permitted by law shall be approved by the school principal and Director of Food Services. (Refer to Exhibit 5030 (c): Fundraiser Application)

Requirements for student food sales in elementary schools (5 Title 15500):

- a) No school providing kindergarten or any of grades one through eight shall permit the sale of food by pupil organizations if such school is participating in the National School Lunch, School Breakfast, or Food Distribution program except as provided in subsection (b) and Section 15501.
- (b) The Governing Board may permit a student organization to sell not more than one food item per sale when all of the following conditions are met:
 - (1) The specific nutritious food item is approved by the Governing Board.
 - (2) The food sales do not begin until after the close of the regularly scheduled midday food service period.
 - (3) The sales during the regular school day are not of food items prepared on the premises.
 - (4) There are no more than four such sales per year per school.

- (5) The food item sold is a dessert type food, such as pastry, ice cream or fruit.
- (6) The food item sold is not one sold in the food service program at that school during that school day.

The following rules apply only to food and beverage sales by student organizations in middle and high schools (5 Title 15501):

The Governing Board of any district maintaining a high school or a junior high school may permit an organization consisting solely of pupils of such school to sell food items during or after the regular school day if the following conditions are met:

- (a) The specific nutritious food items are approved by the governing board.
- (b) A student organization or organizations may be approved to sell food at any time during the school day, including the regularly scheduled food service period(s), as provided in (1) and/or (2) below:
 - (1) Only one such organization each school day selling no more than three types of food or beverage items such as confections, popcorn, nuts, fruit, or soft drinks; and/or
 - (2) Any one or more student organizations may conduct no more than four food sales of any food items during a school year in each school, but such sales shall be held on the same four days for any or all organizations.
- (c) The sales during the regular school day are not of food prepared on the premises.
- (d) The food items sold during the regular school day are not those sold by the district in the food service program at that school during that school day.

Standards for Other Wellness Considerations

Drinking Water – Every student should have access to free, potable drinking water, throughout the school day.

Classroom Parties and Celebrations – Teachers shall limit classroom parties/celebrations involving food during the school day to no more than three parties/celebrations per class per year, and hold them after the last lunch period for the grade level or class.

Student Birthday Recognition – The Board encourages non-food rewards for recognition of birthdays. Sample activities that celebrate the child are available on the SGUSD Food Services website.

Celebrating Student Success – The Board encourages non-food rewards for recognition of student success, behavior and/or achievement. Sample activities that celebrate the child are available on the SGUSD Food Services website.

School instructional staffs are encouraged to become informed about the negative consequences of using food as a reward and of withholding food from pupils as punishment. (Education Code 8993)

Advertising - schools are not to advertise or market foods and beverages that do not meet the state and federal guidelines (e.g. signs and marketing materials promoting these foods are not visible to the students on the school campus).

Standards for Monitoring Wellness Policy

The SGUSD Wellness Council distributes annual surveys to all District staff and community stakeholders as interested. The SGUSD Wellness Council, based upon the survey outcomes, reviews, evaluates, and updates the SGUSD local wellness policy to ensure that it promotes the health of students and addresses the growing problem of childhood obesity.

Supporting Documents

San Gabriel Overarching Wellness Goals

SGUSD Overarching Wellness Goals

In 2004, the Child Nutrition and Women, Infants and Children Reauthorization Act required local educational agencies sponsoring school meal programs to establish a wellness policy by the beginning of school year 2006-2007. The San Gabriel Unified School District (SGUSD) Board established a policy in July 2006. This policy was reviewed and updated December 2010, November 2012 and September 2015. This policy provides guidelines that combine education with practice to create healthful school environments and encourage healthy behavior.

Development is the easy part. Our challenge is the implementation, monitoring and evaluation of this important policy; we need your assistance and support.

We want to create an environment for all students, staff and parents that will support and improve healthy behaviors. Successful programs are available to enable efficient and effective collaboration. Here are just a few examples:

Nutrition Education for All

Continued teacher nutrition education is crucial for the achievement of SGUSD students. According to the 2009 Society for Nutrition Education Report, *State of Nutrition Education and Promotion for Children and Adolescents*, “a coordinated health and safety systems approach to

nutrition education and promotion provided the following outcomes: higher test scores, improved average attendance, increased graduation rates, and decreased discipline referrals, in-school detentions, and out-of-school suspensions. The increased focus on the nutritional health and physical well-being was central to these achievements.”

Physical Activity

All students should have the opportunity to engage in daily physical activity breaks. During the school day, children need a break from sedentary activities in the classroom. Engaging the body and mind in physical activity will provide students with a much-needed break from sedentary time. The increased blood flow to the brain will prime the brain for learning and assist students in focusing on the next learning activity. Physical activity breaks also help the students to achieve the recommended target of 60 minutes a day of physical activity to promote health and help to prevent obesity.

Physical Education

Physical education contributes significantly to every student’s health and well-being. The state requires that all students in grades 1-6 participate in a minimum of 200 minutes of physical education every ten days and not less than 400 minutes each 10 school days for students in grades 7-12. Students are entitled to a standards based program with instruction in developing motor skills and movement patterns, demonstrating knowledge of movement concepts, knowledge of physical fitness concepts and principles, maintaining physical fitness, and the psychological and sociological concepts and strategies that apply to the learning and performance of physical activity. A high quality physical education program promotes an active lifestyle and improved health, motor skill development and better cognitive performance.

Healthy Fundraisers

The partnership between PTA or other campus parent groups (ELAC, School Site Council) and each school site continues to be crucial for success on many levels. For example, PTA is a key supporter of funds for the much needed activities and equipment. However, a recent study shows that the largest barriers reported to implementing the wellness policies were the use of food for fundraising. The support of the PTA is necessary for a successful wellness policy implementation. School fundraising can be healthy and profitable! Fundraisers involving the sale of food or drink items from midnight until one half hour after the end of the school day must be approved by the school principal and the Director of Food Services.

Healthier U.S. Schools Challenge

It is also a goal of the District to meet the USDA’s Healthier U.S. Schools Challenge. This challenge requires schools to meet guidelines based on components of student wellness including school meals, nutrition education, physical education, and policy. Schools that win Alliance for a Healthier Generation awards can skip sections of the Healthier U.S. Schools Challenge award application.

Wellness Council as Resource to Schools and Families

SGUSD Wellness Council encourages the development of wellness committees at each school site and will serve as a resource to the development, operation, and maintenance of all committees. The wellness committees will in turn serve the families of their students and bring

suggestions and concerns back to the larger district council. The Wellness Council will continue to reach out to community partners such as the City of San Gabriel, San Gabriel Valley Medical Center, and all community organizations serving the residents of San Gabriel.

Regulation SAN GABRIEL UNIFIED SCHOOL DISTRICT
received: March 22, 2016 San Gabriel, California

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 the end of the official school day.
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

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* 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.

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

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.

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 the end of the official school day.
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. 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

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.
Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND 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 last 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.

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 the end of the official school day.

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.

“Snack” foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entrée” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

A competitive entrée **sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée **sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

* 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.

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

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

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 the end of the official school day.

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, water, electrolyte replacement beverage/sports drink, or flavored 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. ≤ 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. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

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 the governing board of the school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot be prepared on 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.

San Gabriel Unified School District
Fund Raiser Application

E 5030 (C)

School _____

Organization _____

Person Responsible (Fund Raiser Chairperson) _____

Date and Time of Event: From: _____ to _____

Description of fund raiser _____

Location of fund raiser _____

Will students be involved? Yes _____ No _____

If yes, explain how, or which student organization is involved:

All fund raisers must be conducted in accordance with SGUSD Board Policies, Procedures, California Education Code Section 15500 and Wellness Policy Guidelines. Attach nutritional information for any food or beverage served or sold. To ensure food and beverage products are in accordance, use the following quick reference cards:

<http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc>

Fund raising activities may not begin until all signatures have been obtained and the activity has been approved by the Governing Board.

My signature indicated that I agree to obey district policies and procedures pertaining to fund raisers.

Date: _____

Head of Organization

Date: _____

Fund Raiser Chairperson

APPROVAL:

Date: _____

Principal

Date: _____

Food Services Director

San Gabriel USD

Board Policy

Other Food Sales

BP 3554

Business and Noninstructional Operations

The Governing Board or Director of Food Services shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

- (cf. 1230 - School-Connected Organizations)
- (cf. 1321 - Solicitations of Funds from and by Students)
- (cf. 3312 - Contracts)
- (cf. 3550 - Food Service/Child Nutrition Program)
- (cf. 3551 - Food Service Operations/Cafeteria Fund)
- (cf. 3553 - Free and Reduced Price Meals)

The Superintendent or designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations. All fundraisers as permitted by law shall be approved by the school principal and Director of Food Services.

Legal Reference:

EDUCATION CODE

- 38085 Sale of specified food items
- 48931 Authorization and sale of food
- 51520 School premises; prohibited solicitations

CODE OF REGULATIONS, TITLE 5

- 15500 Food sales in elementary schools
- 15501 Sales in high schools and junior high schools
- 15575-15578 Requirements for foods and beverages outside federal meals program

HEALTH AND SAFETY CODE

- 113700-114455 California Uniform Retail Food Facilities Law

UNITED STATES CODE, TITLE 42

- 1751-1769h National School Lunch Act
- 1771-1791 Child Nutrition

CODE OF FEDERAL REGULATIONS, TITLE 7

- 210.1-210.31 National School Lunch Program
- 220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012

CDC PUBLICATIONS

School Health Index A Self-Assessment and Planning Guide for Elementary Schools, School

Health Index: A Self-Assessment and Planning Guide for Middle/High Schools, 2014

NASBE PUBLICATIONS

Fit, Healthy and Ready to Learn, 2013 <http://www.nasbe.org/project/center-for-safe-and-healthy-schools/fhrtl>

USDA PUBLICATIONS

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>

CDE, Nutrition Services Division <http://www.cde.ca.gov/ls/nu/> California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

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

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

National Association of State Boards of Education (NASBE)

<https://www.nsba.org/advocacy/school-law-issues/health-and-nutrition>

US Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

Policy SAN GABRIEL UNIFIED SCHOOL DISTRICT

adopted: December 14, 2004 San Gabriel, California

revised: March 22, 2016

San Gabriel USD

Administrative Regulation

Other Food Sales

AR 3554

Business and Noninstructional Operations

Nutritional Standards for Foods and Beverages

Food and beverage sales outside the district's food service program shall comply with applicable nutritional standards specified in Education Code 49431, 49431.2, 49431.5, and 49431.7 and 5 CCR 15575-15578.

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

(cf. 5030 - Student Wellness)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

At an elementary school, the sale of foods or beverages that do not comply with the standards in Education Code 49431 and 49431.5 may be permitted, as part of a fundraising event, only when the items are sold by students of the school and the sale meets either of the following conditions: (Education Code 49431, 49431.5)

1. It takes place off and away from school premises.
2. It takes place at least one-half hour after the end of the school day.

(cf. 1230 - School-Connected Organizations)

(cf. 1321 - Solicitations of Funds from and by Students)

At a middle, junior high, or high school, the sale of food items that do not comply with the standards in Education Code 49431.2 may be permitted in any of the following circumstances: (Education Code 49431.2)

1. The sale takes place off and away from school premises.
2. The sale takes place on school premises at least one-half hour after the end of the school day.

(cf. 6145 - Extracurricular and Cocurricular Activities)

Beverage sales that do not comply with the standards in Education Code 49431.5 may be permitted at a middle or junior high school as part of a school event under either of the following circumstances: (Education Code 49431.5)

1. The sale occurs during a school-sponsored event and takes place at the location of the event at least one-half hour after the end of the school day.
2. Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.

The sale of foods outside of the district's food service program during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

In a school with any of grades K-8 that is participating in the National School Lunch and/or Breakfast Program, the Superintendent or designee shall not permit the sale of foods by a student organization except when all of the following conditions are met: (5 CCR 15500)

1. The student organization shall sell only one food item per sale.
2. The specific nutritious food item is approved by the Superintendent or designee.
3. The sale does not begin until after the close of the regularly scheduled midday food service period.
4. The sale during the regular school day is not of food items prepared on the premises.
5. There are no more than four such sales per year per school.
6. The food sold is not one sold in the district's food service program at that school during that school day.

In junior high and high schools, a student organization may be approved to sell food items during or after the school day if all of the following conditions are met: (5 CCR 15501)

1. Only one student organization conducts a food sale on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organizations may conduct the sale of any food items.
2. The specific nutritious food items are approved by the Superintendent or designee.
3. Food items sold during the regular school day are not prepared on the premises.
4. The food items sold are not those sold in the district's food service program at that school during that school day.

Regulation SAN GABRIEL UNIFIED SCHOOL DISTRICT
received: March 22, 2016 San Gabriel, California