

## Board Policy No. 3008

### Student Wellness

#### A. Intent of Policy

This policy is intended to comply with the Federal Healthy Hunger-Free Kids Act (HHFKA) of 2010. As such the policy promotes and protects children's health, wellbeing, and ability to learn by supporting healthy eating and physical activities.

#### B. Wellness Goals

##### 1. Nutrition Education

- a. Classroom Instruction - All K-8 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate using curricula that may include, but is not limited to, the following:
  - i. Discover MyPlate
  - ii. Serving Up MyPlate: A Yummy Curriculum
  - iii. Exercise Your Options
  - iv. SPARK PE
- b. Bulletin Boards - At least one bulletin board in each eating area will be devoted to nutrition education. Boards will have information on MyPlate, Harvest of the Month and other resources that encourage healthy eating. Promotion of unhealthful food choices is prohibited.
- c. Menus - All menus sent home to parents will contain nutrition information as well as guidelines for foods offered.
- d. Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water.
- e. Healthy Snacks – The Child Nutrition Services Department will provide parents and schools a list of food that meet the District's snack standards and ideas for healthy celebrations, parties, and rewards.
- f. Instructional Materials – Classroom instructional materials received will be distributed through the administration and the Child Nutrition Services Department. A procedure to ensure fair and even distribution of age appropriate materials will be implemented.

## 2. Physical Activity

- a. Physical Education - All students in grades K- 8, including students with disabilities and/or special health-care needs, will receive physical education for a total period of time of not less than 200 minutes each 10 school days, exclusive of recesses and the lunch period, unless otherwise specified in the students IEP or 504 plan. See Cal. Educ. Code § 51223. While not required, the District will make efforts to provide 400 minutes of physical education each 10-day period for its junior high students.
- b. Daily Recess - All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which time school staff should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- c. Physical Activity Opportunities Before and After School – The District will offer extracurricular physical activity programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- d. All necessary equipment will be maintained in proper working order.

## C. Policies – All Available Foods and Beverages on Campus

1. The school will encourage and provide opportunities for students to consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars and salt.
2. This will be accomplished through the following:
  - a. All foods made available on campus, including snacks, should comply with the current USDA Dietary Guidelines for Americans.
  - b. The Director of Child Nutrition Services will develop, maintain, and distribute a list of foods and beverages approved for sale on district campuses. All foods and beverages sold or served on the district campus must be from the approved list and will be updated as needed to address changes in regulations.
  - c. Food and beverage sales on campus may not be conducted in competition with the District's School Lunch Program. Procedures will be developed to assure maximum participation in the District's School Lunch Program.

- d. Rewards – Foods of minimal nutritional value, as defined by the United States Department of Agriculture will not be offered as incentives or rewards.
  - e. Celebrations – Foods and beverages offered as part of an on campus celebration must comply with all federal, state and local regulations.
3. Student Stores, Vending Machines and Fund Raisers on Campus - All food, vending machines, and beverage sales on district campus must comply with all federal, state and local regulations. (See Attached Reference card Effective 7/1/2014.)
4. Snacks sold to elementary and junior high school students, except food sold as part of a USDA meal program, shall meet all of the following:
- a. Fat content shall not exceed 35% of total calories. This requirement does not apply to nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that have not been deep fried, and legumes.
  - b. Saturated fat content shall not exceed 10% of total calories. This requirement does not apply to eggs or individually sold cheese items.
  - c. Sugar content shall not exceed 35% of total weight (including naturally occurring and added sugar). This requirement does not apply to fruits or vegetables that have not been deep-fried.
  - d. Calories shall not exceed 175 calories per individual item.
5. Allowable beverages (Applies at all times, regardless of the time of day). Beverages may not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks). Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine). Only the following beverages are allowed:
- a. Water
    - i. The District shall provide all students and staff with access to clean, safe, potable drinking water free of charge at every District facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before- and after-school activities;
    - ii. The District will allow students to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills;
    - iii. The District will encourage all school administrators, teachers, and staff to model drinking water;

- iv. The District will perform maintenance on all water fountains regularly and as needed;
  - v. Testing of the District's drinking water sources is conducted by the City of Westmorland..
- b. Non-fat or 1% cow's milk: Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
  - c. Non-dairy milk alternatives: Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
  - d. Fruit or vegetable juice that contains 100% juice.

D. National School Lunch and Breakfast Program Nutrition Objectives

1. All meals served to the students by the Child Nutrition Services Department will meet the nutritional guidelines as established by the United States Department of Agriculture Food & Nutrition Services. Nutrition facts information will be available upon request.
2. Breakfast in the Classroom is utilized for our school breakfast procedure. The teacher is responsible for the point of service in the breakfast program. The teacher verifies that the components of a reimbursable meal are present and counts each student as the meals are served. A roster is used to document how many students have received a reimbursable meal. Grades 1 thru 8 transport the complete meal to their room in thermo bags in a wagon. When breakfast is complete the rosters are turned in to the cafeteria and the total is tallied. Grade K enters the cafeteria as a whole classroom where they are served breakfast and the roster is completed and turned in. Mid year Grade K moves on to breakfast in the classroom to prepare for next year.
3. The Child Nutrition Services Department will prepare meals within the guidelines of the Food Based Standard Menu Planning.
4. A variety of fresh fruits and vegetables will be offered daily to all students participating in the National School Lunch Program.
5. Breakfast and lunch is available free of charge to all students who attend the Westmorland Union Elementary School District. This will apply as long as the school remains a Provision school.
6. The school will provide students at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
7. Marketing of healthy food and beverages will be strategically placed in cafeterias promoting wellness through fruit, low-fat milk and water consumption

8. The Child Nutrition Services Department shall work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and/or murals to all school cafeterias
9. Westmorland Union Elementary School District staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior

#### E. Monitoring and Policy Review

1. Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, students, food services staff, Physical Education staff, school site Principal or Vice Principal, member of the school board, health professionals, and/or members of the public at large. The committee may make recommendations for revisions to the policy to the Superintendent/Principal.
2. The Local School Wellness Committee and its members along with the Superintendent/Principal and site administrators have the responsibility of monitoring and ensuring that the Local School Wellness Policy is followed by all staff and students School District.
3. The Superintendent/Principal will develop an annual summary report on district-wide compliance with the Westmorland Union Elementary School District Wellness Policy, based on site review and input from the school. That report will be provided to the school board and made available on the District's website.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State/local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or  
(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
This institution is an equal opportunity provider.

Legal Reference:

42 USC § 1751-1769, particularly 1758b (Local Wellness Policy)  
42 USC § 1771-1791  
Cal. Education Code § 38086  
Cal. Education Code § 49430  
Cal. Education Code § 49431  
Cal. Education Code § 49431.5  
Cal. Education Code § 51223

Date Policy Initially Approved by Board: September 08, 2015

Date Policy Revised by Board: November 10, 2015