

## **Students**

### **STUDENT WELLNESS**

**AR 5030**

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 of 2004. 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.

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

#### **Standards for Health and Wellness Education and Services**

##### **1. Comprehensive Health Education**

Students will receive comprehensive health education.

The Department of Instruction and site administrators will be responsible for monitoring comprehensive health programs and documenting that the state mandated health education requirements for grades Pre-K through 12 are met. Lesson plans, mandated health education recording forms and observations will be used to assess health education at school sites. (Education Code 51890, 51891, 51210)

*(cf. 6142.8 - Health Education)*

##### **2. Nutrition Education**

The school staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Food Service staff will additionally receive regular staff development on safe food preparation and presentation.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

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Teachers are to provide age-appropriate, skill-building nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors and a positive self-image at all grade levels by:

- Basing instruction on the state's framework and content standards
- Integrating current and scientifically accurate nutrition content into before and after-school programs and classroom instruction
- Coordinating with food service staff to offer nutrition education in the school cafeteria as well as in the classroom
- Linking classroom nutrition education to the overall school community through school gardens, cafeteria-based nutrition education, and/or parent/community outreach pre-kindergarten through twelfth grade
- Modeling healthy eating behaviors

Administration is to provide professional preparation and/or ongoing professional development for district teachers related to nutrition education and all other areas of health education. Leadership and Administrative staff will receive appropriate trainings and updates on the District Wellness Policy to maximize implementation of the policy.

The Board recognizes that district and school site level Nutrition Services staff is a part of the learning community and impacts the educational environment of PUSD students. (Education Code 51210.4, 8990, 8993)

Before-and-after school programs will follow district guidelines for nutrition and wellness policies.

### 3. 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.

A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to:

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- physical education
- recess
- walk/bike-to-school programs
- before-and-after-school physical activity programs
- health education that includes physical activity as a main component, and physical activity within the classroom.
- movement breaks between subjects

Physical activity will be integrated across curricula and throughout the school day.

Schools will provide the appropriate amount of time for physical education classes (at least 200 minutes every 10 days for elementary school students and at least 200 minutes per week for middle and high school students for the school year) exclusive of recesses and lunch periods. (Education Code 51210, 51222, 51223)

Administrative staff will ensure and teachers will do the following:

1. Base instruction on the state framework and standards for Physical Education and PUSD Nutrition/Physical Activity Health Standards K-12
2. Deliver physical education by credentialed physical education teachers at the secondary level and by multiple subject credentialed teachers at the elementary level.
3. Integrate current and scientifically accurate physical activity content into classroom instruction and before-and-after-school programs across the curriculum and throughout the school day
4. Provide professional preparation and/or ongoing professional development for district teachers related to physical education and physical activity
5. Not use or withhold physical education/activity and recess as punishment

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#### 6. Model healthy physical activity behaviors

(Education Codes: 51210, 51222, 51223, 33350, 5210.2 (1))

#### 4. Health Services

School nurses, health clerks and those employees with health-related duties 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 are available to provide voluntary health screenings for staff monthly upon request. School nurses promote attendance by providing flu clinics and other health maintenance opportunities for students, staff and community.

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

#### 5. Nutrition Services

District Food Services will continue to improve menu choices by increasing food selections that students like based upon feedback from the students and other valid instruments.

District Food Services whenever possible will minimize processed foods and select California grown produce. The implementation of salad bars will continue at all school sites.

Healthy, active, and well-nourished children are more likely to attend school and are more prepared and motivated to learn. Adequate nutrition helps maintain concentration, sustain energy levels, improve classroom behavior, and reduce the risk of being overweight or obese. Schools shall put into place a system to notify teachers, parents, and administrators if a student does not eat breakfast or lunch on a regular basis.

The Board recognizes that each student needs a nutritious breakfast in order to be healthy, active, and ready to learn. Increased participation in the following programs shall be promoted and supported:

1. National School Breakfast program at all grade levels
2. In-class breakfast at the elementary level

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School principals will make participation and return of meal eligibility applications a high priority for their sites. A calendar will be developed and distributed to each site by food services that will outline the due dates for the meal application process. School staff will reduce barriers for families by assisting with the application process.

Meals served through the Food Service Program should be appealing and attractive to students of various ages and diverse backgrounds. School site leadership shall be involved to improve cafeteria décor and atmosphere. Food Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.

Students need adequate time to eat a nutritious meal. Students will have at least 20 minutes to eat after sitting down with their lunch. Each student must have the opportunity to eat a nutritious lunch around midday and must return to class before school dismissal. (E.C. 49433)

- Students will have the opportunity to go through the lunch line.
- Students with sack lunches will not be seated separately from students with school lunches.
- Staff shall be encouraged to join students periodically to model good eating habits, manners and behavior.
- Elementary schools are encouraged to schedule recess before meal time.
- All students shall be treated equally and fairly

In order to promote student health and achievement, Child Nutrition Services uses the Food Based Menu Planning (FBMP) approach for meal planning. The weekly average of menus must meet calories and nutrient standards for protein, fat, saturated fat, grains, fruit, vegetables and milk. Cholesterol, fiber, carbohydrate, and sodium levels are also monitored.

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

### **Standards for all Foods and Beverages Available on School Campus**

Within the school day, all foods and beverages offered/sold in the PUSD will meet or exceed the following guidelines (Education Code 49431):

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#### 1. State and Federal Regulations

##### a. Foods

- Not more than 35% of the total calories, excluding nuts, seeds, eggs, cheese packaged for individual sale, are from fat
- Not more than 10% of the food item's total calories are from saturated fat
- Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is from sugar.
- No food classified as Food of Minimal Nutritional Value (FMNV) shall be served, including:
  - Soda water and other carbonated beverages
  - Chewing gum
  - Water ices (except those containing fruit or fruit juice)
  - Certain candies: hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, or candy coated popcorn
- Not more than *175 calories per individual food item* for elementary school.
- Not more than *250 calories per individual food item* for middle and high school.

##### b. Beverages – Elementary School Restrictions

Pursuant to Education Code 49431.5, no beverages, other than water, milk, 100% fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners, may be sold to a pupil at an elementary school.

An elementary school may permit the sale of beverages that do not comply with the above as part of a school fundraising event in any of the following circumstances:

1. The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school.
2. The items are sold by pupils of the school and the sale of those items takes place one-half hour or more after the end of the school day.

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#### c. Beverages – Middle/High School Restrictions

Pursuant to Education Code 49431.5, from one half-hour before the start of the school day, to one-half hour after the end of the school day, no beverages, other than water, milk, 100% fruit juices, fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners or an electrolyte replacement beverage that has water as the first ingredient contains no more than 2.1 grams added sweetener per 1 fluid ounce, between 10 and 150 milligrams of sodium per 8 fluid ounces; between 1- and 90 milligrams of potassium per 8 fluid ounces; and no added caffeine and not to exceed a 12 ounce serving, may be sold to a pupil at a middle or high school.

A middle or high school may permit the sale of beverages that do not comply with established nutrition standards if the sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day.

Any policy adopted by the Federal Government or by the State of California will automatically become part of the PUSD Wellness Policy.

#### 2. Competitive Foods/Outside Food Sources

The Board believes that students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Nutrition standards should address all foods and beverages sold or served to students, including those available outside the school meal programs.

- a. The Board recommends that all beverages and competitive foods offered for sale to students outside of the school meals program, during the regular and extended school day must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines. Nutritional guidelines can be obtained on the PUSD website or from the Child Nutrition Office.
- b. Foods and beverages not meeting compliance standards may be sold/offered according to the grade level restrictions and Board approval when applicable as enumerated in Education Code 49431.5 and Title 5, 15500.

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#### **Standards for Other Wellness Concerns**

##### 1. Drinking Water

Every student should have access to free, potable drinking water, throughout the school day

##### 2. Classroom Parties and Celebrations

Classroom parties/celebrations involving food are limited during the school day to no more than two parties/celebrations per class per year.

- a. Classroom parties/celebrations involving food must occur after the last lunch period for the grade level or class.
- b. The Board recommends that all foods and beverages provided for these classroom celebrations must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines. They shall be selected from a list of healthy foods or be a part of a complete, nutritious meal.

With applicable charges, Child Nutrition Services can provide fruit, vegetable, and milk to ensure a complete meal. To ensure a healthy selection of treats and ensure food safety, parents may arrange with the Child Nutrition Services Department for catering class parties/celebrations.

##### 3. Student Birthday Recognition

The Board encourages non-food rewards for recognition of birthday. Sample activities that celebrate the child along with approved foods lists are available on the PUSD website or can be obtained from the Child Nutrition Office.

- a. All food items brought to school by teachers or parents for student birthday recognition with his/her classmates must meet or exceed state and federal regulations, as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines.

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(Education Code 8993)

#### 4. Rewards

Staff will avoid giving students foods of minimal nutritive value as a reward measure.

#### 5. Before-and-After-school Programs

Within the hours of the Before-or-After School Program, all foods and beverages available to students must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines.

*(cf. 5030 - Student Wellness)*

#### 6. Food and Beverage Fundraising

The marketing of unhealthy food and beverages through signage, vending machine fronts, logos, scoreboards and school supplies will not be promoted.

All fundraisers held on campus, from one-half hour before the start of school to one half hour after the end of the school day, must be approved by the Principal. The Board recommends non-food and healthy food fundraisers regardless of the time of day, within or outside school grounds, meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines. (Education Code 49431)

In order to ensure optimum participation in the federally reimbursable meal program, all approved fundraisers will not coincide with the hours that the national food breakfast or lunch program is in operation regardless of the types of food being sold in the fundraiser.

The Principal may approve for elementary schools no more than **four sales per year** of **one** “dessert type” food item. Sales must be a ONE “dessert type” item. The items are to be sold by pupils of the school and the sale takes place at least one half hour after the end of the school day or away or off-campus. The item selected must **not** be the same as one that is sold in the food service program that day at that school and must not be prepared on the school

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premises. (Education Code 49431, Title 5, 15500) (Education Codes: 49430(f), 49431, 49431.2, 49431.5, 49431.7,

*(cf. 3554 – Other Food Sales)*

#### **Sales by Student Organizations**

Restrictions for food and beverage sales by Elementary Student Organizations are effective only during school hours (CCR 15500) and for Middle and High Schools; restrictions apply during school hours and after school.

Education Code 49430, 49431.2, 49431.7, CCR sections 15575, 15577, 15578

For high schools or junior high/middle schools the Principal 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 (T5 15501):

(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):

(1) Only one such organization each school day selling no more than three types of food or beverage items such as popcorn, fruit, 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.

Healthy food and beverage products will be offered and promoted at all school sponsored events.

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#### **Vending Machines**

Machines within PUSD will comply with the nutritional standards and be stocked with compliant items.

Site administrators and Food Service administrators will monitor vending machines to ensure compliance with the requirements.

#### **Standards for Monitoring Wellness Policy**

The Coordinated School Health Council shall provide annual surveys to all stakeholders as appropriate via email, mail or distribution from the school site. The CSHC is to monitor, evaluate and update the PUSD local wellness policy to ensure that it promotes the health of students and addresses the growing problem of childhood obesity.

The Child Nutrition Administrator will provide an annual progress report to the Superintendent or designee regarding the status of the policy based on the evaluation model.

#### **Communication**

Staff will work towards enhancing the district website to include nutrition education, wellness and fitness information. The website should be interactive so students, parents, and community can participate and provide feedback on wellness and nutrition activities.

#### **Regulation**

**Approved: June 13, 2006**

Revised: June 26, 2012

**PASADENA UNIFIED SCHOOL DISTRICT**

Pasadena, California