

**Students
Student Wellness****Nutrition and Physical Activity**

The Mark West Union School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition activity policies.
2. All students in grades K-6 (and 7-8 in the Charter School) will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutritional recommendations for the U.S. Dietary Guidelines for Americans.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, all schools in the Mark West Union School District will participate in available federal school meal programs – National School Lunch Program and the Summer Food Service Program.
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutritional Standards for Quality Foods and Beverages Sold and Served on Campus**School Meals**

1. The Child Nutrition Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from 30 minutes prior to school commencing in the morning until 30 minutes after the last period of the school day, will comply with SB19 standards and all state and federal regulations.
2. Effective immediately, the District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance:
 - a. All vending machines located on school campuses that are accessible to the student body and the public (not including staff lounges), shall sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure more fresh produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus:
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - b. Salad bars as well as fresh fruit shall be available at each school site.
4. Ensure meals are served in a pleasant environment with sufficient time for eating:
 - a. Students shall have a minimum of 20 minutes to eat lunch.
 - b. School site leadership shall be involved to improve cafeteria décor and atmosphere.

- c. The District belongs to the Santa Rosa City Schools Food program. District staff shall encourage the City Schools to provide menus that appeal to the school population.
 - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.
 5. Nutrition and Health education shall be incorporated into regular teaching plans, in ways to meet California Standards requirements:
 - a. Teachers shall be provided resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
 - b. All schools are encouraged to develop School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.
 6. Ensure that no student is hungry:
 - a. The District shall develop an outreach and promotion plan to ensure maximum participation in the school meal program.
 - b. The District shall ensure that all eligible children qualify for free and reduced meals.
 - c. Students should be encouraged to participate in the salad bar if they forget their lunch.
 - d. Students should be encouraged to wait until after they finish their snacks prior to going to recess.
 7. Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health:
 - a. Provide nutrition and physical activity information through a website or newsletter.
 - b. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
 - c. Partner with the PTA and Education Foundation for various activities related to the health and well being of every child in the District.
 - d. Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services

Free and Reduced priced meals

Schools will make every effort to eliminate any stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals. Towards this end, schools may utilize electronic identification and payment systems and promote the availability of school meals to all students.

Qualifications of Food Service Staff:

Qualified nutrition professionals will develop the school meal programs (currently Santa Rosa City Schools Central Kitchen). As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all cafeteria food server staff in schools. Staff development programs should include appropriate certification and/or training programs for cafeteria workers according to their levels of responsibility.

Sharing of Foods and Beverages.

Schools will discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools.

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat foods and milks, and non-fried vegetables.

Beverages

- **Allowed:** water without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be identified by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually will follow all state and federal regulations.

Portion Sizes

- Limit portion sizes of food and beverages sold individually following all state and federal regulations.

Fundraising Activities

To support children's health and school nutritional-education efforts, school fundraising activities will not involve food or will only use the foods that meet the above nutrition and portion size standards for foods and beverages sold individually for consumption during school hours and one-half hour before and after school. Schools will encourage fundraising activities that promote physical activity. The Wellness Committee will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs or intervention programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performances or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The District will disseminate a list of healthy party ideas to parents and teachers.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The Mark West Union School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that;

- Is integrated into health education classes and also classroom instruction in subjects such as math, science, language arts and social studies;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products; healthy food preparation methods, and healthy-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Integrating Physical Activities into the Classroom Setting.

For students to receive the nationally-recommended amount of daily physical activity, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or for classroom make-up time.

Communicating with Parents

The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information and/or have it posted on the District website. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the state and federal nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition, the District/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school will provide information about physical education and other school-based physical activity opportunities and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education.

Staff Wellness

The Mark West Union School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school is encouraged to establish and maintain a staff wellness committee composed of at least one teacher, a staff member, and a principal. The committee should promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-6. All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education for the entire year.

Daily Recess. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provisions of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. Schools may 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Use of Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations, if possible. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. Facilities Use Policies and School policies concerning safety will apply at all times.

Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure

compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent.

Resources for Local School Wellness Policies on Nutrition and Physical Activity

- 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>
- Dairy Council of California: <http://www.dairycouncilofca.org>
- School Nutrition Association: <http://www.schoolnutrition.org>
- School Health Index, Centers For Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi/>
- Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- Fit, Healthy, and Ready to learn: a School Health Policy Guide, National Association of State Board of Education, www.nasbe.org/HealthySchools/fithealthy.mgi
- Preventing Childhood Obesity: Health in the Balance, Institute of Medicine of the National Academies, www.iom.edu/report.asp?id=22596
- The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids, www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204final.pdf
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention, www.cdc.gov/healthyouth/publications/pdf/ten_strategies.pdf
www.cdc.gov/nccdphp/sgr/ataglan.htm
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>
- California Healthy Kids Resource Center, <http://www.californiahealthykids.org>

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 schools

CODE OF REGULATIONS, TITLE 5

[15500-15501](#) Food sales by student organizations

[15510](#) Mandatory meals for needy students

[15530-15535](#) Nutrition education

[15550-15565](#) School lunch and breakfast programs

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