

Cutten Elementary School District Wellness Policy

The Governing Board recognizes the important link between student health and student learning. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness. In addition, as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well-being.

The School Site Council, in consultation with the physical education department at the Humboldt County Public Health Department, shall be charged with addressing five main focus areas, all of which contribute to the state of well-being of students who attend Ridgewood and Cutten Schools. The focus areas are: nutrition education, physical education, physical activity, nutrition guidelines for foods made available to students within and outside the school foods program, and implementation/evaluation of the District wellness policy.

Nutrition Education

Nutrition education is to be provided as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. All K - 6 students will receive nutrition education as stated in the California State Health Framework.

- The superintendent or designee, with the guidance of the School Site Council acting as the Wellness Committee, will:
- Develop strategies to increase positive attitudes concerning proper nutrition. These strategies include parent information and wellness campaigns.
- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District nutrition policies.
- Provide professional development related to curriculum, instruction, and assessment for teachers delivering nutrition curriculum.

Physical Education

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages lifelong fitness through physical activity. In addition to promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

All students (including students with disabilities and/or special health care needs) will receive a minimum of 200 minutes every ten school days for students in grades one - six of physical education instruction as designated in the Education Code (51210, 51222, and 51223, and 51225.3)

All students will receive high quality physical education guided by the California State Health Framework that fulfills the State mandated requirements for the entire school year.

Students will spend at least fifty percent (50%) of physical education class time participating in moderate to vigorous physical activity.

Class size will be consistent with the requirements of quality instruction and safety. (CCR, Title 5, Section 10060).

All students in grade five will participate in the State mandated fitness test (EC Section 60800). Physical education curriculum will be designed to directly improve fitness test results. The fitness test will be made relevant to all students and their families through education about the testing process and feedback regarding their results.

Physical Activity

The Governing Board realizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

Physical activity programs will provide participants with structured activities (such as games, sports, etc.), unstructured activity (such as walking programs, dance, etc.) or opportunities to participate in physical activity in the daily routine.

Daily Recess

All students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which school personnel will encourage moderate to vigorous physical activity.

Student Safety During Physical Activity:

The District will ensure that students and staff have access to appropriate hydration.

Facilities and equipment used for physical activity will be properly monitored and maintained to ensure safety.

The District will provide opportunities for staff professional training and will also encourage participation in first aid and cardiopulmonary resuscitation certification.

The District, in conjunction with a credentialed school nurse or a personal health care provider, will develop policies that outline guidelines for student participation in physical activity at school when medical conditions exist. These policies will be communicated to all members of the school community working with those students and be designed to preserve their well-being while providing for maximum participation in physical activity.

Physical Activity Outside of the School Day

The District will continue to support structured physical activity opportunities within after school programs.

The District will support community partnerships and efforts to provide after school physical activity endeavors. It will continue to promote physical activity clubs and teams such as basketball league play and running club.

Nutrition Guidelines for Foods Made Available to Students Within and Outside the School Foods Program

The Governing Board recognizes the important connection between a healthy diet and the ability to achieve high standards in school. To reinforce the district's nutrition education program, foods provided on school premises shall be:

- Carefully selected so as to contribute to nutritional well-being and the prevention of disease
- Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
- Served in age-appropriate quantities and at reasonable prices

Students shall be provided adequate space in pleasant surroundings as well as sufficient time to eat, relax, and socialize.

The District shall ensure that the meals offered by the food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

The Governing Board acknowledges that adequate nutrition is essential to child development and learning, and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the district shall provide nutritional free and reduced price meals for students whose families meet federal eligibility criteria.

The District shall ensure that students eligible to receive free or reduced price meals and milk are not treated differently from other students and are not easily identified by their peers.

The District's guidelines for reimbursable meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1776(a) and 1799(a) and (b), as they apply to schools.

Nutritional Standards, Student Access, and Maintenance of a Healthy Environment

For all foods 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 shall meet or exceed state and federal nutritional standards. The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program. However, individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, and legumes may be sold. Individually sold dairy items and whole grain food items may also be sold, provided they meet the 35/10/35 guidelines and do not exceed 175 calories per individual food item.

The only beverages that shall be sold are:

- Water, with no added sweeteners

- Milk (two percent, one percent, or nonfat or rice milk, soy milk or other similar nondairy milk)
- Fruit juice, preferably 100 percent, but at least 50 percent fruit juice, with no added sweeteners
- Vegetable juice, at least 50 percent vegetable juice, with no added sweeteners

During school hours, home-prepared products will not be allowed to be sold on campus due to the potential of food borne illness.

No foods of minimal nutritional value shall be sold on school premises during the school day (as defined as one half hour before the official school day begins until one half hour after the official school day ends).

The District shall encourage fundraisers that reflect a commitment to student health. Fundraisers such as the sale of non-food items, nutritious food items, and physical activity events are strongly encouraged.

The District will meet safety and sanitation requirements, as outlined in current USDA guidelines.

To the extent permitted under the National School Lunch and School Breakfast Programs, students shall be allowed to decline a certain number of meal items they do not intend to consume.

The District shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the District's nutrition education efforts by considering the nutritional quality of snacks donated for class special events.

Lunch will be served at appropriate intervals from other meals, in accordance with current USDA guidelines (e.g., at least two hours between the start of breakfast and the start of lunch).

The District will encourage parent/family involvement in the nutritional well-being of the students through information made available in newsletters, posters, signs, etc.

Implementation/Evaluation

The District shall establish quality indicators that will be used to measure the implementation of the Wellness Policy. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, parents/guardians, students, and any other appropriate persons.

At the beginning of each school year, the District shall inform the public (including parents, students, and others in the community) about the content and methods of implementation of the District's Wellness Policy. Information will be included within a packet of parent information sent to all families at this time. Information will also be included within the registration packets for new students, and will be posted on the school website.

Each year the District School Site Council will review and assess the Wellness Policy, and provide a description of the progress made in attaining the goals of the policy. Community members will be included in the review process.

The Cutten School Site Council will appoint one or more LEA officials or school officials to ensure that each school complies with the local School Wellness Policy.

Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

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

(cf. 3550 - Food Service/Child Nutrition Program)
 (cf. 3553 - Free and Reduced Price Meals)
 (cf. 3554 - Other Food Sales)
 (cf. 6142.7 - Physical Education)

Legal Reference:

Education Code

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