

STUDENT WELLNESS

The following regulations have been established as guidelines to reflect district practice in promoting student health and reducing childhood obesity:

NUTRITIONAL GUIDELINES

- a) All meals offered by the District nutrition program shall meet or exceed all legal requirements for participation in the National School Lunch and Breakfast Programs.
- b) All menus will be nutrient based using the USDA- Approved “Nutrient Standard Menu Planning” option.
- c) Only low fat and non-fat milk or 100% fruit juice shall be served for breakfast and lunch.
- d) The District will serve whole wheat breads and pastas.
- e) The District will provide a variety of fresh fruits and vegetables daily.

Guidelines for Other Foods and Beverages Served / Sold Outside Lunch Program

Only compliant food and beverages may be sold on campus beginning one-half hour before school to one-half hour after school.

Compliant foods and beverages are defined as:

- a) Not more than 35% of the total calories of the food item, excluding nuts or seeds, are from fat
- b) Not more than 10% of the food’s total calories are from saturated fat
- c) Not more than 35% of the total weight of the food item, excluding fruits and vegetables, is composed of sugar
- d) Fruit and vegetable-based drinks that are composed of no less than 50% fruit or vegetable juice and have no added sweetener
- e) Drinking water with no added sugar
- f) Two percent-fat milk, one percent-fat milk, non-fat milk, soy milk, rice milk and other similar non-dairy milk
- h) Entrée items sold/served to students during the school day must contain no more than 400 calories per entrée and not more than 4 grams of fat per 100 calories.

– for more information, please refer to *SB12 and SB965*

Snacks and Beverages

STUDENT WELLNESS

Snacks served during the school day and in after school care or enrichment programs shall meet or exceed SB12 & SB965 as listed above. The school day is defined as 30 minutes before the start of school and 30 minutes after the end of the school day.

Rewards, Celebrations & School Sponsored Activities

Classrooms are encouraged to use rewards other than food for academic performance or good behavior. During classroom celebrations, all persons providing beverages and snacks are encouraged to provide items that adhere to SB12 and SB965. This includes celebrations taking place up to 30 minutes before, 30 minutes after, and/or during school hours.

Role Models

Staff is encouraged to serve as positive role models by promoting a healthy and active lifestyle.

Fundraising with Food/Beverages and Other Food Sales Taking Place 30 Minutes Before or 30 minutes After the School Day

All parties are encouraged to sell food and beverages that adhere to SB12 & SB965.

Amount of Time Allowed for Students to Eat

Students will be allowed adequate time to eat, engage in physical activity, and socialize during their lunch period.

Adequate Facilities

The District will strive to provide eating facilities that are adequate, enjoyable, and promote a healthy atmosphere for students.

GOALS FOR NUTRITION/HEALTH EDUCATION

- a) Students in TK – 6 grades will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- b) Nutrition education will be integrated into curricular areas and will include developmentally appropriate, participatory activities.
- c) Education will promote fruits, vegetables, whole grain products, proteins, low-fat, low-glycemic, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices including water consumption and vitamins and minerals.
- d) Education provides a balance between food intake and energy expenditure (physical activity/exercise); links with school meal programs, other school foods, and nutrition-related community services; teaches media literacy with an emphasis on food marketing.
- e) Training for teachers, staff, and parents/guardians will be included in the educational process.
- f) Parents/guardians will be provided nutritional information to support a healthy lifestyle.

GOALS FOR PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES

- a) **Daily Physical Education (PE) 1 – 6.** All students in grades 1 – 6, including students with disabilities, special health-care needs, and in alternative educational settings, will participate in moderate to vigorous physical education for a minimum of 200 minutes every 10 days (Education Code Section 51210) for the entire school year. Instructors of physical education will be provided the necessary training to be “qualified and trained” physical education teachers. Students will be expected to participate in moderate to vigorous physical activity during physical education time. Student involvement in other

STUDENT WELLNESS

activities involving physical activity (e.g. after-school intramural sports programs) will not be substituted for meeting the physical education requirement.

Moderate Physical Activity is defined as movement that causes moderate increases in breathing, sweating, and heart rate. Such activities include brisk walking, active play, active housework, and gardening.

Vigorous Physical Activity is defined as movement that causes heavy breathing and sweating and large increases in heart rate. Examples of such activities include jogging, aerobic dancing, biking, swimming, skating, soccer or other active sports.

- b) **Daily Recess.** It is recommended that elementary school students will have a daily supervised recess, preferably outdoors, during which schools encourage physical activity.
- c) **Physical Activity Opportunities Before and After School.** Cutten School District will investigate extracurricular physical activity programs, such as physical activity clubs or intramural programs. The Wellness Committee will evaluate and recommend free and fee-based programs for site use. The committee will research activities that meet the needs, interests, and abilities of all students. After-school childcare and enrichment programs will provide and encourage daily periods of moderate to vigorous activity for all participants.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of moderate to vigorous daily physical activity (at least 60 minutes per day) 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:

- a) classroom health/nutrition 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;
- b) sites will be provided program opportunities to support physical activity on campus (before, during, after school programs);
- c) families will be provided program opportunities to support physical activity at home/outside of school (before and after school programs).

PLAN FOR MONITORING IMPLEMENTATION

The district wellness committee shall develop a plan for implementing the district wellness policy and measuring implementation of that policy.

The Superintendent or designee will ensure district wide and individual school compliance with the adopted school wellness policy.

The principal or designee will ensure individual school compliance.

STUDENT WELLNESS

Each school shall make available the district’s policies and regulations on nutrition and physical activity for public view.

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*
- 49540-49536 *Childcare 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*

Approved: May 12, 2014