

Student Wellness

AR 5030

Students

Nutrition standards for school meal programs

The Nutrition Services Department will take every measure to ensure that student access to school meals and à la carte items meets federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

In addition:

- All of the pre-packaged cereals will contain less than 35% of weight from total sugar and at least 1 gram fiber per serving
- Fresh fruit or vegetables are offered daily
- At least one food item containing whole grains is offered daily

Nutrition standards for other foods and beverages available on campus

Defining “healthy” foods and beverages:

- Not more than 30% of the total calories of the food item, excluding reduced-fat cheeses, eggs, nuts or seeds, and nut butters is from fat
- Not more than 10% of the total calories of the food item, excluding reduced-fat cheeses, eggs, nuts or seeds, and nut butters, is from saturated fat.
- Not more than 35% of the total weight of the food item, excluding fruits, vegetables, and low-fat or fat-free dairy products is composed of sugar

In addition, “healthy” foods should come from the following categories:

- Milk and dairy products, including cheese, yogurt and frozen yogurt
- Full-strength fruit and vegetable juices and fruit juice containing 100% full strength fruit juice
- Fresh, frozen, canned, and dried fruits and vegetables
- Nuts, seeds, and nut butters
- Eggs
- Non-confection grain products including crackers, bread items, tortillas, pretzels, bagels, muffins, granola bars, trail-mix bars, cereal and popcorn

Beverages sold in elementary schools should come only from the following categories:

- Bottled water
- Up to 8-ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- Up to 8-ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories/8 ounces

- Up to 6-ounce servings of 100% juice, with no added sweeteners and up to 90 calories/6 ounces

Beverages sold in middle schools should come only from the following categories:

- Bottled water
- Up to 8-ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- Up to 8-ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories/8 ounces
- Up to 6-ounce servings of 100% juice, with no added sweeteners and up to 90 calories/6 ounces

Beverages sold in high schools should come only from the following categories:

- Bottled water
- Zero or low calorie beverages with up to 10 calories/8 ounce (e.g. unsweetened or diet teas, low calorie sport drinks, fitness water, flavored waters, seltzers, etc.), except diet/reduced-calorie soda or energy drinks may not be sold in high school.
- Up to 8-ounce servings of fat-free or low-fat milk. Milk includes nutritionally equivalent milk alternatives (per USDA)
- Up to 8-ounce servings of fat-free or low-fat nutritionally equivalent flavored milk up to 150 calories/8 ounces
- Up to 8-ounce servings of 100% juice, with no added sweeteners and up to 120 calories/8 ounces
- Other drinks, up to 12-ounce servings with no more than 99 calories/12 ounces
- At least 50% of non-milk beverages must be water and no or low calorie options

To ensure that students and staff have access to healthy foods and beverages, it is the goal of the district that all foods and beverages listed will be healthy, as defined above. All foods and beverages made available in the following settings/functions will meet the nutrition standards outlined above:

- Vending machines
- Concession stands
- A la carte venues
- Student stores
- School parties/celebrations
- Snack time
- Staff meetings
- Fundraisers sold outside of the school day (fundraisers during the school day must be non-food items only)
- All other school-based activities

In addition, the following recommendations support the Wellness Policy Goals stated in BP 5030.

Goal 1: The goal of providing a comprehensive learning environment shall be accomplished by the following objectives:

- Providing age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- Promoting healthy eating, physical activity, and the school meal programs to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, staff in-services, etc.
- Sharing nutrition education information with families and the broader community to positively impact students and the health of the community, while encouraging families to teach their children about health and nutrition.
- Promoting the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to reinforce nutrition education messages.
- Implementing consistent and sequential health and nutrition education.
- Integrating nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.
- Providing research-based staff development opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.
- Ensuring that staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Encouraging the use of school gardens as learning environments for education about nutrition, food, and sustainability.
- Ensuring that nutrition education information is current and research based.
- Encouraging food providers and contractors to be sensitive with advertising messages to ensure that food and beverage advertising is consistent with and reinforces the goals of health education and nutrition standards.

Goal 2: The goal of supporting and promoting proper dietary habits shall be accomplished by the following objectives:

- Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat; striving toward national recommendations (from the National Association of State Boards of Education, the Centers for Disease Control and Prevention, and others), which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

- Assuring that the school cafeteria is a pleasant eating environment, including displays of student art, plants, natural light, calming music, health education information and reduced noise, if possible.
- Recommending that students and staff have access to age-appropriate, healthful items for all foods and beverages made available on campus (including vending, concession stands, a la carte venues, student stores, school parties/celebrations, snack time, staff meetings, standardized testing, fundraisers sold outside of the school day, and all other school-based activities).
- Purchasing, to the greatest extent possible, food and beverage products that are California-produced products.
- Discouraging consumption of soda and sugar-sweetened beverages in all schools. These beverages include, but are not limited to: soda, energy drinks, sugar-sweetened teas, and sports drinks.
- Promoting consumption of water as an essential nutrient that plays a role in overall health. Children need an ongoing water supply to keep their bodies functioning normally and to avoid dehydration.
- Providing all students and employees with access to clean, safe, palatable drinking water free of charge at every District facility in areas such as cafeteria and eating areas, classrooms, hallways, gymnasiums, play yards and athletic fields and faculty lounges throughout the school day and at before and after school activities.
- Allowing students to bring drinking water from home and to take water in the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- Encouraging all school administrators, teachers, and building staff to model drinking water consumption.
- Performing maintenance on all water fountains regularly to assure access to drinking water
- Providing fundraising guidelines to encourage the sale of healthy beverage options
- Discouraging student access to vending machines, school stores and other venues that contain foods of minimal nutritional value. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines.
- Encouraging families, teachers, students, and school officials to participate in choosing competitive food selections for their local schools and to provide input on the school meal program menu offerings.
- Making information accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through school meal programs. Encouraging that nutrition information for products offered in

- snack bars, a la carte, vending, and school stores be readily available near the point of purchase.
- Encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events and family fun runs for all fundraisers that occur during the school day. Any food used in fundraisers during or outside of the school day will comply with the nutrition standards detailed in this regulatory document. The district will encourage the use of physical activity-based fundraisers whenever possible.
 - Encouraging that food not be used as a reward or as disciplinary action for student behaviors. Should school staff use food as a reward for student accomplishment, healthy choices are recommended.
 - Encouraging parents and staff to contribute healthful food and beverage items to classroom celebrations to comply with the nutrition standards detailed in this regulatory document. The district will provide parents and teachers with an approved list of healthful, commercially prepared foods to contribute to classroom celebrations.
 - Recommending that the district employ a Director—as budget supports-- who is able to administer the food service program and satisfy reporting requirements.
 - Recommending that a registered dietitian is consulted by the Food Services Department on menu development and implementation.
 - Encouraging that a Wellness Specialist be consulted and/or employed—as budget supports—to oversee and/or support the district's Wellness Policy and the Student Wellness Policy Committee.

Goal 3: The goal of providing more opportunities for students to engage in physical activity shall be accomplished by the following objectives:

- Recommending that physical education be taught by either credentialed physical educators or by a broader set of teachers with training in physical education skills and concepts.
- Recommending all schools administer a standard health-related fitness assessment to help students determine their own level of fitness and create their own fitness plans at least once a year.
- Making health-promotion activities available for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations and walking clubs.
- Promoting walking or bicycling to and from school where applicable.
- Increasing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs. After-school programs will encourage formation of healthy habits.
- Increasing physical activity opportunities during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum. The district will encourage staff to provide at least two, five-minute activity breaks daily.

- Ensuring the amount of physical activity provided will be consistent with all requirements of California Ed Code 51210 and 51222
- Recommending that physical activity not be withheld from, nor required of, a student as a form of discipline, due to incomplete assignments, or for testing purposes during the school day.
- Encouraging recess to be provided before lunch where feasible; if recess is after lunch, schools will prohibit students from leaving the cafeteria until the lunch period is over.
- Encouraging schools to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Encouraging parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. The district will provide information to families to help them incorporate physical activity into their students' lives.

To further improve the health and well-being of our students, the district establishes the following objectives:

- Encouraging schools to incorporate wellness into their School Site Plans.
- Encouraging schools to organize wellness teams comprised of families, teachers, administrators, and students to plan, implement, manage, evaluate, and improve nutrition and physical activity in the school environment.
- Ensuring that all school-based activities are consistent with the wellness policy documents (BP 5030 and AR 5030).
- Recommending that schools assist in the assessment and evaluation of the wellness policy at least once per school year.
- Encouraging communication and collaboration with local agencies and organizations to support objectives and goals set forth in BP 5030 and AR 5030.

Legal Reference:
EDUCATION CODE

33350-33354	CDE responsibilities re: physical education
35182.5	Contracts, non-nutritious beverages
45103.5	Contracts for management consulting services; restrictions
49430-49436	Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494	School breakfast and lunch programs
49500-49505	School meals
49510-49520	Nutrition
49530-49536	Child Nutrition Act
49547-49548.3	Comprehensive Nutrition Services
51795-51797	School Gardens

51222 Physical education
51223 Physical education, elementary schools

HEALTH AND SAFETY CODES

113700-114437 California Retail Food Code

CODE OF REGULATIONS, TITLE 5

15530-15535 Nutrition education

15575-15578 Requirements for foods and beverages outside federal meal programs

UNITED STATES CODE, TITLE 42

1751-1769j National School Lunch Program, including

1758b Local wellness policy

1761 Summer Food Service Program and Seamless Summer Feeding Option

1769a Fresh Fruit and Vegetable Program

1771-1793 Child nutrition, especially:

1772 Special Milk Program

1773 National School Breakfast Program

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

215.1-215.18 Special Milk Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Active Bodies, Active Minds: Physical Activity and Academic Achievement, Fact Sheet, February 2010

Maximizing Opportunities for Physical Activity Through Joint Use of Facilities, Policy Brief, rev. February 2010

Maximizing Opportunities for Physical Activity During the School Day, Fact Sheet, November 2009

Moderate to Vigorous Physical Activity in Physical Education to Improve Health and Academic Outcomes, Fact Sheet, November 2009

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 2009

Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade 12, January 2005

Adapted Physical Education Guidelines for California Schools, 2003

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES PUBLICATIONS

2008 Physical Activity Guidelines for Americans, October 2008

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Physical Fitness Testing:

<http://www.cde.ca.gov/ta/tg/pf>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Educational Data System, California physical fitness:

<http://www.eddata.com/projects/current/cpf>

Healthy People 2010: <http://www.healthypeople.gov>

National Association for Sport and Physical Education:

<http://www.aahperd.org/naspe>

President's Council on Physical Fitness and Sports: <http://www.fitness.gov>

The California Endowment: <http://www.calendow.org>

U.S. Department of Health and Human Services: <http://www.health.gov>

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San Andreas, California