

STUDENT WELLNESS

Students

The San Ysidro School District, along with Parents/guardians, the community, and Governing Board, recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. By supporting healthy eating and physical activity, we will promote and protect our children's health, well-being, and ability to learn.

The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through the district Wellness Committee, health education, physical education, child nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The Governing Board will adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The District Wellness Committee, District Superintendent, and site administrators will annually ensure that the local school Wellness Policy is implemented, monitored, and revised through the use of implementation surveys and through biennial reports to the Board.

Wellness Committee

The Governing Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, Physical Education teachers, School Health Professionals, and members of the public.

The Superintendent or designee shall appoint and sustain a District Wellness Committee. The Committee will convene at least 4 times annually during the school year at hours convenient for public participation. The Wellness Committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. The committee will also assist with monitoring and enforcement of the Wellness Policy.

School Health Council

The Superintendent/designee will appoint a School Health Council consisting of representatives of the above aforementioned groups. The Council may include principals, school nurses, health educators, physical education teachers, counselors, staff, parents/guardians, and PTA members.

The School Health Council will support Principals and the District Wellness Committee on issues of monitoring, implementation, and enforcement of the District Wellness Policy.

NUTRITION EDUCATION, PHYSICAL EDUCATION, FOODS & BEVERAGES, AND OTHER SCHOOL ACTIVITIES

The Board shall adopt goals for nutrition, nutrition education and promotion, physical education, physical activity, and other school-based activities such as school gardens that are designed to promote student wellness in a manner that the District determines appropriate.

Nutrition Education and Promotion

(New Section 204 of the Healthy, Hunger-Free Kids Act of 2010)

Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the instructional program in grades K-8, as suitable, integrated into core academic subjects and offered through, before- and after-school programs.

Nutrition education programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services and to achieve the competence to use such information and services in ways that are health enhancing.

The District aims to teach, encourage, and support healthy eating by students and others while on the school site. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:

- Offering each grade level a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- As appropriate, integration into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences.
- Developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.
- Promoting the consumption of water, fruits, vegetables, whole-grain products, and low-fat or fat-free dairy products, and healthy food preparation methods emphasizing

calorie balance between food intake and energy expenditure through physical activity and exercise.

- Linking educational and promotional activities with Child Nutrition Services and nutrition-related organizations and community services.
- Promoting individual school site health and wellness fairs where nutrition and physical activity information and resources will be shared with parents and the community.
- Dairy Council of California will provide nutrition education programs on an annual basis to every teacher in the district to allow nutrition education to be taught in every grade.
- Nutrition presentations for parents provided by the San Ysidro Health Center.
- Nutrition education and resources provided by UCSD Power Play! Campaign.
- Providing consistent messaging about healthy habits where we live, learn, work and play. The District will collaborate with community organizations, doctors, child care providers, and other health initiative partners to support the same four healthy habits of the “5-2-1-0” campaign every day:
 - 5 – fruits and vegetables
 - 2 – hours or less of recreational screen time*
 - 1 – hour or more of physical activity
 - 0 – sugary drinks (increase water intake)**

*Keep TV/computer out of the bedroom. No screen time under the age of two.

**Utilize Rethink Your Drink messaging also

[\(http://www.rchsd.org/healthsafety/rethinkyourdrink/\)](http://www.rchsd.org/healthsafety/rethinkyourdrink/)

School Gardens

School gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving, and tasting self-grown food.

The District supports:

- The use of school property for instructional school gardens that promote nutrition education and physical activity that is integrated with other subject area instruction to enhance learning. Instructional school gardens will provide students with experiences in planting, harvesting, preparation, serving and tasting foods.

- The sustainability of school gardens through activities including, but not limited to, grant writing, fundraising, and/or in-kind donations of materials or other resources.
- Utilize resources such as local farm visits and school gardens to create models for healthy activities and help students learn about their food system and apply academic concepts with hands-on activities.

Food Marketing in Schools

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards/signboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to the promotion of those consistent with California Nutrition Standards and guidelines set forth by the District.

The promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.

Child Nutrition Services, in partnership with other school departments and community organizations, will work to creatively market and promote locally produced food to students through developing cafeteria themes related to local farmers and products grown in the region.

School staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g., coffee, soda, energy drink containers; bags of chips; candy) that do not support the District's health messaging and wellness policies.

Physical Education

The San Ysidro School District will provide all students with the opportunity to be physically active within developmentally appropriate physical education as part of the academic curriculum.

Physical education activities shall promote personal self-image and teach students how to cooperate to reach common goals. The district will meet minimum requirements for physical education as specified in the California Education Code: all elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed/ Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days (CA Ed. Code 51223).

The District shall:

- Require sites to perform a physical education needs assessment to determine curriculum, equipment and supplies needed.
- Programs such as interscholastic or intramural sports, marching band, drill team, etc. cannot be used as a substitute for meeting the physical education requirement.
- Provide students with disabilities and with special healthcare needs will receive physical education services (modified or adapted). Exemptions include students who are ill or injured and a modified program cannot be provided or the student is enrolled for one-half of the school day or less.
- Limit the amount or type of physical activity required of students during air pollution episodes, hot weather, and/or harsh climate conditions.
- Ensure that opportunities for physical activity through physical education and recess will not be used as a means of punishment (e.g. doing push-ups)
- Discourage teachers and staff from withholding opportunities for physical activity (such as recess) as punishment.
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement of these rules and procedures.

Moderate to Vigorous Physical Activity/Joint Use Agreements

All students shall be provided opportunities for moderate-to-vigorous physical activity.

Physical Activity Recess

- Schools will require supervised recess for all elementary students that last at least 15-20 minutes a day.
- The District encourages schools to schedule lunch recess before the designated lunch period.
- Schools should discourage extended periods of inactivity. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks for moderate physical activity.

Board Policy 5030 (f)

Joint Use Agreements

School facilities and open spaces including fields will be made available to students, staff, community members and community agencies during non-school hours through joint use agreements, as deemed appropriate by the governing board.

- Encourage moderate to vigorous physical activities through structured activities such as run/walk programs, intramurals, games, etc.
- Promote walking and bicycling. Assess routes and facilitate improvements to make it safer and easier for students to walk and bike to school.
- Work together with local public works, public safety and police departments in those efforts.
- The District will work in partnership with Walk San Diego to coordinate “walk to school” activities through the Safe Routes to School Program.

Foods and Beverages

Nutritional standards for all foods and beverages including those served in federally reimbursable meal programs, a la carte food sold by Child Nutrition Services, food sold by Student Organizations, food sold by fundraisers and food offered to students will strictly adhere to all laws and regulations of the federal, state, local governments and the SYSD Wellness Policy. This includes any and all existing future regulations on food service and safety. These regulations will be in effect for services offered to students beginning half hour before, during and through half hour after school sessions unless noted in the procedures.

The Superintendent or designee will provide and disseminate health information to parents/guardians, and students about the nutritional content of meals through District or school menus, newsletters, handouts, meetings and the District’s website. Outreach to parents and guardians shall emphasize the relationship between student health and academic performance.

Nutritional Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1751-1769, 1758b, and 1771-1791 and shall meet the nutritional standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773)

Board Policy 5030 (g)

Foods should:

- Be nutritious and appealing to students.
- Meet the nutritional guidelines and new meal pattern requirements mandated by the United States Department of Agriculture as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).
- Meet nutritional guidelines required by the Child and Adult Care Food Program to meet Pre-school student's dietary needs.

Snacks

Snack: A food that is generally regarded as supplementing a meal. The Healthy Hunger-Free Kids Act of 2010 required USDA to establish nutrition standards for all foods in schools beyond the federally-supported meals programs.

Allowable Snack - A food item that contains:

- Not more than 35% of calories from fat
- Not more than 10% of calories from Saturated fat
- Not more than 35% sugar by weight
- Not more than 175 calories for elementary students
- Not more than 250 calories for middle school students

Exempt snacks include: nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, legumes and vegetables that have not been deep fried.

School Beverages

All schools may sell water or carbonated water; unflavored low-fat milk; flavored or unflavored fat-free milk and soy alternatives; 100% fruit or vegetable juice. Portion sizes of juice and milk vary by the grade of students.

- Drinking water with no added sweetener
- Fruit juice with no less than 50% fruit juice, no added sweetener
- Vegetable drinks with no less than 50% juice, no added sweetener
- Milk: 1%, non-fat, milk alternatives such as soy, almond and rice milk.
- Carbonated drinks that are currently on the USDA exemption list and approved by the Child Nutrition Department.

Board Policy 5030 (h)

Foods of Minimal Nutritional Value

Title 7 Code of Federal Regulations: Part 210 and 220.

These foods do not meet the “allowable snack list” and should not be served or sold during half hour before, during and half hour after school session.

FMNV include: soda water, candy, popsicles (100% fruit juice not included), lollipops, ice-cream, cookie dough, cookies, chewing gum, marshmallow, fondant, licorice, spun candy, and certain smoothies.

Free and Reduced Price Meals

The District recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, the district shall provide nutritionally adequate free and reduce price meals for students whose families meet federally eligibility criteria by participating in available federal nutrition programs to the extent possible.

Meal Times and Scheduling

Schools shall:

- Schedule meal periods at appropriate times and allow adequate, uninterrupted periods for meals.
- Promote schools’ participation in the District’s Breakfast Program.
- Promote Salad Bars.
- When possible, suggest lunch periods to follow recess in Elementary Schools.
- Provide access to hand washing or hand sanitizing and provide a clean, safe, and pleasant eating environment.
- Free, potable water will be available for consumption in the place where meals are served during meal service at all district schools (Section 203, Healthy, Hunger-Free Kids Act, 2010 and AB 1413).

School Based Activity Guidelines

The following areas must utilize the “allowable snack list”:

Fundraising Activities

School fundraising activities (PTA/PTO) should not involve food or will use only foods that meet the nutrition standards for foods and beverages and not be a food of minimal nutritional value. The School District will make available a list of ideas for acceptable fundraising activities on the District’s website.

School fundraisers that occur on or off site which do not comply with the above procedures cannot be marketed through food images or signage on campus property.

Student Organizations

Elementary Schools

Reference: California Code of Regulations Section 15500

Restrictions on food or beverage sales by student organizations are effective only during school hours.

The following rules apply ONLY to food and beverage sales by student organizations:

- Only one food or beverage item may be sold, and
- Sales must be approved by governing board of school district, and
- Sale must be after the lunch period, and
- Food or beverage item cannot be prepared on campus, and
- Only four sales per school per year, and
- Food or beverage item is not one that is sold in the food service program at that school during that school day.

Middle Schools

Reference: CCR, Section 15501

Food and beverage sales by student organizations are effective during or after school hours.

The following rules apply ONLY to food and beverage sales by student organizations:

- Only three categories of food or beverage item may be sold (e.g., chips, sandwiches, juices, etc.), and

- Sales must be approved by governing board of school district, and
- Only one student organization is allowed to sell per day, and
- On any four days any and all student organizations can sell, and
- Food or beverage item cannot be prepared on campus, and
- Food or beverage categories are not ones that are sold in the food service program at that school during that school day.

Rewards

Staff and other entities (business, sponsors, and/or organizations) will use only nutritionally-compliant foods or nonfood incentives as a reward for a student's academic performance, accomplishments, or classroom behavior. The District will emphasize nonfood incentives as alternatives to all school administrators and staff members. A list of non-food reward ideas will be available on the District's website.

Classroom and School Celebrations

Classroom celebrations are required to be non-food and/or beverage 50% of the time. A special event meal may be utilized when it is part of the National School Lunch or Breakfast Program. Food may be part of the function when it is not the main focus of the event, such as in "lunch with the Principal" (or teacher) and during award assemblies.

When snacks items are being utilized as part of the event, they must be served after lunch time of the students and be compliant with snack guidelines.

Birthday Celebrations

No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday. Examples of non-food items that may be utilized will be available on the District's website or at the school office. All celebration items must be approved by the classroom teacher before being distributed to students."

Classroom Educational Events

Event must be part of the educational process. The event may include food items; however, if any item is a potentially hazardous food, all safe handling procedures must be followed.

Field Trips

The National School Lunch Program regulations require all students be offered the option to take a complete school lunch meal with them when going on a field trip. Snacks that are included during the trip must follow the wellness policy student snack list.

*Complete school lunch meal provided by the NSLP: must include whole-grain and meat requirement, $\frac{3}{4}$ vegetables, $\frac{1}{2}$ fruit and 1 cup 1% low-fat or flavored fat-free milk. Water is provided upon request but cannot replace milk.

After School and Weekend Events

SYSD events should encourage a healthy lifestyle outside the school day. It is recommended that nutritious and balanced meals, snacks and beverages are sold during these events.

Outside Food, Allergies and Food Safety

- No outside food items should be brought into the school without permission from Educational Services (School Nurse) and clearance from Nutrition Services.
- There will be no homemade or home baked foods allowed on campus.
- Schools should discourage students from sharing or selling their foods or beverages with one another during meal or snack times, given concerns about allergies, contagious diseases and restrictions in some children's diets.
- Parents of students with known allergies should be contacted prior to the classroom celebration or school event.
- All teachers shall receive training and written information from the DSN specific to any child in their classes who has severe allergies and Epi-Pen orders.

Food Service and Vending Machines

District/schools are encouraged to make available healthy snacks/foods and beverages in vending machines, in cafeterias, and at meetings, workshops, and catered events.

- Vending Machines: Providing federally compliant snacks and beverages in machines.
- Food Storage and Preparation: Environmental accommodations for food preparation and storage (e.g., sinks, refrigerators, microwaves) on the District/school support employees in bringing healthy lunches and snacks to work.
- Voluntary Food and Beverages at Work-Related Events: Principals, administrators, and meeting leaders should encourage presenters to make every effort to offer healthy options at meetings and work-related social gatherings if food and beverages are brought in by employees as part of the event.

(“Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events” can be found at www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.)

(cf. 1230 - Community/Booster Organizations)

OTHER SCHOOL HEALTH ACTIVITIES

Staff Wellness

The District recognizes the link between employee health and well-being as vital to the work and the mission of the District. The District’s goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for District personnel. The 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.

Staff Wellness Team

- The District Wellness Team shall solicit and/or identify, in conjunction with the teachers’ organization, District staff members to serve as Staff Wellness representatives on a subcommittee of the District Wellness Committee.
- The District Wellness Team will work with their partners at VEBA to develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The plan will be based on input solicited from District and school site staffs and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among all District staff.
- The Staff Wellness Subcommittee representative(s) will report regularly as part of the District Wellness Committee.
- Individual school sites will encourage activities that support personal efforts by staff to maintain and model a healthy lifestyle.
- The Superintendent/designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.
- Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Healthy Worksite Environments

The worksite wellness initiatives shall address the primary components of a healthy lifestyle including healthy eating, physical activity, tobacco use cessation, a drug- and alcohol-free lifestyle, and stress management.

Examples of workplace policies that support wellness:

- Provide smoke-free workplace environment/policies.
- Promote healthy food policies for work events (meetings, workshops).
- Encourage participation in community/District/school site wellness and physical activities.
- Work with food vendors to offer healthier selections.

Breastfeeding in the Workplace

In recognition of the well documented health advantage of breastfeeding for infants and mothers, the SYSD provides a supportive environment for breastfeeding mothers. The district will follow state and federal breastfeeding laws.

Student Wellness

The District shall:

- Provide all students access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.
- Provide students access to credentialed school counselors and psychologists, as needed, who offer support and assistance in making healthy decisions, managing emotions, and coping with crises.
- Require schools to provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe.
- Require all students to obtain an oral health screening from a dental professional prior to May 31 of the first year the child enters school. (State law and the Education Code requirement).

After School Program

The district shall:

- Require all school-based before and after-school programs be aligned with the student wellness policy adopted by the district.
- Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
- Require snacks provided through the Federally Reimbursable Snack and Meal Programs meet federal guidelines.

Program Implementation and Evaluation

References: Education Code (EC), sections 49431(c), 49431.2(d), and 49434

The Governing Board shall establish a plan for measuring implementation of the policy. Schools/district, school administrators, food service staff, and other members of the school health committee shall provide continued assistance in implementing this policy.

The Superintendent shall designate at least one person within the District and a site administrator at each school to oversee the implementation and evaluation of the Wellness Policy. Site administrators with the assistance from school staff, parent and teacher organizations, and the School Site Council at each school are charged with the operational responsibility for ensuring that the school site implements the District's Wellness Policy.

The Superintendent and Wellness Committee Chairperson shall recommend for Governing Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school.

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;
- Summary of District/school events that supports positive healthy lifestyles.
- Surveys and follow-ups to students and staff about the meal program and school activities.
- Any sales of non-nutritious foods, and beverages in fundraisers or other venues outside the district's meal programs;
- Feedback from food service personnel, school administrators, the school health committee, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Governing Board at least each year for the first 2 years and thereafter every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity. As necessary, the wellness related policies shall be revised and or modified to reflect state and federal laws and evaluation results.

Posting Requirements

Reference: EC, Section 49432

Required communications on the Wellness Policy are to be posted on the San Ysidro School District Website and available to the public at each school site. (Education Code 49432)

These procedures will be reviewed by the Wellness Committee and the Director of Child Nutrition Services or designee each year.

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SAN YSIDRO SCHOOL DISTRICT
San Ysidro, California