

Julian Union High School District
STUDENT WELLNESS POLICY
Board Approved 8/16/12

Preamble

Whereas, good health fosters student attendance and education;

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas healthy eating habits and physical activity are often established in childhood;

Whereas students and their families trust that the foods offered at school are wholesome and safe;

Whereas healthy children are the foundation of a healthy society;

Thus the Julian Union High School District recognizes the link between student health and learning and is committed to providing a comprehensive learning environment that supports and promotes wellness, healthy eating, nutrition education, physical education and activity for district students. The Julian Union High School District shall build and maintain a coordinated school health program that supports and reinforces health literacy through health education, physical education, health services, nutrition services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

I. School Health Council

The board's policy related to student wellness shall be developed and periodically assessed by the School Wellness Committee.

The School Wellness Committee will include the Superintendent (District Wellness Coordinator), Principal, Director of Nutrition, Board Member representative, Parent representative, community members, and student representatives. The Wellness Committee will meet quarterly with meeting dates posted and advertised. The School Board will be updated quarterly, and meeting minutes will be accessible from the District Office and District web site.

The school wellness committee shall assist with policy development and updates and advise the district on health-related issues, activities, policies, and programs. The committee may plan and implement activities to promote health within the school or community. The district will inform the public, parents and staff on progress on its web site, at Parent Teacher Organization meetings, and in district newsletters. The district Wellness Policy will be posted in its entirety in English and Spanish near the entrance of school cafeterias. The District Superintendent is designated to ensure Wellness Policy implementation and oversight.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals District schools shall participate in available federal school meal programs (the School Breakfast Program and National School Lunch Program). Foods and beverages provided through federally reimbursable school meal

programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools. Nutrient analysis of all meals shall be available for parents and students to see.

Food

The district shall:

- Include whole, fresh, unprocessed foods and ingredients in meals and when possible incorporate locally produced food for meals and snacks
- Use foods low in sodium (no more than 230 mg per serving for chips, cereals, crackers, French fries, baked goods and other snack foods; and no more than 480 mg of sodium per serving for pastas, meats and soups; and no more than 600 mg of sodium for pizza, sandwiches, and entrees)
- Limit sources of trans fatty acids
- Offer a choice of at least two fruits and/or non-fried vegetables at any location on the school sites where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)
- Be appealing and attractive to children and be provided in a pleasant eating environment that is adequate and sheltered
- Engage students and parents, through surveys, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices.

Breakfast

To ensure that all children have a healthy (low sugar, fat, sodium and high fiber) breakfast, either at home or at school, schools shall:

- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including “grab and go” or breakfast served during morning break or recess
- Notify parents of the availability of the School Breakfast Program
- Encourage parents to provide a healthy breakfast for their children if served at home

Free and Reduced Price Meals The district shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. The school shall continue to utilize electronic identification and payment systems.

Meal Times and Scheduling

Schools shall:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, lunch should be scheduled between 11 a.m. and 1 p.m.
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs

Qualifications of Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district

shall provide for continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for school nutrition manager and cafeteria workers, according to their levels of responsibility.

Sharing of Food and Beverages

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

Foods and Beverages Sold Individually Outside of School Meals

The board believes that foods and beverages available to students in district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages served or sold to students during the school day, including foods and beverages provided through the district's food service program, student stores, or other venues, shall meet or exceed Senate Bill 12 guidelines.

Beverages

Beverages containing added sweeteners including sugar, invert sugar, dextrin, sucrose, honey, corn syrup, aspartame, saccharine, sucralose, cane juice, molasses, Equal, NutraSweet, and Splenda shall not be sold or made available to students on the school campus.

Schools will offer an accessible water station located within the snack/lunch area during meals and nutrition breaks to ensure that all children have access to water.

Fundraising Activities

To support children's health and school nutrition efforts, school, teacher, or parent group sponsored fundraising activities shall not involve food or shall only use food that meet nutrition standards as specified by above nutrition standards for food and beverages. Schools shall encourage fundraising activities that promote physical activity. The school district shall make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school 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. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Snacks provided through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Parents shall be encouraged to provide their children with food and snacks to bring on campus that meet the nutrition standards adopted by the district.

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 performance or good behavior, and will not withhold food or beverages as a punishment.

School-sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school

day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

III. Nutrition and Physical Education Promotion and Food Marketing

Nutrition Education and Promotion

Nutrition education shall be delivered in the classroom by credentialed teachers. Instruction shall be given by the health education teacher to all students in the district. Nutrition instruction will also be included/interwoven by teachers of other core subject areas and electives. Health topics to be covered will be relevant and important to the health of adolescents.

Students will learn about media literacy—dissecting the food marketing industry to understand the Madison Avenue techniques used to sell different food/beverage choices.

Integrating Physical Activity into the Classroom Setting

Opportunities for physical activity shall be incorporated into other subject lessons and used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Communications with Parents

To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through the weekly school bulletin, handouts, parent/guardian meetings, the district website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Food Marketing in Schools

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

Staff Wellness

The district values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. A staff wellness committee composed of at least one staff member, school health council member, and other health professionals shall meet as a subcommittee of the school health council. The committee shall assess, develop, 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 and model healthy eating, physical activity, and other elements of a healthy lifestyle.

IV. Physical Activity Opportunities and Education

Daily Physical Education

All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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

The district will administer a physical fitness test annually to students. Students will receive their individual fitness test results upon completing the test and a letter with fitness results sent home to parents. Fitness test results will be reported to school board and district staff annually.

Physical Activity Opportunities Before and After School

Whenever possible, district schools will offer extracurricular activities programs, such as sports, physical activity clubs or special events that focus on physical activity.

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.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. Most notably, the Julian High track is available to community agencies and organizations which have need of an exercise space. School policies concerning safety will apply at all times.

V. Health Services and Education

Counseling, Psychological, and Social Services

The Vista Hills Learning Assistance Center shall be designated to provide educational and counseling opportunities for promoting social-emotional development and resiliency. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning. Prevention programs, including violence prevention, sex education and drug and

alcohol programs, shall be offered as appropriate.

Healthy School Environment

The Vista Hills Learning Assistance Center shall be designated to provide services to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists will contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers shall provide these services.

The district shall endeavor to provide a positive psychological environment that includes the physical, emotional, and social conditions affecting the well being of students and staff. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.

VI. Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals

Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The district will report on a periodic basis to the State and general public about the school wellness environment including nutrition education, whether all students are meeting age-appropriate physical education recommendations based on state and national guidelines, and the amount of time students are required to spend in physical education.

Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.