

## **FALLBROOK UNION ELEMENTARY SCHOOL DISTRICT WELLNESS POLICY**

### **DISTRICT HEALTH COUNCIL**

The Governing Board recognizes the important link between student health, nutrition and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in Fallbrook Union Elementary School District students. The superintendent or designee shall establish a district health council to develop policies for Governing Board approval that support and reinforce health literacy through health education, physical education, extracurricular activities, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, school food service professionals, school administrators, and Board members. The district health council may also include district health professionals, health educators, physical education teachers, counselors and/or others interested in school health issues.

The district health council shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's responsibilities may include planning and implementing activities to promote health within the school community. The district health council shall meet no fewer than two times per school year and shall periodically assess the school wellness policy.

### **NUTRITION EDUCATION**

The Board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors which contribute to a healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.

Nutrition education helps provide all students with the knowledge and skills needed to lead healthy lives. Students may learn to address nutrition-related health concerns through age and grade level-appropriate nutrition education lessons and activities. Nutrition education should extend beyond the school environment by engaging and involving families and communities. School district personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School district personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education may also be provided through school garden activities. Staff are encouraged to integrated hands-on experiences with school gardens as feasible, including composting, planting, and harvesting.

As a part of the Board's commitment to promoting local, nutritious food and student education regarding food choices, the following programs have been integrated into the Child Nutrition Program:

- The Center for Ecoliteracy's California Thursday Network
- Increased local produce and food items made or sourced from our community and the state of California
- Increased scratch cooking for all school sites

## **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

The goals of the FUESD physical education program are (1) to promote lifelong physical activity and (2) to provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as obesity, cardiovascular disease and Type II diabetes, students enrolled in kindergarten through eighth grades will participate in physical activity in accordance with State of California Physical Education Framework and instructional minute requirements of 200 minutes every two weeks. Additionally, in accordance with State of California requirements, all fifth grade students will be provided a BMI screening by school health staff. Physical education will foster and promote optimal physical fitness, will help students know and understand the value of being physically fit, and will teach students the types of activities that contribute to total fitness. Physical education will be taught in an environment where students can learn, practice and receive assessment on age appropriate skills as defined in the State of California Physical Education Framework Grades K-12. Schools will strive to provide opportunities for age and developmentally appropriate physical activity during the day for all students, so that students can learn to exhibit a physically active lifestyle. Such activity may be achieved through a regular physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity programs. The principal will work with teachers to ensure that students meet the minimum physical activity requirement.

## **NUTRITION GUIDELINES FOR FOOD AVAILABLE AT SCHOOLS**

The Board shall adopt nutrition guidelines determined by the District for all food available on each campus during the school day, with consideration for promoting student health, reducing childhood obesity, providing a variety of nutritious meals, and promoting life-long healthy eating habits.

The Board believes that food and beverages available to students at District schools should support the health curriculum, promote optimal health and follow all safe food handling procedures. Nutrition 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, fundraisers or other venues, shall meet or exceed State and Federal nutrition standards.

The Superintendent or designee shall recommend school organizations to use healthy food items or non-food items for fundraising purposes. Food or beverages are recommended not to be used by any person as a reward for a student's daily academic performance or behavior in the classroom or on school grounds.

Principals shall recommend the use of non-food rewards and healthy alternative meals or snack choices when events are being planned for students. This includes teachers, parents, parent teacher organizations, community groups, and others who plan celebrations or reward events for students.

The following procedures are to be followed to be in compliance with the District Wellness Policy:

**Nut Free Tables**

All kindergarten through sixth grade schools shall offer nut-free tables for children to use during meal periods.

**Food Rewards**

Food or beverages are recommended to not be used for academic or behavior rewards.

**Classroom or School Celebrations**

Healthy drinks and snack food items are recommended for classroom or school celebrations. A special event meal may be utilized as a celebration when it is part of the National School Lunch Program. Also, food may be part of a celebration when it is not the main focus of the event. Examples of this are lunch with a teacher, principal or special person and awards assemblies where food is not a reward. When food or beverage items are being utilized, they must be given after the lunch time of the students and an allowable snack or school beverage must be offered.

**Student Stores**

The district health council recommends all student stores limit sales to non-food items.

**Birthday or Personal Celebrations**

Birthday or personal celebrations in the classroom may only be recognized with items that meet the allowable snacks and must be purchased and not made at home. All celebration items must be approved by the Principal or designee before being distributed to students.

**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 1751-1769h and 1771-1791. Menus shall be planned that 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 as they apply to schools.

All food served by Child Nutrition Services will adhere to SB12 and SB 965 as per the Administrative Regulation #3550.

## **IMPLEMENTATION AND REVIEW OF POLICY**

The Board shall establish and maintain a plan for measuring implementation of the policy.

The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. Primary operational responsibility for the district's wellness policy shall be as follows:

- School principals to ensure that nutrition guidelines for foods available at schools are followed, and that the District adopted course of study for K-8 physical education will be implemented and other District approved physical activity programs will be provided.
- The Director of Child Nutrition Services to ensure that all federal, state, and local laws and regulations regarding the child nutrition programs are strictly enforced.
- The Assistant Superintendent of Education Services to ensure that goals for nutrition education, physical education and physical activity, and other school based activities, designed to encourage student wellness, are achieved.

The Superintendent or designee shall develop a list of specific quality indicators that will be used to measure the implementation of the policy district wide and at each school.

The Superintendent or designee shall report to the Board on the implementation of this policy and any other Board policies related to nutrition and physical activity.

## **POSTING REQUIREMENTS**

Each school shall post a summary of the District's policies and regulations on nutrition and physical activities in public view within the school office, cafeterias or any other central eating areas. Entire policies and regulations shall be made available on the District Web Page and/or in District Manuals.

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