

Board Policy

Student Wellness

BP 5030

Students

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

- (cf. 0200 - Goals for the School District)
- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.23 - Infectious Disease Prevention)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6164.2 - Guidance/Counseling Services)

School Wellness Committee

The superintendent or designee shall strongly encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy (42 USC 1758b)

The various stakeholders may assist with policy development and advise the district on health-related issues, activities, and programs. At the discretion of the Superintendent or designee, a school health council may be created that could be used for planning and implementing activities to promote health within the school or community.

- (cf. 1220 - Citizen Advisory Committees)
- (cf. 9140 - Board Representatives)

The school wellness committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the superintendent or designee, the duties of the

Committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Nutrition Education, Physical Activity and Other Wellness Activity Goals

The Board shall 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. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

Schools will provide all students in 9th - 12th grade the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

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

(cf. 6011 - Academic Standards)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6242.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer Learning Programs)

To reinforce the district's nutrition education program, 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, free giveaways, or other means.

(cf. 1325 - Advertising and Promotion)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging

students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 6145 - Extracurricular and Curricular Activities)
(cf. 6145.2 - Athletic Competition)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

The superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 - Media Relations)
(cf. 1113 - District and School Web Sites)
(cf. 1114 - District-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

In order to ensure that students have access to comprehensive health services, the district will provide access to health services at or near district schools and/or may provide referrals to community resources.

The board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition

(cf. 5131.2 - Bullying)
(cf. 5145.3 - Nondiscrimination/Harassment)

The superintendent or designee shall encourage staff to serve as positive role models for students

Healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Health Services

A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and

controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.

Counseling and school psychological services will promote social and emotional development, enhance resiliency, and provide protective buffers within the school community. 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.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods and beverages available on each campus during the school day. Consistent with 42 USC 1773 and 1779 and federal regulations which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, after-school supper programs, and Child and Adult Care Food Program (CACFP) to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 3554 - Other Food Sales)
(cf. 5148 - Child Care and Development)

The superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner

The board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3554 - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall strongly encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance,

accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall strongly encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties or celebrations. Foods and beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party or celebration.

Class parties or celebrations shall be held after the last lunch period or be incorporated into the school lunch program through Nutrition Services. The frequency of class parties or celebrations shall be left to the discretion of the site administrator.

Nutrition Services shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.

Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, district sponsored, before- and after-school programs.

School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible.

School meals shall use foods low in sodium and limit sources of trans fatty acids whenever possible.

Nutrition Services shall monitor and implement food safety procedures for all food sold, served, or consumed on school premises with the exception of food brought from home for individual consumption or staff-only functions.

Guidelines for Reimbursable Meals

Nutrition Services shall use the USDA food-based menu planning option as the basis for school meal menu planning.

Nutrition services shall use the "smart Snack" guidelines for all a la carte foods and beverages sold out- side of the reimbursable meal.

Schools shall provide an eating environment that reinforces classroom nutrition instruction in a space that is adequate and sheltered for cafeteria eating and food preparation.

Nutrient analysis of all meals shall be available for parents and students to see.

(cf. 3553 - Free and Reduced Price Meals)

Program Implementation and Evaluation

The Board shall establish 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. (42 USC 1758b)

(cf. 0500 - Accountability)
(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall recommend for Board approval various quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. The superintendent or designee will convene at least four times a year during the school year. The committee will discuss implantation, monitoring, and revision of the school wellness policy, and provide resources and/or policy recommendations to the schools and the board.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The board and the superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district's activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.

The superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school wellness committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
 - 49430-49434 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
 - 49540-49546 Child care food program
 - 49547-49548.3 Comprehensive nutrition services
 - 49550-49561 Meals for needy students
 - 49565-49565.8 California Fresh Start pilot program
 - 49570 National School Lunch Act
 - 51210 Course of study, grades 1-6
 - 51220 Course of study, grades 7-12
 - 51222 Physical education
 - 51223 Physical education, elementary schools
 - 51795-51796.5 School instructional gardens
 - 51880-51921 Comprehensive health education
- ##### 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:
1758b Local wellness policy
1771-1791 Child Nutrition Act, especially:
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
220.1-220.23 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012

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

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

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

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

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

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action,

2000

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

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

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy ESCONDIDO UNION HIGH SCHOOL DISTRICT

adopted: December 8, 2015 Escondido, California

Administrative Regulation

Student Wellness

AR 5030

Students

Wellness Regulations for Physical Activity and Nutrition

Escondido Union High School District believes children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and good health fosters student attendance and education.

Escondido Union High School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans as well as the State and Federal meal guidelines set forth by the U.S. Department of Agriculture and the California Department of Education.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (which may include the School Breakfast Program and National School Lunch Program, Summer Food Service Program, Pregnant and Lactating Teen Program, and Infant and Toddler Feeding Program).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

I. REGULATION GOALS:

School Wellness Committee

The school district's wellness committee will make recommendations to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policy regulations. The district's Superintendent or his designee may put in place the procedures and administrative regulations necessary as a result of the committee's recommendations. The

committee will also serve as a resource to school sites for implementing those regulations.

(The wellness committee consists of a group of individuals representing the school and community, and should include parents/guardians, students, food service employees, members of the school board, school administrators, teachers, health professionals, community agencies, and members of the public.)

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The school wellness committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the superintendent or designee, the duties of the Committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

Nutritional standards for all food and beverages including those served in the federally reimbursable meal programs, a la carte food sold by Child Nutrition Services, food sold by student organizations, food sold for fundraisers and food offered to students will strictly adhere to all laws and regulations of the federal, state, local governments and the EUHSD Wellness Policy. This includes any and all existing and future regulations on food service and safety. These regulations will be in effect for services offered to students from midnight before to one half hour after school sessions unless noted in the procedures. Meals served within the federally reimbursable meal program will be designed to feature fruits and vegetables and other healthy foods from local sources to the greatest extent possible.

School Meals

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, after-school supper programs, and Child and Adult Care Food Program (CACFP) to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner

The board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

Nutrition Services shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.

Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, district sponsored, before- and after-school programs.

Nutrition Services shall use the USDA food-based menu planning option as the basis for school meal menu planning and all nutrient analyses of National School Lunch and School Breakfast program meals shall be available for parents and students to see.

Nutrition Services will ensure that all meals served under the National School Lunch Program and School Breakfast Program will adhere to nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010. These standards allow schools to limit junk food and offer healthier snacks to children.

Meals served through the National School Lunch and Breakfast Programs will:

1. Be appealing and attractive to children of various ages and diverse backgrounds
2. Be served in clean, safe, and pleasant settings. Schools shall provide an eating environment that reinforces classroom nutrition instruction in a space that is adequate and sheltered for cafeteria eating and food preparation.
3. Meet, or exceed, nutrition requirements established by local, state, and federal statutes and regulations and guidance issued pursuant to 42 USC 1758(f)(1), 176(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)
4. Offer a variety of fruits and vegetables
5. Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
6. Ensure that at least fifty percent of the served grains are whole grain
7. Limit the content of trans fatty foods and snacks to only trace amounts
8. Meet the daily menu planning target levels for sodium, fiber and cholesterol
9. Be provided in areas that have access to free drinking water in accordance with State and Federal Regulations

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional

content of meals with parents and students. Such information will be made available on menus, on the district website, on cafeteria menu boards, or on other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will operate the School Breakfast Program.
2. The district will notify parents and students of the availability of the School Breakfast Program.
3. Schools will promote the importance of eating a healthy breakfast and encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools will 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.

Summer Food Service Program

Based on the criteria set forth by California Department of Education, schools will sponsor the Summer Food Service Program during the summer school sessions.

Meal Times and Scheduling

Schools:

1. Will provide students with adequate staff to allow adequate serving time that also allows students time for eating and properly digesting their food prior to returning to class.
2. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

Foods and Beverages Served or Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte, fundraisers, school stores, club carnivals etc.)

All foods and beverages served or sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fund

raising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Foods and Beverages

A food item sold individually:

A choice of at least two fruits and vegetables will be offered for sale at any location on the school site 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 guidelines).

Student Food and Beverage Snack List (Smart Snack Guidelines)

Allowable Snack Foods:

Can ONLY be a:

Fruit

Non-fried vegetable

Dairy food

Nuts, seeds, legumes, eggs, cheese (i.e. allowable protein food)

Whole grain item* AND

Must meet the following:

Not more than 35% of calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit + nut/seed combo), AND

Less than 10% of calories from saturated fat (except reduced-fat cheese, dried fruit + nut/seed combo), AND

Not more than 35% sugar by weight (except fruit**, non-fried veggies, dried fruit + nut/seed combo), AND

Less than 0.5 grams trans fat per serving, AND

Not more than 230 milligrams sodium, AND

Not more than 175 calories per item/container for elementary students

Not more than 200 calories for middle or high school students

Whole Grain Definition:

The statement "Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease..." OR

The first listed grain ingredient is whole grain, OR

A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), OR

The weight of the whole grain must be at least 51% of the total grain weight of the product.

** Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit may be packed in 100% juice only.

Not Allowable - Items must meet above guidelines unless exempt

Food rewards

Sodas

Candy (food items that are classified or perceived as being candy cannot be offered, served or sold)

Gum

Fried chips (Potato, Doritos, Cheetos, etc.)

Food at birthday or personal celebrations

Acceptable School Beverages -

Drinking Water - no added sweetener

Fruit-based drinks - no less than 50% fruit juice, no added sweetener

Vegetable based drinks - no less than 50% vegetable juice, no added sweetener

Milk - 1%, non-fat, soy, rice, and other similar non-dairy milk

Electrolyte replacement drink (high school only) - Must include:

Water as first ingredient

No more than 2.1 grams of added sweetener per fluid ounce

At least 10 but not more than 150 milligrams of sodium per 8 ounces

At least 10 but not more than 90 milligrams of potassium per 8 ounces

No added caffeine

Not more than 12 fluid ounce serving size

Must be preapproved by Child Nutrition Services

Carbonated drinks - Only those that are currently on the USDA Exemption List and approved through the Child Nutrition Services Department

Portion Sizes

District employees will make every effort to limit portion sizes of foods and beverages served or sold individually to those listed below (approximately):

1. One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
2. One ounce for cookies;
3. Two and one-half ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
4. Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat-free ice cream;
5. Eight ounces for non-frozen yogurt;
6. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

School Based Activity Guidelines

School based activities must comply with Smart Snacks Guidelines (see above)

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities should promote foods that meet the above nutrition and portion size standards for foods and

beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.

Fundraising activities that occur between the official school day (i.e. from midnight before through 30 minutes after school) must use allowable food and beverage snack items or non-food items. Nutritious snack items must be determined by federal regulations, state regulations (currently SB12, SB 965, SB80 and Title 5), District Wellness Policy and may not be a food of minimal nutritional value.

Prizes awarded for fundraisers must be non-food items because food is not allowed to be given.

No non-allowable fundraisers may be conducted or advertised during the school day (i.e. from midnight before through 30 minutes after school).

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

Alternative fundraiser activities shall be encouraged and examples are available on the District website. The site principal or designee shall determine if a fundraiser is compliant with District policies. Nutrition Services shall be available for assistance in this determination.

Organization Sales and On-Site Vending

Only organizations that are in a partnership with the Nutrition Services Department may conduct a food or beverage sale during the school day. All products for sale must meet all federal regulations (no foods of minimal nutritional value), state (currently SB12, SB 965, SB 80 and Title 5), District Wellness Policy, and may not be a potentially hazardous food.

Potentially Hazardous Foods are food items that have to be cooked, refrigerated, washed, frozen, mixed or prepared before serving, such as but limited to eggs, milk, meat and tofu. These types of foods may not be sold through any organizations outside of the Child Nutrition Services Department.

The Director of Nutrition Services or designee shall determine if the products to be sold are compliant.

High School Fundraising:

Student organizations: Only 1 student organization may sell per day and all organizations must coordinate sales through their local ASB.

ASB must partner with Nutrition Services on all food and beverage sales occurring during the school day.

Parent organizations: Each organization may host a maximum of 16 sales per year, limited to 1 sale per week with a maximum of 3 items per sale.

*Exception: Multiple student organizations may host sales on the same day on 4 designated days per school year. These days must be pre-approved by the Board.

Snacks

Snacks served during the school day or in after-school care or enrichment 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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, and other considerations. Schools that partner with community based organizations should develop food and snack policies that meet the same nutritional guidelines as the school sites.

Rewards

Food or beverages shall not be used for academic or behavior rewards. An exception may be made when the use of food or beverage is included in an IEP report for the educational purpose of the student. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties or celebrations. Foods and beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party or celebration.

Class parties or celebrations shall be held after the last lunch period or be incorporated into the school lunch program through Nutrition Services. The frequency of class parties or celebrations shall be left to the discretion of the site administrator.

Field Trips

During any student field trip the food and beverages must follow the National School Breakfast and Lunch Program Regulations, as well as the "Student Food and Beverage Snack List." The National School Lunch Program regulations require all students be offered the option to take a school lunch meal with them when going on a field trip. This would include choices of offerings from the five food groups when offsite eating locations are included as part of the trip. Snacks that are included during the trip must follow the Wellness Policy "Student Food & Beverage Snack List"

After School and Weekend Events

EUHSD events should encourage a healthy lifestyle outside the school day. Therefore, at this time, it is recommended that meals, snacks and beverages being served or sold at these events

follow the Wellness Policy Procedures.

(cf. 1230 - School-Connected Organizations)

Qualifications of School 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, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for school nutrition managers, and cafeteria workers, according to their levels of responsibility, including; safe food handling, nutrition education, program compliance issues, and the recognition of the signs, symptoms and appropriate responses to severe food allergy reactions and choking.

Starting in the 2015-2016 school year, the U.S. Department of Agriculture has set guidelines for continuing professional development for all Nutrition Services staff:

Nutrition Services Director, Area Supervisor and Office Staff: at least 8 hours of annual continuing education/training.

All Nutrition Kitchen Leads/Assistant Leads: at least 6 hours of annual continuing education/training.

All other Nutrition staff (School Nutrition Assistants): at least 4 hours of annual continuing education/training.

The School Nutrition Program Director is also subject to new education requirements set by the U.S. Department of Agriculture starting July 1, 2015. For districts with student enrollment between 2,500-9,999 students, Nutrition Directors must have:

Bachelor's degree, or equivalent educational experience, with academic major in specific areas;
or

Bachelor's degree in any academic major and a State recognized certificate for school nutrition directors; or

Bachelor's degree in any academic major and at least two years of relevant school nutrition programs experience; or

Associate's degree, or equivalent educational experience, with academic major or concentration in food and nutrition, food service management, dietetics, family and consumer sciences, nutrition education, culinary arts, business, or a related field; and at least two years of relevant school nutrition programs experience.

III. NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER WELLNESS ACTIVITY GOALS

Nutrition Education and Promotion

Escondido Union High School District promotes health and well-being for students through teaching, encouraging and supporting healthy eating. Schools should provide nutrition education and engage in nutrition promotion that:

1. Is comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
2. Is part of not only health education classes, but as appropriate also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects
3. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
5. Links with school meal programs, other school foods, and nutrition-related community services
6. Includes training for teachers and other staff

(cf. 6142.8 - Comprehensive Health Education)

Communications with Parents

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on the website. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District will utilize multiple forms of communication to educate parents and the community about nutrition including newsletters, handouts, articles, parent-teacher meetings, assemblies and the Internet.

The district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

(cf. 6020 - Parent Involvement)

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly non-nutritious and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

(cf. 1325 - Advertising and Promotion)

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Daily Physical Education (P.E)

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and encourages lifelong fitness. All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 425 minutes/10 days for high school students for the entire school year.)

Temporary exemptions from physical education should be limited to students whose medical condition does not allow for inclusion in general, modified or adapted physical education program.

High school students who are exempt from two years of physical education in grades 10, 11 or 12, must be provided with the opportunity to participate in physical education elective courses.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they will be encouraged to stand and be moderately active.

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Co-curricular Activities)

(cf. 6145.2 - Athletic Competition)

Physical Activity Opportunities Before and After School

All schools are strongly encouraged to offer extracurricular physical activity programs, such as

physical activity clubs or intramural programs and interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., 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:

1. Classroom health 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
2. Opportunities for physical activity will be incorporated into other subject lessons as appropriate
3. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

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.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. MONITORING AND REGULATION REVIEW

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent teacher organizations, school principals, and school health services personnel in the district.

Policy Review

To help with the monitoring of the district's wellness policies, each school in the district will conduct an annual assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our 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 and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Regulation ESCONDIDO UNION HIGH SCHOOL DISTRICT
approved: December 8, 2015 Escondido, California