

STUDENT WELLNESS

The following regulations have been established as guidelines to reflect District practice in promoting student health and reducing childhood obesity:

WELLNESS ADVISORY COMMITTEE

The Superintendent or designee shall convene and maintain a District level Wellness Committee with diverse representation that meets at least four times per year in order to establish and monitor goals for the development and implementation of programs and policies related to wellness. The Wellness Committee will consist of representatives from the school and community members including Principals, School Board Members, PE Teachers, nursing staff, parents, the Child Nutrition Director or designee, health professionals, community organizations, and members of the public at large.

The goals established by the Wellness Committee shall ensure that:

1. Students have access to healthy foods throughout the school day both through reimbursable school meals and other foods available on the school campus-in accordance with federal and state nutrition standards;
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
3. Students have opportunities to be physically active before, during, and after school;
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
5. Staff are encouraged to practice healthy nutrition and physical activity behaviors;
6. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
7. The District establishes and maintains an infrastructure for management, oversight implementation, communication about monitoring of the policy, and its established goals and objectives.

Nutrition Promotion

Nutrition promotion shall include marketing and advertising nutritious foods and beverages through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and community.

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The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques;
- Ensuring that 100% of foods and beverages promoted to students meet USDA Smart Snacks in School nutrition standards.

Santee School District staff is encouraged to serve as positive role models by promoting a healthy and active lifestyle

GOALS FOR NUTRITION/HEALTH EDUCATION (Reference Board Policy 6142.8(a))

- a) Students in pre K – 8 grades will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- b) Nutrition education will be integrated into curricular areas and will include developmentally appropriate, participatory activities.
- c) Nutrition education shall be linked to the cafeteria through events such as school gardens, farmer’s markets, farm to school programs, and other school foods and nutrition related community service opportunities that promote nutrition education.
- d) Staff is encouraged to integrate hands-on experiences with school gardens to include but not be limited to composting, planting, and harvesting.
- e) Education will promote fruits, vegetables, whole grain products, proteins, low-fat, low-glycemic, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices including water consumption, and vitamins and minerals.
- f) Education provides a balance between food intake and energy expenditure (physical activity/exercise); links with school meal programs, other school foods, and nutrition-related community services; teaches media literacy with an emphasis on food marketing.
- g) Training for teachers, staff, and parents/guardians will be included in the educational process.
- h) Provide parents/guardians nutritional information to support a healthy lifestyle.

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GOALS FOR PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES
(Reference Board Policy 6142.7(a))

- a) **Daily Physical Education (PE) 1 – 8.** All students in grades 1 – 8, including students with disabilities, special health-care needs, and in alternative educational settings, will participate in moderate to vigorous physical education for a minimum of 200 minutes every 10 days (Education Code Section 51210) for the entire school year. Instructors of physical education will be provided the necessary training to be “qualified and trained” physical education teachers. Students will be expected to participate in moderate to vigorous physical activity during physical education time. Student involvement in other activities involving physical activity (e.g. after-school intramural sports programs) will not be substituted for meeting the physical education requirement.

Moderate Physical Activity Defined. Movement that causes moderate increases in breathing, sweating, and heart rate. Such activities include brisk walking, active play, active housework, and gardening.

Vigorous Physical Activity Defined. Movement that causes heavy breathing and sweating and large increases in heart rate. Examples of such activities include jogging, aerobic dancing, biking, swimming, skating, soccer or other active sports.

- b) **Daily Recess.** The District recognizes that recess provides a necessary break in the day for optimizing children’s development and that cognitive processing and academic performance depend on regular breaks from concentrated work.
- c) **All elementary grades will offer no less than 15 minutes of recess on all or most days during the school year.** This policy may be waived on early dismissal days.
- d) **Outdoor recess will be offered when weather is feasible for outdoor play.** In the event that the school or District must conduct indoor recess, teachers and staff will provide activities that promote physical activity for students to the extent practicable. Recess will complement not substitute for the physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being active alongside the students whenever feasible.
- e) **Physical Activity Opportunities Before and After School.** Santee School District will investigate extracurricular physical activity programs, such as physical activity clubs or intramural programs.

The committee will research activities that meet the needs, interests, and abilities of all students. After-school childcare and enrichment programs will provide and encourage daily periods of moderate to vigorous activity for all participants.

STUDENT WELLNESS**Integrating Physical Activity into the Classroom Setting**

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:

- a) classroom health/nutrition 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;
- b) sites will be provided program opportunities to support physical activity on campus (before, during, after school programs);
- c) families will also be provided program opportunities to support physical activity at home/outside of school (before and after school programs).

Marketing Food And Beverages in Schools

Principals shall protect and promote students' health by prohibiting the advertising and marketing of non-nutritious foods and beverages during the school day that do not meet the USDA Smart Snacks in School nutrition standards. Advertising and marketing includes, but is not limited to, signage, vending machine fronts, logos, scoreboards/signboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Schools are encouraged to utilize media such as newsletters, signs, school newspapers, websites, and other campaigns to disseminate positive messages about nutrition that will reinforce the District goal for nutrition education.

Food Safety at School

All food and beverage items brought onto campus by parents/guardians, volunteers, community organizations, or businesses shall be store-bought, prepackaged, with a label listing ingredients so students with food allergies are protected from accidental exposure. In order to minimize the risk of foodborne illnesses, no home-cooked foods or beverages shall be served to students. School staff shall require parents/guardians, volunteers, community organizations, and businesses to adhere to the Wellness Policy when donating food and beverage items for school-based or school-sponsored events.

NUTRITIONAL GUIDELINES FOR FOOD AVAILABLE AT SCHOOLS

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 any other food offered to students will strictly adhere

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to all laws and regulations of the federal, state, local governments, and the Santee School District Wellness Policy. These regulations will be in effect for services offered to students from midnight before to one half hour after school.

Guidelines for compliant foods and beverages shall be made available to parents/ guardians, staff, and the public by posting on the District's website at the following address: www.santeesd.net

Guidelines for Foods and Beverages Sold Outside Lunch Program

Only compliant food and beverages may be sold on campus beginning midnight before school begins to one-half hour after school ends.

Fundraising with Food/Beverages

Effective during or after school hours. (Midnight before school begins to 30 minutes after the school day ends).

All entities must sell food and beverages that adhere to state and federal food sales regulations as listed on the District website.

The following applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g. chips, sandwiches, juices etc.).
2. Food and beverage item(s) must be pre- approved by the Governing Board of the school District.
3. Only one student organization *may* be allowed to sell each day.
4. Food(s) and beverages cannot be prepared on campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same designated four days per year. School administration may set these dates.

Snacks and Beverages Served (Not Sold)

Snacks served during the school day and in after school care or enrichment programs shall meet or exceed the federal guidelines. The school day is defined as midnight before school begins to one half hour after school ends.

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Rewards, Celebrations & School Sponsored Activities

Rewards, celebrations, or school sponsored activities that include federally regulated non-compliant food will be limited to once per month. When food or beverage items are served as part of an event they must be served after lunch.

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, to the extent possible.

NUTRITIONAL GUIDELINES FOR FOOD AVAILABLE AT SCHOOL UNDER THE NATIONAL SCHOOL BREAKFAST & LUNCH PROGRAM

- a) All meals offered by the District's nutrition program shall meet or exceed all legal requirements for participation in the National School Lunch and Breakfast Programs.
- b) All menus will be food based using the USDA- Approved "Food Based Menu Planning" option.
- c) Only low fat and non-fat milk or 100% fruit juice shall be served for breakfast and lunch.
- d) All grains including bread, pasta, rice and cereal offered shall be whole grain rich.
- e) The Child Nutrition Department will provide a variety of fresh fruits and vegetables daily by offering salad bars consisting of fruits, vegetables, legumes, and other healthy foods from local sources to the greatest extent possible at all sites.

Menus and nutrition information for school meals shall be available to students, staff, and parents online and through the School Nutrition and Fitness app.

All eligible families shall be encouraged to apply for free and reduced meals. Applications will be provided to every household at the beginning of each school year. Online applications and printable copies will be available during the entire school year. Eligibility result letters shall be mailed home as soon as possible.

Amount of Time Allowed for Students to Eat

The District shall ensure students are provided adequate time to eat. As a general guideline, the District endeavors to provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch. The District shall continuously seek creative ways such as staggered lunches, additional serving lines, and "recess first," to help eliminate long waits

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in line, thereby allowing students adequate time to eat, engage in physical activity, and socialize during their lunch period.

Drinking Water

To comply with the state and federal regulations, the District shall have clean drinking water available in all meal service areas by providing an adequate number of clean and appealing drinking water apparatus.

Child Nutrition Services Staff Training

All Child Nutrition services staff will receive required annual training in accordance with USDA professional standards requirement. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Adequate Facilities

The Santee School District will strive to provide lunchroom facilities that are adequate, enjoyable, and promote a healthy atmosphere for students.

PLAN FOR MONITORING WELLNESS GOALS

The District will review and consider evidence-based strategies in determining local wellness goals that include;

- Involving, informing, and updating the public (including parents, students, and other stakeholders) about the content and implementation of the local wellness policy.
- Assessment of policy implementation that will occur at least once every three years to determine compliance, progress, and the extent to which the policy compares to model local wellness policies.
- Updating or modifying the local wellness policy as appropriate

The Santee School District School Board should be involved in establishing the goals for the school wellness policy, success indicators, reporting methodology, and frequency of reporting to the Board.

The Superintendent or designee shall ensure District wide and individual school compliance with the adopted school wellness policy.

The principal or designee shall ensure individual school compliance.

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The Superintendent or designee shall report at least every two years as determined by the Board, on wellness policy compliance to the Board, the Board Advisory Wellness Committee, parent/teacher organizations, and school administrators.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) E-mail: program.intake@usda.gov. This institution is an equal opportunity provider.

*Legal Reference:*EDUCATION CODE*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001**49490-49493 School breakfast and lunch programs**49500-49505 School meals**49510-49520 Nutrition**49530-49536 Child Nutrition Act**49540-49536 Childcare food program**49547-49548.3 Comprehensive nutrition services**49550-49560 Meals for needy students**49565-49565.8 California Fresh Start pilot program**49570 National School Lunch Act**51222 Physical education**51223 Physical education, elementary schools*

Legal References continued on the following page.

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Legal References continued:

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*

15575-15578

UNITED STATES CODE, TITLE 42

1751-1769 *National School Lunch Program, especially:*

1751 *Note Local wellness policy*

Legal Reference (continued):

1771-1791 *Child Nutrition Act, including:*

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*

220.1-220.21 *National School Breakfast Program*

210.11-220.12

Regulation Adopted: July 19, 2011
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February 7, 2017; October 3, 2017; December 6, 2017

SANTEE SCHOOL DISTRICT
Santee, CA