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| Type | Students/Pupil Services | Adopted | 07/13/06 |
| Sub-Type | N/A | Revised | 00/00/00 |
| Subject | STUDENT WELLNESS | | |
| Department | Pupil Services | | |

**SOLANA BEACH SCHOOL DISTRICT
Wellness Policies on Physical Activity and Nutrition**

Preamble

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

WHEREAS, healthy habits foster physical and mental health as well as student attendance and education;

WHEREAS, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

WHEREAS, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

WHEREAS, the incidence of melanoma and skin cancer is rising faster than any other cancer from extensive early exposure to the sun;

WHEREAS, the Youth Risk Behavior Surveillance System established that 30% of students do not participate in sufficient weekly vigorous physical activity;

WHEREAS, only 2% of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

WHEREAS, nationally, the items most commonly sold on campus include minimal nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

WHEREAS, school districts around the country are facing significant fiscal and scheduling constraints; and

WHEREAS, community participation is essential to the development and implementation of successful school wellness policies,

THUS, the Governing Board of the Solana Beach School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting health education, healthy eating and physical activity.

THEREFORE, it is the policy of the Solana Beach School District that:

- The school 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.

- All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- It is encouraged that all foods and beverages made available on campus (including a la carte and classroom parties during the school day) are consistent with the current *U.S. Dietary Guidelines for Americans*.
- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the extent practicable, all schools in our district will participate in available federal school meal programs such as the National School Lunch Program.
- Schools will provide health education, nutrition education, and physical education to foster lifelong habits of healthy eating, physical activity, preventative health habits, conflict resolution, and will establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policy Goals:

I. School Health Councils

The District and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies (a school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

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

A. School Meals

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables¹ ;
- serve only milk that is 1-percent, 2-percent fat, or nonfat and, when made available in student size, soy milk, rice milk, or other similar nondairy milk;
- ensure that all students have affordable access to the varied and nutritious food they need to stay healthy and learn well.

The District 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, the District should have information available about the nutritional content of meals.

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 meals³.

Meal Times and Scheduling

Schools:

- will provide students with at least 20 minutes to eat after sitting down for lunch as recommended by the National Association of State Boards of Education;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risks)

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the District's responsibility to operate a food service program, the District will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility⁴.

Sharing of Foods 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.

B. Foods and Beverages Sold Individually (e.g., foods sold outside of reimbursable school meals, such as through cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will encourage the use of only foods that meet the nutritional federal, state, and local requirements. Schools will encourage fundraising activities that promote physical activity. The District will make available on the district website a list of ideas for fundraising activities. Each school site will limit fundraising activities to no more than four per year as outlined in CCR Title 5, 15500 and 15501.

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, children's ages, and other considerations. The District will disseminate and post at school sites and on the district website a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards and Celebration Foods

Schools will limit the use of foods or beverages as rewards for academic performance or good behavior⁵, and will limit the use of foods or beverages that do not meet the nutritional standards. Candy and soda shall be discouraged. Efforts will be made to insure that reward and celebration foods are served at a time that will not interfere with lunchtime appetite. Additionally, schools will not withhold food or beverages (including food served through school meals) as a punishment. The District will disseminate and post, at school sites and on the district website, a list of healthy party ideas to parents/guardians and teachers with the support of child nutrition department.

Instruction Related Activities

Foods used for instruction (e.g., science projects, cooking class, and math activities) will offer healthy choices that follow the nutrition guidelines.

School-sponsored Events

Efforts will be made to insure that foods and beverages offered or sold at school-sponsored events outside the school day will include healthy choices and meet the nutrition standards for meals or for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Solana Beach School District aims to teach, encourage, and support healthy life styles by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, community visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;

Integrating Physical Activity into the Classroom Setting

For students to receive the mandated (i.e., 200 minutes every ten days of school, EC 51210 [g]) of physical activity 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:

- classroom health education will include information pertaining to preventative health habits and 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;
- opportunities for physical activity will be incorporated across curriculum lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The schools will support parents' efforts to encourage healthy lifestyles including a healthy diet and regular daily physical activity for their children. The District will post nutrition tips on websites. The District will, upon request, provide nutritional school lunch program information. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The District will provide parents with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.

The schools 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.

Staff Wellness

Solana Beach School District highly values the health and well-being of every staff member. School sites will encourage activities that support personal efforts by staff to maintain and model a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-6

All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive 200 minutes every two weeks of physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

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 are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

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. After-school childcare and enrichment programs will provide and encourage daily periods of moderate and vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activities as punishment.

Safe Routes to School

The District will assess 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. The District will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

V. Monitoring and Policy ReviewMonitoring

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

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee. In addition, the District will report on the most recent USDA School Meals Initiative (SMI) and Coordinated Review Effort (CRE) review findings and any resulting changes.

The Superintendent or designee will develop a summary report every three years 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 the wellness committee.

Policy Review

To help with the initial development of the District's wellness policies, the District conducted a baseline assessment of the school's existing nutrition and physical activity environments. 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 three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activities. The District will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

- ¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
- ² As recommended by the *Dietary Guidelines for Americans 2005*
- ³ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.
- ⁴ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.
- ⁵ Unless this practice is allowed by a student's individual education plan (IEP)

Cross Reference

Legal Reference

CSBA Notes

CSBA Review: 11/05

Comments