

StudentsSTUDENT WELLNESSA. Wellness Policy Advisory Committee

A District Wellness Policy Advisory Committee, appointed by the Superintendent, with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public will develop and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually as necessary.

B. Nutrition Education, Physical Activity Goals, and Food Marketing

1. Nutrition Education

The East Whittier City School District provides nutrition education to students that is research based, consistent with the expectations established in the State's curriculum framework, and is designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Additionally, this education:

- a. may be provided as part of the health education program in all grades and, as appropriate, shall be integrated across the curriculum;
- b. may be part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c. may be provided to students and/or their parents during school nurse consultations;
- d. may include participatory activities, such as promotions, taste testing, farm visits, and school gardens;
- e. may promote fruits, vegetables, whole grains, low-fat and fat-free dairy products, healthy food preparation methods, and healthy nutrition practices;
- f. may emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- g. may link with school meal programs and nutrition-related community services;
- h. may include training for teachers and other staff;
- i. may encourage staff to serve as positive role models for nutrition and physical activity.

STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing (continued)2. Physical Education and Activity

The District shall offer physical education opportunities that include the components of a quality physical education program to equip students with knowledge, skills, and values necessary for lifelong physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Recognizing that physical education is an important and integral part of a child's education, the District will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being. Along with promoting personal achievement, physical education activities should teach students how to cooperate in achievement of common goals.

3. Daily Recess

Moderate to vigorous physical activity , preferably outdoors, shall be encouraged for all K-5 students during a supervised recess each day.

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.

4. Physical Activity Opportunities Before and After School

As budget permits, elementary and middle schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools may offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs should provide and encourage daily periods of moderate to vigorous physical activity for all participants.

STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing (continued)5. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (which is 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 P.E. class. In this pursuit:

- a. classroom health education should 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. opportunities for physical activity should be incorporated into other subject lessons and classroom teachers will be encouraged to provide short activity breaks between lessons or classes, as appropriate.

6. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (such as running laps, pushups) or withhold opportunities for activity (such as recess, or P.E.) as punishment.

7. Communications with Parents

The District/school may 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 support may include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

The District/school will encourage parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards adopted by the Board.

STUDENT WELLNESS (continued)B. Nutrition Education, Physical Activity Goals, and Food Marketing
(continued)8. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

C. Quality School Meals and Foods/Beverages Sold/Served on Campus1. School Meals

The East Whittier City School District will offer breakfast and lunch services through the federally reimbursable school meal programs. These meals will meet the nutrition standards established by the U.S Department of Agriculture and the California Department of Education, and will conform to good menu planning principles. In addition, meals will:

- be attractive, of high quality, and appeal to children;
- be served in clean and pleasant settings;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- ensure that half of the served grains are whole grain.

Schools should share information about the nutritional content of school meals with parents and students. Such information may be made available on menus, a website, on cafeteria menu boards, placards, or other point of purchase materials.

a. Breakfast

Schools will encourage all students to eat breakfast, either at home or at school, in order to enhance their ability to learn:

- to the extent possible, schools will operate the School Breakfast Program;
- schools may utilize alternative or creative methods to serve school breakfast to encourage student participation, including breakfast in the classroom, grab-and-go breakfast, or breakfast during morning recess;
- schools that offer a Breakfast Program will notify parents and students about the program through newsletter articles, take-home materials or other means.

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus
(continued)2. 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.

3. 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.

4. Qualifications of School Food Service Staff

School food service staff will be properly qualified according to current professional standards, and will participate in professional development activities. Food safety will be a key component of the school food service operation, and no less than one Certified Food Handler will be assigned to each school kitchen.

5. Foods and Beverages Sold Individually

(Foods sold outside of reimbursable school meals, through vending machines, a la carte lines, fundraisers, school stores, etc.)

a. Elementary Schoolsb. Middle Schools

In middle schools, all foods and beverages sold outside of reimbursable school meal programs (including those sold through a la carte lines, vending machines, school stores or fundraising activities) during the school day, or through programs for students after the school day, should meet the following nutrition and portion size standards:

c. Beverages1. Allowed:

Fruit/vegetable-based drinks of no less than 50 percent fruit/vegetable juice and no added sweeteners; water with no added sweeteners; milk (two-percent, one-percent, nonfat, soy/rice milk and other nondairy milk); an electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving.

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus
(continued)

Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat milk, water, fruits, or vegetables.

2. Not allowed:

Carbonated soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

d. Foods

A food item sold individually:

- will have no more than 35% of its total calories from fat (excluding nuts, nut butters, and seeds) and 10% of its calories from saturated and trans fat combined.
- Will have no more than 35% of its weight from added sugars;
- will have no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups, and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables should 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 juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

STUDENT WELLNESS (continued)C. Quality School Meals and Foods/Beverages Sold/Served on Campus
(continued)e. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities, when food is used, will use foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The District will make available a list of ideas for fundraising activities.

f. Snacks/Special Occasion/Parties

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. Each classroom may have a daily snack, either in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the teacher, parents or other groups, and should be at no cost to students. Each classroom may plan no more than four (4) parties per school year. The District will provide a list of healthy party ideas to parents and teachers.

g. Rewards

Schools staff shall make an effort to avoid using foods of minimal nutritional value as a reward for student accomplishment. The withholding of food as a punishment for students is prohibited.

D. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established District wide nutrition and physical activity wellness policies. The Director of Nutrition Services and the school Principals are the designees charged with the operational responsibility for ensuring implementation of the District's wellness policy.

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

STUDENT WELLNESS (continued)

D. Monitoring and Policy Review (continued)

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. The following evaluation indicators will be used:

- student participation rates in school meal programs;
- analysis of nutritional content of meals served as part of the school meal programs;
- any sales of non-nutritious foods/beverages sold in fundraisers or other venues outside of the District's meal programs;
- feedback from food service personnel, school administrators, school health advisory personnel; parents/guardians, students and other appropriate persons;
- average daily attendance;
- annual FitnessGram scores;
- California Healthy Kids Survey data.

1. Policy Review

The District will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.