

The Shaffer Union School District Board of Trustees 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/Principal 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.

To encourage consistent health messages between the home and school environment, the Superintendent/Principal or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

School Health Council/Committee

The Superintendent/Principal or designee shall permit 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 Superintendent/Principal or designee may appoint a school health council or other committee consisting of parents/guardians, students, food service employees, and district administrators, Board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues.

The school health council or committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent/Principal or designee, the council's charge(s) may include the planning and implementation of activities to promote health within the school or community.

Nutrition Education

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)

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

Age appropriate, skill-building nutrition education will be taught at each grade level and focused on behavioral change. Nutrition education will be taught in grades K-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs. The Board recognizes that the ultimate goal of health education is to foster and promote health literacy.

Physical Education and Physical Activity Goals

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals and be based on physical education content standards.

The Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District.

All students in grades K-8 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, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.

The Superintendent/Principal or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Physical education will be delivered by a teacher credentialed to teach physical education, students will participate in a fitness test in accordance with Shaffer Board policy 6144, and receive individual fitness test results during or after completion of the test.

The District shall provide all students the opportunity, support and encouragement to be physically active on a regular basis through physical education and activity.

All students in grades one through six will receive physical education for a minimum of 200 minutes for every 10 school days. All students in grades seven and eight will receive physical education for a minimum of 400 minutes for every 10 school days.

Teaching staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these students.

Teaching staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

With the consent of the student, the Superintendent/Principal or designee may grant temporary exemption from physical education under either of the following conditions:

1. A student is enrolled for one-half time or less.
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

Physical activity will not be used or withheld as punishment.

Posting Requirements

The District shall post the District's policies and regulations on nutrition and physical activity in public view within the school cafeteria or in another central eating area. (Education Code 49432)

Maintenance of a Health Environment

The District will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced. Adequate space in a pleasant surrounding will be provided to eat meals. Students shall have a minimum of 30 minutes to eat lunch.

The Superintendent will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

The District shall develop goals and strategies for increasing student participation in the school breakfast and lunch program.

The Superintendent will evaluate the primary grade schedule and if possible, promote playtime before eating lunch.

Nutritional Guidelines for Foods Available at School

The Board shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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

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

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 which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize the district's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

The Superintendent shall ensure meals offered by the District's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs. To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items they do not intend to consume. The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through federal reimbursable meal programs. Meal programs must meet or exceed the nutrition recommendation of the United States Dietary Guidelines including:

1. No more than 30 percent of total calories from fat (averaged over a week)
2. No more than 10 percent of total calories from saturated fat (averaged over a week)

All foods during school hours shall be:

1. Selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits
3. Provided to give a variety of healthy choices at all sites including ethnic and cultural favorites

A production system will be developed and implemented to reduce the use of prepackaged foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fat, added sugars and sodium.

The use of fresh fruit and vegetables will be encouraged as well as promoting the intake of 5 services of fruits and vegetables per day.

Food and Beverage outside the school meal program

The Superintendent shall ensure that food sales by school-related groups is in compliance with state and federal law and do not impair or influence student participation in the District's food service program. Any individual food items sold outside the federal reimbursable meal programs shall also meet local, state, and federal requirements. The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money, coupons or vouchers. The term does not refer to food brought from home by students for individual consumption.

All food sold on school campuses during school hours must be from one or more of the following categories:

1. Milk and dairy products, including cheese, yogurt, frozen yogurt and ice cream
2. Full-strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice with no added sweeteners. Water with no added sweeteners may also be sold. The middle school may sell electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 once serving
3. Fresh, frozen, canned, and dried fruits and vegetables
4. Nuts, seeds, and nut butters
5. Non-confection grain products including crackers, breadsticks, tortillas, pizza, pretzels, bagels, muffins and popcorn
6. Any food receiving prior approval by the Shaffer Union School District

Individually sold food items must meet the following criteria:

1. Not more than 25 percent of the total calories from the food item, excluding nuts or seeds is from fat
2. Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
3. Not more than 35 percent of the total weight of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried a legumes may also be sold. Individually sold dairy items and whole grain food items may be sold provided they meet the 35/10/35 guideline above and do not exceed 175 calories per individual food item for grades K-6 and 250 calories for grades 7 and 8.

During school hours, home-prepared products will not be allowed to be sold on any campus due to the potential of food-borne illness. The District will provide to parents information on safe and healthy food that would be acceptable for special events (i.e. classroom parties). However, Superintendent or Principal approval may be requested for special occasions involving foods that may not meet these nutritional standards.

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

Fundraising

Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines identified above.

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Student Wellness Policy P. 6

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Food or beverages that do not meet the nutrition standards above may be sold by pupils if the sale takes place off and away from school campus or on school grounds if the sales occur 30 minutes after the end of the school day. The District's middle schools may also sell during a school sponsored activity that takes place after the end of the school day.

Access to fundraising through food sales will be equitable for all classes and/or student organizations.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of this policy. (42 USC 1758b)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of 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)

Legal Reference:

Education Code

- 33350-33354 CDE Responsibilities re: Physical Education
- 49430-49436 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 Areas of Study, Grade 1-6
- 51220 Areas of Study, Grades 7-12
- 51222 Physical Education
- 51223 Physical education, Elementary Schools
- 51241 Temporary or Permanent Exemption from Physical Education
- 51795-51796.5 School Instructional Gardens
- 51880-51921 Comprehensive Health Education

Code of Regulations, Title 5

- 10060 Criteria for Physical Education
- 15500-15501 Food Sales by Student Organizations
- 15510 Mandatory Meals for Needy Students
- 15530-15535 Nutrition Education
- 15550-15565 School Lunch and Breakfast Programs

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United States Code, Title 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

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

Court Decisions

Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781