

HEBER ELEMENTARY SCHOOL DISTRICT
Board Policy No. 5041: STUDENT WELLNESS POLICY

California Education Code §§ 49430-49436
California Code of Regulations Title 5 §§ 15500, 15501, 15575-15578

A. In accordance with the Healthy Hunger-Free Kids Act (HHFKA) of 2010 and Education Code section 8990 et seq., this student wellness policy sets forth goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. It also establishes nutrition standards for all foods that are available on campus during the school day, with the objective of promoting student health and reducing childhood obesity. Heber Elementary School District follows the USDA dietary guidelines.

B. School Wellness Committee

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred to as “wellness policy”).

The DWC membership will represent all school sites and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., Food Service Manager); physical education teachers; health education teachers; school health, and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, assistant principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school site and reflect the diversity of the community.

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

C. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The District adopts a comprehensive approach to nutrition education to promote healthy eating behaviors. Nutrition education will be offered in the cafeteria as well as in the classroom, with coordination between the child nutrition services staff and teachers, and outside health organizations. Students will receive consistent nutrition messages throughout the school. All instructional staff will be encouraged to integrate nutritional themes into daily lessons, where appropriate, and to emphasize the health benefits of good nutrition.

The school’s nutrition education program shall be evidence-based and 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. Nutrition education shall be provided as part of a sequential health education program in grades K-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational

program. Nutrition education may be offered through before- and after-school programs.

The DWC will create an action plan that fosters implementation, and generate an annual progress report to be presented to the Governing Board as an information item during the month of September.

This wellness policy and the progress reports can be found at: <http://hesdk8.org/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published during the month of September each year, and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in English & Spanish.

The District will actively notify households/families of the availability of the annual report.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier

- Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

D. Nutrition Education Goals

The District adopts a comprehensive approach to nutrition education to promote healthy eating behaviors. Nutrition education will be offered in the cafeteria as well as in the classroom, with coordination between Child Nutrition Services, health organizations and teachers. Students will receive consistent nutrition messages throughout the school. All instructional staff will be encouraged to integrate nutritional themes into daily lessons, where appropriate, and to emphasize the health benefits of good nutrition: School sites will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

The District will include in the health education curriculum the following essential topics on healthy eating:

- Reading and using USDA's food labels
- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [My Plate](#)
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, menu graphics, and more.

The District will provide information to families and encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. This information may be provided in handouts, postings on the District website, school newsletters, presentations that focus on nutritional value and healthy lifestyles, and any other appropriate means for reaching parents.

Nutrition and physical education opportunities will be provided to all school staff to encourage staff to improve their own personal health and wellness, to effectively deliver nutrition education, to improve morale, to create positive role modeling, and to build the commitment of staff to promote the health of students. These opportunities may include distribution of materials, presentations and workshops that focus on nutrition, healthy lifestyles, fitness activities and other appropriate wellness related topics.

E. Physical Activity Goals

The District will provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. This will be accomplished through the following implementation strategies:

1. Physical education classes and physical activity opportunities will be available for all students. Outside physical activity should be performed during times when pupils are not exposed to heat related illnesses.
2. Physical education- All students in grades K-8, including students with disabilities, special health-care needs will receive daily physical education (or its equivalent to 100 minutes/week for elementary school students and 225 minutes/week for middle and junior high school students for the entire school. Site principals will be responsible for including this goal in the instructional day.
3. Physical activity opportunities will be offered before school, during school or after school. This will be accomplished through physical education classes, walking programs, and the integration of physical activity into the academic curriculum. Various after-school programs will be offered including intramurals, interscholastic athletics, and physical activity clubs.
4. Staff will assist students to log student fitness and/or activity.
5. Students will be administered health related fitness assessments (e.g., Fitness Gram, Physical Best or President's Council). Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve goals. Students will be assisted to interpret their personal attainments and compare them to national physical activity recommendations.
6. Information will be provided to families to help them incorporate physical activity into their students' lives. This information may be provided in handouts, postings on the District website, school newsletters, presentations that focus on nutritional value and healthy lifestyles, and any other appropriate means for reaching parents.

F. Methods to Promote Wellness Through Other School Based Activities

District schools will strive to provide consistent wellness messages and an environment conducive to healthy eating and being physically active. This will be accomplished by the following:

1. A clean, safe and enjoyable meal environment will be provided for students.
2. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day.
3. Students shall not be required to remain in the classroom during the noon meal period.

4. Food from the outside must be store bought, individually wrapped and sealed. In the case of vegetable/fruit trays teachers will be responsible for distributing it to students. Staff will be provided with foodborne illness related resources.
5. The use of food as a reward or punishment for individual student performance or misconduct should be discouraged.
6. The denial of student participation in scheduled physical activities during the school day is prohibited unless it would result in a danger to the student's health.
7. On-going professional training and development for food service staff and teachers will be provided in the areas of nutrition and physical education.
8. Access to physical activity facilities will be provided whenever possible to students outside school hours.
9. After-school programs will encourage physical activity where appropriate.
10. Wellness policy goals will be considered in planning all school-based activities (Such as school events, field trips, dances, and assemblies; e.g. Bike to School during May, Walk to School during October)
11. Schools will organize local wellness committees comprised of families, teachers; administrators, and students to suggest means and methods for improving nutrition and physical activity in the school environment.
12. The District will hire a registered dietician on a needed basis.
13. The District will hire a physical education teacher at each school site (contingent upon funding).

G. Nutrition Guidelines for All Foods on Campus

Schools will encourage and provide opportunities for students to consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars and salt. This will be accomplished through the following:

1. The District will limit the number of classroom celebrations/parties to no more than three per school year and an end-of-the-year celebration/party.
2. Pursuant to the Pupil Nutrition, Health, and Achievement Act of 2001 (Educ. Code § 49431.2), and commencing on July 1, 2014, entree items sold to middle/high school students, shall contain no more than 400 calories per entree, no more than 4 grams of fat per 100 calories, and shall be categorized as entree items in the School Breakfast Program or National School Lunch Program.

Snacks sold to elementary and high school students, shall meet all of the following:

“Snack” food items must be:

- a. $\leq 35\%$ calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
- b. $< 10\%$ calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
- c. $\leq 35\%$ sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
- d. < 0.5 grams trans fat per serving (no exceptions), and
- e. ≤ 230 milligrams sodium (no exceptions), and
- f. ≤ 200 calories per item/container (no exceptions)

AND must meet one of the following

- g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
- h. Contain $\geq 10\%$ DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- i. Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable.

“Entrée” food items must be:

- a. Meat/meat alternate and whole grain rich food; or
- b. Meat/meat alternate and fruit or non-fried vegetable; or
- c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories, and
- b. ≤ 4 grams of fat per 100 calories c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- a. $\leq 35\%$ calories from fat, and
- b. $< 10\%$ calories from saturated fat, and
- c. $\leq 35\%$ sugar by weight, and
- d. < 0.5 grams trans fat per serving, and
- e. ≤ 480 milligrams sodium, and
- f. ≤ 350 calories

AND must meet one of the following

- g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- h. Contain $\geq 10\%$ DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- i. Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

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

** A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or
- b. A whole grain as the first ingredient, or
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- d. At least 51% whole grain by weight.

Non-compliant food items may only be sold to elementary school students as part of a fundraising event if the items are sold by students either off campus or one-half hour or more after the end of the school day and before midnight.

Non-compliant food items may only be sold to middle school students as part of a fundraising event if the items are sold either off campus, on campus and one-half hour or more after the end of the school day and before midnight, or during a school sponsored student activity after the end of the school day and before midnight.

Non-compliant beverages may only be sold to elementary school students as part of a fundraising event if the beverages are sold by students either off campus or one-half hour or more after the end of the school day and before midnight.

Non-compliant beverages may only be sold to middle school students at a school event at least one-half hour after the end of the school day and before midnight or through vending machines not later than one-half hour before the start of the school day and before midnight not sooner than one-half hour after the end of the school day.

3. The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CPR Parts 210 and 220.

4. Pursuant to the requirements of the Childhood Obesity Prevention Act (Education Code § 49431.5), and commencing on July 1, 2014, all beverages sold to students from midnight to one half hour after the end of the school day shall meet the following criteria:

1. Fruit or Vegetable juice:
 - a. $\geq 50\%$ juice and
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size

2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. $\geq 25\%$ of the calcium Daily Value per 8 fl. oz, and
 - e. ≤ 28 grams of total sugar per 8 fl. oz. f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. ≤ 28 grams of total sugar per 8 fl. oz, and
 - c. ≤ 5 grams fat per 8 fl. oz. d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages
(NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz. e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages
(NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz. c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz. f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

Commencing on July 1, 2014, all beverages sold to students during the school day shall meet these requirements.

5. Food providers will offer students a variety of age appropriate healthy food and beverage selections for all schools. As defined by the U.S. Food and Drug Administration, a "healthy" food must be low in fat (>3 g per serving), low in saturated fat (>1 g per serving), contain limited amounts of cholesterol (>60 mg per serving for a single-item food), and contain limited amounts of salt (>360 mg per serving). In addition, single-item foods that are not raw fruits or vegetables must provide 10% of the daily value of one or more of the following: vitamin A, vitamin C, iron, calcium, protein, and fiber.

6. Nutrition information for products offered in snack bars, vending and school stores will be readily available near the point of purchase.

7. Families, teachers, students and school officials will be offered the opportunity to participate in choosing food selections for their local schools.

8. Advertising of foods or beverages must be consistent with the District's established nutrition standards and must reinforce health and wellness goals.

9. Food and beverage sales on campus may not be conducted in competition with the District's School Lunch Program.

H. Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 and Part 220.

Additional School Lunch and Breakfast Program Nutrition Objectives

1. All meals served to the students by the Child Nutrition Services Department will meet the nutritional guidelines as established by the United States Department of Agriculture Food & Nutrition Services.
2. The Child Nutrition Services Department will prepare meals within the guidelines of the Nutrient Standard Menu Planning.
3. Nutrient Analyses consisting of nutritional averages will be conducted weekly to assure compliance with federal nutritional guidelines.
4. Provide all students and employees with access to clean, safe, drinking water in the cafeteria and other eating areas.

Attachments:

1. List of Foods and Beverages Approved for Sale on School Premises

Legal Reference:

Child Nutrition and WIC Reauthorization Act of 2004. § 204

Child Nutrition Act, 42 U.S.C. 1779

National School Lunch Act, 42 U.S.C. 1758(f) (l), 1766(a)

Childhood Obesity Prevention Act, Education Code§ 49431.5

Pupil Nutrition, Health, and Achievement Act of 2001, Education Code§ 49430, et seq.

Education Code§ 51210

Title 5, C.C.R. sections 304 and 352

Date Policy Adopted By The Board: October 8, 2015