

**Regulation 5030: Student Wellness**

**Status:** ADOPTED

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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 will be built within the Escondido Union School District.

**Nutrition Education and Physical Activity Goals**

The board's goals for nutrition education, physical activity, and other school-based activities are designed to promote student wellness in a manner that the district determines appropriate.

1. Schools will provide all students in kindergarten through grade eight the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.
2. Physical education instruction is a planned, sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.
3. All schools within the district shall provide:
  - a. Daily recess and/or physical education class
  - b. Integration of physical activity into the classroom
  - c. Opportunities for physical activity before and after school
  - d. Safe routes to school
  - e. Use of facilities outside of school hours
  - f. Student safety during physical activity
  - g. 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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
4. All school meals must meet or exceed nutrition requirements established by local, state, and federal requirements.

**Physical Education and Activity Guidelines**

1. Instruction in physical education should be based on the physical education content standards and should include the following:
  - a. Full inclusion of all students
  - b. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program (EC Section 51241)
  - c. Maximum participation and ample practice opportunities for class activities
  - d. Well-designed lessons that facilitate student learning
  - e. Out-of-school assignments that support learning and the practice of learned skills
  - f. Appropriate discipline and class management
  - g. Fitness education and assessment to help students understand, improve, and/or maintain their physical

well-being

2. School personnel should minimize the use of physical education facilities for non-instructional purposes during the school day.

#### **Nutrition Guidelines for Foods Available at School**

1. Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans.
2. The term "sold" refers to any food or beverage provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
3. Food and beverages donated to schools for consumption at an event (i.e., party, celebration, etc.) occurring during the school day shall be purchased in packaged containers from reputable food production facilities. (No items prepared in whole or in part in someone's home shall be served to students at any time during the school day.) Each event shall include no more than one food or beverage that does not meet the district nutrition guidelines. No caffeinated or soda drinks shall be served at any time.
4. Celebrations shall occur only after the end of the last lunch period.
5. Schools shall offer and promote healthy food and beverage products at all school-sponsored events.
6. Schools will meet safety and sanitation requirements as outlined in current USDA guidelines issued June 10, 2005.
7. In order to ensure student health and safety when providing or purchasing foods that are considered potentially hazardous, the Nutrition Services Department will be utilized as the source for preparing, procuring, or providing a vendor for such food. (Individually wrapped, shelf stable, single serve food and beverages would not be considered potentially hazardous foods.)
8. No potentially hazardous foods prepared or stored in a private home or classroom, or transported in a private vehicle will be available to students at any time.
9. All food preparation will take place in a facility that has been inspected and approved by the County of San Diego Department of Environmental Health. The only exception to this is food prepared in a Home Economics class that is monitored by the instructor of that class. Food preparation includes storing, washing, cutting, mixing, separating, cooking, and packaging.
10. The school nutrition department shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.
11. Food or beverages sold for fund-raising on campus during the school day must meet the nutrition guidelines listed below.
12. Schools shall encourage all school-based organizations to use non-food items for fundraising.
13. Food or beverages that do not meet the nutrition standards listed below may be sold to students:
  - a. If the sale takes place off and away from school campus; or
  - b. On school grounds, if sales occur 30 minutes after the end of the school day
14. All food and beverages sold, served, or given away during the school day outside the federal meal program shall meet the nutrition guidelines as defined in Senate Bill 12. (The only food that may be sold, served, or given away during breakfast and lunch periods is food that is sold through a federal reimbursable meal program.)
  - a. Foods:
    - i. Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds,

eggs, and cheese)

- ii. Not more than ten percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
- iii. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables)
- iv. Calories shall not exceed 175 calories per food item (250 calories in middle schools)
- v. Entrée items (foods generally regarded as being the primary food in a meal, including but not limited to, sandwiches, burritos, pasta, and pizza) shall not exceed 400 calories per food item and four grams of fat per 100 calories.

b. Beverages:

The only beverages that shall be sold, served, or given away shall be water (with no added sweeteners), milk, fruit juice, preferably 100 percent but at least 50 percent fruit juice (with no added sweeteners), vegetable juice, at least 50 percent vegetable juice (with no added sweeteners), and in middle schools only, electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving.

**Program Implementation and Evaluation**

1. The superintendent's designees will develop and recommend quality indicators for board approval that indicate the level and success of the implementation of the wellness policy. These indicators will be presented in the form of an annual written survey to evaluate the implementation of the wellness policy.
2. These indicators shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school wellness committee, parents/guardians, students, and other appropriate persons.
3. This survey will be distributed, collected, and analyzed by the Director of Nutrition Services Department.
4. The nutrition director will annually present the goals and directives of the district's wellness policy to each school site's staff.
5. The superintendent or designee shall report to the board at least every two years on the implementation of this policy and any other board policies related to nutrition and physical activity.

**Posting Requirements**

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

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