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| Feather Falls Union Elementary School District  Wellness Policy |  |
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| **Preamble** | |
| Feather Falls Union Elementary School District recognizes the important connection between a student’s health and their ability to learn effectively and achieve high standards in school. The district also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children’s future health and well-being. Thus, the Feather Falls Union Elementary School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Feather Falls Union Elementary 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-8 will have opportunities, support, and encouragement to be physically active on a regular basis. * All food and beverages available on the school campus during the school day are consistent with Federal regulations for program meals and the Smart Snacks in School Nutrition standards, and designed to promote student health and reduce child obesity. * Students will be provided 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 maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]. * Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. * All potentially hazardous or temperature controlled food made available on campus during the school day will adhere to food and safety and security guidelines.   **TO ACHIEVE THESE POLICY GOALS:** | |
| **I. School Wellness Committee** | |
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| The school district will create a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to school sites for implementing those policies. (The School Wellness Committee consists of group of individuals representing the school and community, and may include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, and members of the public.) | |
| **II. Nutrition Standards** | |
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| http://www.schoolwellnesspolicies.org/images/spacer.gif | |
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| * Meals served through the National School Lunch and Breakfast Program will be appealing and attractive to children and served in a clean and pleasant setting. * All meals served will meet or exceed the CDE-Nutrition Services Program requirements and nutritional standards found in the federal regulations and the California State Board of Education. * All potentially hazardous or temperature controlled foods made available during the school day will comply with the state and local food safety and sanitation regulations. A HACCP Plan will be followed in the Child Nutrition Program to help provide assurances of proper food safety and sanitation practices. * Drinking water will be provided in the Cafeteria during school hours, including meal times. * Guidelines for all snacks, beverages, vending machines and fundraisers during the school day will follow California State Board of Education requirements. Ed Code sections: 49430, 49431, 49431.5, 49431.7, CA. Code of Regulations Section 15576   **Meal Times and Scheduling.** Schools:   * will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch; * should schedule meal periods at appropriate times, *e*.*g*., lunch should be scheduled between 11 a.m. and 1 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   **Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we 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 responsibility.  **Sharing of Foods and Beverages.** The schools will 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. | |
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| **Nutrition Education and Promotion.** Feather Falls Union Elementary School District aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:   * is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; * includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, taste testing, farm visits, and school gardens; * promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, 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 nationally-recommended amount of daily physical activity (*i*.*e*., 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 physical education class. Toward that end:   * classroom health education will 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 into other subject lessons; and * classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.   **Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will post school menu and nutrition tips on school website, and provide nutritional information of school menus when requested. 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 for individual foods and beverages.  The district/school 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, special events, or physical education homework. | |
| **IV. Physical Activity Opportunities and Physical Education** | |
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| **Daily Physical Education (P.E.) K-12.** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes/10 days). Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.  **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 verbally and through the provision of space and equipment.  **Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (*e*.*g*., running laps, pushups) or withhold opportunities for physical activity (*e*.*g*., physical education) as punishment.  **Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. School policies concerning safety will apply at all times.  **Physical Fitness Testing.** During the month of May, students in grades five and seven will undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire test will undergo as much of the test as their physical condition will permit. Students will be provided their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing. | |
| **V. Monitoring and Policy Review** | |
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| **Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.  District food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.  **Policy Review.** 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 school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. | |
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