

Sierra County Office of Education Sierra-Plumas Joint Unified School District Wellness Policy

Introduction

Sierra-Plumas Joint Unified School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with federal and state nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physically active before, during, and after school;
- schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- school staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- the community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- the District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District.

I. School Wellness Committee

Evaluation and Enforcement

This wellness policy was developed by the District Wellness Committee, groups comprising of each school site council. School site councils are comprised of individuals from the following groups: parents, teachers, students, school administration and food service staff. Each committee meets during the school year to review and make any recommended revisions to policy content and to design and evaluate implementation plans throughout the site council's school. A progress report is/will be prepared after each meeting for the superintendent evaluation of the implementation of the policy and regulations and include recommended changes or revisions. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the school district's website and meetings will be open to the public.

The principal of each school will ensure compliance within the school and will report on compliance to the superintendent who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report:

- 1) The extent to which each school is in compliance with the wellness policy
- 2) A comparison of the district policy to model local school wellness policy
- 3) The progress made in attaining the goals of the policy
- 4) Any recommend changes to the policy
- 5) A detailed action plan for the following school year to achieve annual goals and objectives
- 6) Any additional information required by the USDA

The annual report shall be posted on the school district website and mail upon request.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities and other issues.

II. Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media.

- Teachers will begin to integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities such as contests, promotions and/or experience working in school gardens;
- The nutrition education program will be linked to school meals programs, school gardens, cafeteria nutrition promotion, after-school programs;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;

- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- If available, staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interest is prohibited;
- Nutrition education will be provided to families via handouts, newsletters postings on the web-site, presentations, and workshops. The school menu will be posted online;
- Staff is strongly encouraged to model healthful eating habits and is discouraged from eating in front of children/sharing food with children during regular class time outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children that do not meet the district's nutrition, state and federal standards;
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.
- Loyaltown Elementary teachers will occasionally use veggies from the garden to cook in their class.

Specifically, the nutrition curriculum will encompass:

- promotion of adequate nutrient intake and healthy eating practices;
- skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and
- examination of the problems associated with food marketing to children.

Nutrition themes include, but are not limited to, USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety. Our school district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, that:

- are accessible to all students;
- are appealing and attractive to children;
- are served in clean and pleasant settings;
- promote healthy food and beverage choices; and
- meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The district offers reimbursable school meals that meet USDA nutrition standards.)

Access to Drinking Water

In order to promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Water jugs and cups will be available in the cafeteria if water

fountains are not present during mealtime. In addition, students will not be denied access to district approved water bottles filled with water.

- Water will be promoted as a substitute for sugar-sweetened beverages
- School staff will be encouraged to model drinking water consumption
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water are maintained.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day, including before or after school, support healthy eating. All foods and beverages ***sold*** on school grounds to students outside of reimbursable school meals are considered “competitive foods and beverages.” Competitive foods and beverages include items sold a la carte in the cafeteria, vending machines, school stores and for *in-school fundraisers*. ALL competitive foods and beverages must comply with the district’s nutrition standards as well as all applicable state and federal standards.

Celebrations and Rewards

Superintendent or designee shall encourage school staff to avoid the use of non-nutritious foods as a reward for student’s academic performance, accomplishments, or classroom behavior.

Parents will be made aware in advance of when a celebration with food is taking place and what is to be served.

Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

Research indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. Withholding food as a punishment is strictly prohibited.

Fundraising

Foods and beverages that meet or exceed the district’s nutrition standards, as well as all applicable state and federal standards may be sold through fundraisers on the school campus during the school day. The District encourages non-food fundraisers and physical activity fundraisers, such as walk-a-thons, jump rope for heart, fun runs, etc. The district will not promote branded products (for example, Domino’s Dough Raising Program, branded candy sales, etc.)

Nutrition Education

The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- are designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 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.

Essential Healthy Eating Topics in Health Education

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

- Eating a variety of foods every day
- 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
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- 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, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools and Nutrition Promotion Marketing¹

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the district's nutrition standards, as well as all applicable state and federal standards.

Food advertising and marketing are defined as oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

School-base marketing will be consistent with nutrition education and health promotion. As such, the following guideline applies:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.

Examples of marketing techniques and terms include, but are not limited to, the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logos, name or trademark on cups, posters, book covers, school supplies, or educational materials
- Corporate brand, logo name or trademark on school equipment, message boards, scoreboards, or uniforms;
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;
- Broadcasts on school You-Tube
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free product samples, taste test, or coupons of a product, or free samples displaying advertising of a product.

¹National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be sold on School Grounds. Available: <http://nplan.rhine.rockriverstar.com/childhoodobesity/products/district-policy-restricting-advertising-food-beverages>.

III. Physical Activity

Children and adolescents will participate in physical activity. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school and out-of-school time activities. The district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive 200 minutes of physical education instruction every ten school days, exclusive of recesses and lunch period.

All District **secondary students** (middle and high school) will receive 400 minutes of physical education instruction every ten school days.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

Essential Physical Activity Topics in Health Education

The District may include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture

- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity
- Jump rope education
- Learning Landscape activity
- Routine physical education time

Recess (Elementary)

All elementary schools students will have at least **20 minutes a day of supervised recess** on all or most days during the school year, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](http://health.gov/paguidelines/) at the following link: <http://health.gov/paguidelines/>.

Physical Activity Program

Elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High school and middle school will offer interscholastic sports programs to all students.