

# **Sierra County Office of Education**

## **Sierra Plumas Joint Unified School District Wellness Policy**

The Sierra County Office of Education and the Sierra Plumas Joint Unified School District recognize the strong connection between health and the student's ability to learn. Good nutrition, physical activity and mental health provide the foundation for effective learning and achieving high standards in school. Our desire is to promote healthy eating and physical activity for all students and staff, as well as a safe and healthy school environment. It is our responsibility to remember the schools role in the community, to support family health, and to provide support for mental health for our students.

### **Nutrition Education and Guidelines**

The Sierra County Office of Education and the Sierra-Plumas Joint Unified School District will post policies and regulations on nutrition and physical activity in public view in all school cafeterias and eating areas. (Education code 49432)

The district will provide nutrition education and engage in nutrition promotion that:

- is offered to all grades K-12.
- engages family participation through use of Project Lean strategies, touring local gardens, and classroom cooking demonstrations.
- is part of health education classes and class room instruction in subjects such as math science, language arts, social sciences and elective subjects.
- encourages food service staff to provide menus that align with classroom based nutrition and health education.
- provides food service staff and teaching staff with current ongoing nutrition education to promote healthy eating.
- uses 2005 US Dietary Guidelines and California Education Code guidelines for beverage and food standards within schools.

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

The district will follow nutrition guidelines for all foods available on campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Foods and beverages available to students should support the health curriculum and promote optimal health. All foods in the food service program, student stores, vending machines and in fundraisers will meet state and federal nutrition standards.

The district will encourage the use of healthy food items or non-food items for fundraising purposes. School staff will avoid the use of non-nutritious foods as a reward for academic performance or classroom behavior.

Parents or other classroom guests will be encouraged to use healthy food choices at class parties and will consider nutritional quality when selecting snacks donated for parties and birthday celebrations. Class parties will be held after lunch when possible.

## **Elementary Schools (EC 49431 and 49432.5)**

### **Beverage Standards**

Regardless of the time of day, only the following beverages may be sold to pupils:

- Fruit based drinks with no less than 50% fruit juice and no added sweeteners
- Vegetable based drinks with no less than 50% vegetable juice and no added sweeteners
- Drinking water with no added sweeteners
- Milk (Two percent fat, one percent fat, nonfat, soy milk, rice milk, or other similar nondairy milk)

SPJUSD prohibits the consumption of energy drinks such as Monster, Red Bull and Rock Star on school sites. These drinks contain high levels of caffeine, sugar, and other stimulants. Energy drinks contain up to 160 milligrams of caffeine, which exceeds the Food and Drug administration limit of 68 milligrams of caffeine per 12-ounce drink. Consumption of these drinks may cause anxiety, rapid heart rates, heart palpitations, irritability, difficulty sleeping and indigestion.

### **Food Standards**

The only foods that may be sold to a pupil during the school day are:

- Full meals
- Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale: fruit or vegetables that have not been deep fried; and legumes
- Individually sold dairy or whole grain items that meets all the following standards:
  - Not more than 35% of its total calories from fat
  - Not more than 10% of its total calories from saturated fat
  - Not more than 35% of its total weight may be composed of sugar (naturally occurring and added sugar)
  - Not more than 175 calories per individual food item

Noncompliant foods may be sold for fundraising events if the items are sold by pupils and either the sale takes place off of and away from school premises or the sale takes place at least one-half hour after the end of the school day.

### **Middle and Junior High Schools (EC 49431.2 and 49431.5)**

#### **Beverage Standards**

From one-half hour before to one-half hour after the end of the school day, only the following beverages may be sold to pupils:

- Fruit based drinks with no less than 50% fruit juice and no added sweeteners
- Vegetable based drinks with no less than 50% vegetable juice and no added sweeteners
- Drinking water with no added sweeteners
- Milk (Two percent fat, one percent fat, nonfat, soy milk, or other similar nondairy milk)
- Electrolyte replacement beverages containing no more than 42 grams of sugar per 20 ounce serving

Noncompliant beverages may be sold up to one-half hour before school and following one-half hour after school.

SPJUSD prohibits the consumption of energy drinks such as Monster, Red Bull and Rock Star on school sites. These drinks contain high levels of caffeine, sugar, and other stimulants. Energy drinks contain up to 160 milligrams of caffeine, which exceeds the Food and Drug administration limit of 68 milligrams of caffeine per 12-ounce drink. Consumption of these drinks may cause anxiety, rapid heart rates, heart palpitations, irritability, difficulty sleeping and indigestion.

#### **Food Standards**

Snacks must meet the following standards:

- Not more than 35% of its total calories from fat (excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes)
- Not more than 10% of its total calories from saturated fat (excluding eggs or cheese packaged for individual sale)
- Not more than 35% of its total weight may be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables that have not been deep fried)
- Not more than 250 calories per individual food item

Entrée items must meet all the following standards:

- No more than 400 calories per entrée
- No more than 4 grams of fat per 100 calories in each entrée
- Categorized as entrée items in the School Breakfast Program of National School Lunch Program

Noncompliant foods may be sold if the sale takes place off of and away from school premises, the sale takes place at least one-half hour after the end of the school day, or the sale occurs during a school sponsored pupil activity after the end of the school day.

## **High School (EC 49431.2 and 49431.5)**

### **Beverage Standards**

**Same as beverages standards for Middle and Junior High School**

### **Food Standards**

Same as food standards for Middle and Junior High School

### **School Meals**

Students and staff will be provided adequate time for eating. Meals served through the National School Lunch and Breakfast Program will:

- be nutritious and appealing
- be served in a clean quiet and relaxing atmosphere

### **Free and Reduced-Priced Meals**

Information on Free and Reduced Meals will be provided to all families. Every effort will be made to maintain confidentiality and eliminate any social stigma with regard to meals served to children receiving free or reduced price meals.

### **Food Marketing in Schools**

School based marketing will be consistent with nutrition education and health promotion. The school district will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards as described above.

### **Physical Education**

**Our district recognizes the positive benefits of physical activity for health and academic achievements and will encourage students to be active in physical education.**

- **All Students in grades K-12 will be provided opportunities to be physically active on a regular basis, including students with disabilities and students with special health care needs.**
- **Physical education staff will be sensitive to the needs of students with special needs or physical disability**
- **Physical education programs will work to build interest and proficiency for students to encourage life-long strategies for healthy living.**

### **Elementary School**

**To meet California Education Code Section 51223, elementary school children in our district will receive a minimum of 200 minutes of physical education instruction every ten school days.**

### **Daily Recess**

**Elementary schools will provide recess that:**

- **Is at least 20 minutes a day**
- **Is preferably outdoors**
- **Encourages moderate to vigorous physical activity**
- **Discourages extended periods of inactivity (greater than 2 hours).**

### **Middle and Junior High School**

**To meet California Education Code section 51222, all students in grades 7-12 must receive a minimum of 400 minutes of physical education instruction every 10 school days. The California Department of Education also states:**

- **Local school boards may exempt students from any two years of physical education in grades 10, 11, or 12.**
- **Students must pass the physical performance test administered in grade 9 to receive the two-year exemption (EC 51241).**
- **If exempted, students must be provided a variety of physical education elective courses (EC 51222).**
- **High school physical education course content must include instruction in each of the eight content areas:**
  - **The effect of physical activity upon dynamic health**
  - **Mechanics of body movement**
  - **Individual/dual sports**
  - **Gymnastics/tumbling**
  - **Team sports**
  - **Rhythm/dance**

### **Physical Activity and Punishment**

Staff should not use physical activity such as running laps or pushups as punishment, nor withhold physical activity as punishment.

### **Healthy Teachers and Staff**

The school district values the health and well-being of every staff member and will implement policies that encourage healthy lifestyles of each individual. The district will:

- Develop a plan to promote staff health and wellness
- Base the plan on input from employees
- Expect all staff to serve as positive role models in promoting healthy food options and regular physical activity
- Provide professional development education that promotes health knowledge, healthy behaviors and physical education strategies

### **Prevention of Unhealthy Habits**

The school district will be proactive in eliminating and preventing unhealthy habits such as cigarette smoking, use of smokeless tobacco and drug and alcohol abuse. The district will:

- maintain and support tobacco and drug prevention programs in grades K-12
- work closely with local public health agency, tobacco coalition and health coalition in providing collaborative support to students.
- educate parents, teachers and staff in prevention techniques

### **Wellness of the Mind**

The school district understands that a healthy mind is vitally important in attaining true health. The district will:

- provide staff with adequate in-service on drug addiction, alcoholism, depression and suicide risks in school adolescents and teens.
- provide confidential means of counseling and other support services to students and staff who may be in need.
- provide the staff with tools in assisting students in making goals for their future.
- provide programs to reduce bullying and violence among students.
- provide programs to reduce cyber bullying among students.

## **Program Implementation and Evaluation**

The school superintendent will designate at least one person within the district and at each school site who will be responsible for implementing the district's wellness policy.

Specific quality indicators used to measure implementation will include:

- Student participation rates in school meal programs.
- Feedback from food service personnel, students, parents, school administrators and other appropriate persons.
- Decrease and/or cessation of non-nutritious goods and beverages in the school and in fundraisers.
- Data collected on student wellness and achievement from;
  - Annual Fitness scores for students in grades 5, 7 and 9
  - California Healthy Kids Survey data
  - Average Daily Attendance
  - Academic Performance Index

**Policy Adopted August 11, 2009**