

**Administrative Regulation  
Escondido Union High School District**

**Students**

**STUDENT WELLNESS**

**Wellness Regulations for Physical Activity and Nutrition**

Escondido Union High School District believes children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; and good health fosters student attendance and education.

Escondido Union High School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the 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.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (which may include the School Breakfast Program and National School Lunch Program, Summer Food Service Program, Pregnant and Lactating Teen Program, and Infant and Toddler Feeding Program).

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.

**I. REGULATION GOALS:**

**District Wellness Committee**

The school district's wellness committee will make recommendations to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policy regulations. The district's Superintendent or his designee may put in place the procedures and administrative regulations necessary as a result of the committee's recommendations. The committee will also serve as a resource to school sites for implementing those regulations.

(The wellness committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, community agencies, and members of the public.)

(cf. 1220 - Citizen Advisory Committees)  
 (cf. 9140 - Board Representatives)

## **II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children of various ages and diverse backgrounds;
- be served in clean, safe, and pleasant settings;
- meet, or exceed, nutrition requirements established by local, state, and federal statutes and regulations and guidance issued pursuant to 42 USC 1758(f)(1), 176(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)
- offer a variety of fruits and vegetables;
- serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- ensure that at least fifty percent of the served grains are whole grain;
- limit the content of trans fatty foods and snacks to only trace amounts;
- meet the daily menu planning target levels for sodium, fiber and cholesterol.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information will be made available on menus, on the district website, on cafeteria menu boards, or on other point-of-purchase materials.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- The district will notify parents and students of the availability of the School Breakfast Program.
- Schools will promote the importance of eating a healthy breakfast and encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

### **Summer Food Service Program**

Based on the criteria set forth by California Department of Education, schools will sponsor the Summer Food Service Program during the summer school sessions.

**Meal Times and Scheduling**

Schools:

- will provide students with adequate staff to allow adequate serving time that also allows students time for eating and properly digesting their food prior to returning to class.
- 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;

**Foods and Beverages Served or Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte, fundraisers, school stores, club carnivals etc.)

All foods and beverages served or sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fund raising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Beverages**

Allowed: water or seltzer water without added caloric sweeteners; appropriate sports drinks; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritional-equivalent nondairy beverages (to be defined by USDA);

Not allowed: iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

**Foods**

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its weight from added sugars;
- A choice of at least two fruits and vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines).

**Portion Sizes**

District employees will make every effort to limit portion sizes of foods and beverages served or sold individually to those listed below (approximately):

- One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;

- Two and one-half ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities should promote foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, and other considerations. Schools that partner with community based organizations should develop food and snack policies that meet the same nutritional guidelines as the school sites.

### **Rewards**

If schools use foods or beverages for reward purposes, they must meet the nutrition standards for foods and beverages sold individually (above). Schools will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

Schools should limit classroom celebrations that involve food during the school day.

**School-Sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Every effort should be made to meet the nutrition standards for meals or for foods and beverages sold individually (above).

(cf. 1230 - School-Connected Organizations)

### **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 school nutrition managers, and cafeteria workers, according to their levels of responsibility, including; safe food handling, nutrition education, program compliance issues, and the recognition of the signs, symptoms and appropriate responses to severe food allergy reactions and choking.

### III. NUTRITION AND PHYSICAL ACTIVITY GOALS

#### **Nutrition Education and Promotion**

Escondido Union High School District promotes health and well-being for students through teaching, encouraging and supporting healthy eating. Schools should provide nutrition education and engage in nutrition promotion that:

- is comprehensive, standards-based program 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 as appropriate also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- 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;
- includes training for teachers and other staff.

(cf. 6142.8 – Comprehensive Health Education)

#### **Communications with Parents**

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy eating seminars for parents, send home nutrition information, and post nutrition tips on the website. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district 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.

(cf. 6020 - Parent Involvement)

#### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment. Marketing activities that promote healthful behaviors (and are therefore

allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

(cf. 1325 - Advertising and Promotion)

#### **IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**

##### **Daily Physical Education (P.E)**

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and encourages lifelong fitness. All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 425 minutes/10 days for high school students for the entire school year.)

Temporary exemptions from physical education should be limited to students whose medical condition does not allow for inclusion in general, modified or adapted physical education program.

High school students who are exempt from two years of physical education in grades 10, 11 or 12, must be provided with the opportunity to participate in physical education elective courses.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they will be encouraged to stand and be moderately active.

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6145.2 - Athletic Competition)

##### **Physical Activity Opportunities Before and After School**

All schools are strongly encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs and interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

##### **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 as appropriate

- classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

### **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., recess, physical education) as punishment.

### **Safe Routes to School**

The school district and city will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

### **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. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. MONITORING AND REGULATION REVIEW**

### **Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent teacher organizations, school principals, and school health services personnel in the district.

**Policy Review**

To help with the monitoring of the district's wellness policies, each school in the district will conduct an annual assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every year 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 and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

ESCONDIDO UNION HIGH SCHOOL DISTRICT

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