

Beginning on the first day of the 2006-07 school year (August 21, 2006) the following standards shall be instituted, monitored, and evaluated. This Grossmont Union High School District Wellness Policy shall be evaluated annually by the District Child Nutrition and Physical Activity Advisory Committee. Recommended modifications and additions to Wellness Policy must be sent to Cabinet by March of each ensuing year and submitted to the Governing Board for approval no later than May of said year.

The following objectives and standards are the Grossmont District Wellness Policy.

1. ENSURE NUTRITIONAL STANDARDS ARE BEING MET IN THE SCHOOL LUNCH/BREAKFAST PROGRAM

- a. All menus will be nutrient based using the USDA-Approved “Nutrient Standard Menu Planning” option which allows for more flexible food selections.
- b. All sites will use the same cycle menu that has been previously analyzed to meet or exceed the nutrition standards set by the USDA for our student’s grade(s) group.
- c. All lunch meals must be <30% total fat and <10% saturated fat and no entrée served on the National School Lunch Program (NSLP) will exceed 450 calories.
- d. The nutritional value of the food served will significantly improve through the menu by providing more fresh fruits and vegetables; schools shall offer a variety daily.
- e. Foods exposed to potentially harmful additives and processes such as bovine growth hormone, irradiation, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (trans fats), preservatives and genetic modification; shall be reduced and/or eliminated.
- f. The District will ensure that a minimum of 50% of all grains served are whole grains. This standard exceeds the federal requirement.
- g. Decrease number of foods that fall below Foods of Minimal Nutritional Value (FMNV) as defined by the USDA. FMNV means 1. In case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and 2. in case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamins A, C, niacin, riboflavin, thiamin, calcium and iron.
- h. The District will serve only 100 percent fruit juice, plain or carbonated; no added sweeteners (natural or artificial) with any meal served for breakfast or lunch.
- i. School food service staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

2. INCREASE PARTICIPATION IN SCHOOL LUNCH/BREAKFAST PROGRAM

- a. The District will provide attractive areas for students to sit down and eat their meal. It is imperative that during the process of accomplishing Prop H construction work, the existing food service facilities at our eight oldest schools must undergo major renovations and that comfortable, protected, appealing dining areas be established at our nine oldest schools.
- b. The District will provide a minimum of 30 minutes for a lunch period and a minimum of 15 minutes for a nutrition break at all school sites.
- c. All qualified students will become eligible for free meals through frequent checking and coordination with county service (Direct Certification).

- d. The **reduced-price category** for school lunch or breakfast will be **eliminated**, so that all low income children have healthy food available at no cost.
- e. Maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan, and by putting systems in place that ensure the elimination of the stigma of accepting "free" meals through the **implementation of a computerized point of sale system**. In addition, *My School Bucks*, an online payment option, will be instituted which will enhance confidentiality and allow for increased communication between parents and food service personnel.

3. ELIMINATION OF CARBONATED BEVERAGES

- a. Carbonated beverages will be eliminated from all campuses beginning in August, 2006. This ban is in effect starting thirty minutes before the beginning of each school day until thirty minutes after the end of the school day. Wellness policy requires the local policy to not be less restrictive than federal policy. Although SB 965 permits the sale of carbonated beverages until July, 2009, California Department of Education management bulletin 05-110 forbids the sale of carbonated beverages during the school day. MB 05-110 is based on United States Department of Agriculture APB:SP-01-04 Title 7, Code of Federal Regulations Parts 210 and 215.
- b. The ban on carbonated beverages will apply to the district food services program, vending machines, student stores, classroom parties and special events and fundraising events.

4. ELIMINATION OF CANDY

- a. Candy will no longer be available for sale to students and staff in vending machines and student stores. The food services program does not sell candy.
- b. Candy will not be used for classroom parties or special events.
- c. Candy will not be sold for fundraising on any campus in the District.

New a la Carte Food and Beverage Legislation (Effective July '07)

Category Middle/High School

- Food**
- a. In addition to the USDA lunch and breakfast, the following foods are allowed for sale during the school day.
 - 1. A la carte snacks must meet 35/10/35 and no more than 250 calories per item. Not more than 35% of its total calories shall be from fat (does not apply to nuts or seeds).
Not more than 10% of its total calories shall be saturated fat.
Not more than 35% of its total weight shall be composed of sugar (does not apply to fruits and vegetables).
 - 2. A la carte entrée items shall contain no more than 400 calories per entrée and contain no more than 4 g of fat per 100 calories.
 - b. The following beverages are allowed for sale during the school day:
 - 1. Drinking water with no added sweetener
 - 2. 2%, 1% or non fat milk, soy milk, rice milk, and other similar nondairy milk

3. Fruit based drinks that are no less than 50% fruit juice and have no added sweetener
4. Vegetable based drinks that are composed of no less than 50% vegetable juice and have no added sweetener
5. Electrolyte replacement beverages that contain no more than 42 g added sweetener per 20 oz. serving

5. “EXERCISE AND NUTRITIONAL SCIENCE” REQUIREMENT

- a. Effective no later than the 2007-08 school year all students will be required to complete the course “Exercise and Nutritional Science” modeled after the class currently available at Steele Canyon High School.
- b. It is imperative that classrooms be used for this course to provide a meaningful learning opportunity. Class size should be commensurate with other classroom environments.
- c. The “Exercise and Nutritional Science” course description is as follows:

This course is designed to combine health, physical education, and life management skills over a period of three-quarters. The curriculum will be covered through classroom instructions as well as outside activities. The health portion will include first aid, the human body, food choices, mental and emotional health, disease prevention and treatment, alcohol, tobacco and other drugs. The physical education portion will include motor learning, biomechanics, sports and games. The life management skill portion will include self-esteem, substance abuse and addictive behaviors, stress management, suicide, death, values and goal setting, human sexuality, pregnancy, personality, eating disorders, HIV/AIDS, personal safety and communication.

6. PHYSICAL EDUCATION – THIRD YEAR REQUIREMENT

- a. Effective no later than the 2007-08 school year, all students will be required to complete three years of physical education.
- b. Options to completing a third year of physical education are completion of one of the following:
 1. Marching P.E. (band)/Junior ROTC
 2. Participation in two seasons of a team sport
 3. Individually designed program (students log hours in multiple fitness settings with sign-off). Includes pre and post tests as part of the student’s fitness. Successful completion of this option must be verified by a physical education teacher.

Examples of individually assigned programs are:

1. Weight room program
2. Running
3. Biking
4. 24 Hour Fitness
5. KROC Center
6. Community college classes

7. SCHOOL HEALTH ASSESSMENT

- a. Each district school will complete a “School Health Assessment” no later than November 15, 2006. This assessment will focus on household input of each student regarding eating habits and physical activity at school and during non-school time.
- b. Results and recommended actions will be submitted to the Superintendent no later than December 1, 2006.
- c. San Diego County Office of Education (SDCOE) Wellness Coordinators are available to assist and advise concerning assessments.

8. SUGGESTED ROUTES TO SCHOOLS

- a. Walking to and from school is an excellent physical activity for students.
- b. The school district should stay with assess and, if necessary, improve students’ ability to safely walk to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking to school.
- c. Suggested Routes to School. In developing suggested routes to school the State of California Department of Transportation Manual on Uniform Traffic Control Devices, Traffic Control for School Areas has determined standards for signs, markings, signals, crossing supervision, and grade separated crossings. It is the policy of the District to utilize this manual to create suggested routes to schools. Additionally, the District will create a School Pedestrian Safety Committee under the auspices of the Transportation Director on an “as needed” basis for each high school site to identify and outline suggested school routes as per the standards established in the above listed manual. Members of the Committee shall include students, parents, traffic engineers, representatives from local law enforcement and municipal planners, in addition to school staff. Additionally, the School Safety Pedestrian Safety Committee shall make recommendations on proposed improvement projects, notify appropriate authorities regarding school safety issues, review and process requests/concerns and provide pedestrian safety education to students, parents and school representatives as appropriate.

9. USE OF SCHOOL FACILITIES AFTER SCHOOL HOURS

- a. It shall be the policy of GUHSD to allow organized after school recreational activities on school property. School events and events scheduled under the Civic Center Act (Ed Code Section 38130-38139) shall have the first priority, the recreation program established by an authorized municipality or non-profit organization shall have second priority, and any other events by other organizations or agencies shall have third priority.
- b. Individuals may access outdoor recreational facilities at any GUHSD campus after school and during daylight hours as long as there are not authorized scheduled activities using the same facility.

10. SOLE AUTHORITY TO PROVIDE FOOD AND BEVERAGES

- a. The food services department will have sole authority to provide food and beverages to be purchased by students from the beginning of the school day until thirty minutes after the end of the school day to ensure food safety and to maximize the schools’ ability to serve healthy and appealing meals.
- b. The food services department will have sole authority for the nutritious snack required in state and federally funded before and after school programs.

- c. Schools should encourage parents to arrange with the district food service department for catering class parties/staff celebrations to ensure food safety and maximize the ability of the district food service department to serve healthy and appealing meals.

11. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- a. All students should have daily access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.
- b. Students have access to credentialed school counselors and psychologists who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises. (Disordered eating behaviors, including obesity, are often related to mental, emotional, and social problems, and overweight students may suffer from low self-esteem and/or be the target of bullying.)
- c. Schools provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment should reflect a sense of community and mutual support among staff and students.
- d. All school-based before and after school programs should be aligned with the health and wellness policies adopted by the district.
- e. Parent/guardian outreach efforts should emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
- f. Consistent health education, including but not limited to, nutrition and physical activity, should be provided to parents and families through the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues.
- g. Staff wellness programs should support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students.

12. PTSA RESOLUTION

- a. Governing Board and staff will encourage the Foothills PTSA Council to establish a resolution to fully support Grossmont Union High School District Wellness Policy.

13. MONITORING

- a. The district superintendent or designee should recommend specific quality indicators used to measure the implementation of the policy (e.g., nutrient analysis of school meals, school meal participation rates, sales of non-foods/beverages from fund-raisers and other venues, feedback from school/district food service personnel, administrators, members of the district Child Nutrition and Physical Activity Advisory Committee, parents, and other appropriate persons).
- b. The Governing Board should be involved in establishing the goals for the school wellness policy, success indicators, reporting methodology, monitoring curriculum requirements, and frequency of reporting to the board.