

WELLNESS - PHYSICAL ACTIVITY AND NUTRITION

The La Mesa-Spring Valley School District, in partnership with parents and the community, is committed to providing a healthy school environment. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well being and ability to learn. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. Therefore:

1. 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.
2. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S Dietary Guidelines for Americans.
4. 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.
5. To the maximum extent possible, all schools in our district will participate in available federal school meal programs. (Including the School Breakfast Program, National School Lunch Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program.)
6. 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.

As educators of our children, the La Mesa-Spring Valley School District believes that we have the opportunity to be role models by example and by providing opportunities and encouraging children to make healthy choices. This policy will be reviewed annually through the use of implementation surveys. A summary report of information on implementation strategies and the extent to which the policy is being adhered to, will be presented to school board every three years.

Legal References: (see next page)

WELLNESS - PHYSICAL ACTIVITY AND NUTRITION (continued)Legal References:EDUCATION CODE*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001**49490-49493 School breakfast and lunch programs**49500-49505 School meals**49510-49520 Nutrition**49530-49536 Child Nutrition Act**49540-49546 Child care food program**49547-49548.3 Comprehensive nutrition services**49550-49560 Meals for needy students**49565-49565.8 California Fresh Start pilot program**49570 National School Lunch Act**51222 Physical education**51223 Physical education, elementary schools*CODE OF REGULATIONS, TITLE 5*15500-15501 Food sales by student organizations**15510 Mandatory meals for needy students**15530-15535 Nutrition education**15550-15565 School lunch and breakfast programs*UNITED STATES CODE, TITLE 42*1751-1769 National School Lunch Program, especially:**1751 Note Local wellness policy**1771-1791 Child Nutrition Act, including:**1773 School Breakfast Program**1779 Rules and regulations, Child Nutrition Act*CODE OF FEDERAL REGULATIONS, TITLE 7*210.1-210.31 National School Lunch Program**220.1-220.21 National School Breakfast Program*Management Resources:CSBA POLICY BRIEFS*The New Nutrition Standards: Implications for Student Wellness Policies, November 2005*CSBA PUBLICATIONS*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005*CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS*Healthy Children Ready to Learn, January 2005**Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003**Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994*CENTERS FOR DISEASE CONTROL PUBLICATIONS*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004*NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS*Fit, Healthy and Ready to Learn, 2000*U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS*Dietary Guidelines for Americans, 2005**Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000**Legal References continued: (see next page)*

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Legal References continued:

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

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School Health Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council 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, and members of the public.)

(cf. 1220 - Citizens Advisory Committees)

(cf. 9140 – Board Representatives)

Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

1. Meals served through the National School Lunch and Breakfast Programs shall:
 - a. Be appealing and attractive to children
 - b. Be served in clean and pleasant settings
 - c. Meet, at a minimum, the goal of exceeding nutrition requirements established by local, state, and federal statutes and regulations
 - d. Offer a variety of fruits and vegetables¹
 - e. Serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
 - f. Ensure that half of the served grains are whole grain and/or a mixture of grains

(cf. 3550 – Food Service/Child Nutrition Program)

(cf. 3554 – Other Food Sales)

Schools should engage students and parents, through taste-tests of new entrees, surveys and school assemblies, 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 could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

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2. 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,
 - a. Schools will, to the extent possible, operate the School Breakfast Program.
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
 - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
 - d. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
3. Free and Reduced Price 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 meals³. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

(cf. 3553 – Free and Reduced Price Meals)

4. Seamless Summer Food Service Program Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Seamless Summer Food Service Program.
5. Meal Times and Scheduling Schools shall:
 - a. Work with district to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
 - b. Work with district to schedule meal periods at appropriate times
 - c. Schedule student meetings during lunch periods only if children are allowed to eat during the mealtime
 - d. Encourage lunch periods to follow recess periods (in elementary schools)
 - e. Students will have access to hand washing or hand sanitizing before they eat meals or snack.
 - f. Make reasonable steps to accommodate the tooth-brushing regimens of student with special oral health needs (*e.g.*, orthodontia or tooth decay risk)

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- g. Encourage lunch table sanitation
6. 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, the district 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.⁴
7. Sharing of Foods and Beverages Schools should 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.
8. Foods and Beverages Sold Individually (This includes: foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)
- a. Elementary Schools The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.
 - b. Middle Schools In middle schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte/snack lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:
 - (1) Beverages From one-half hour before the start of the school day to one-half hour after the end of the school day are permitted as follows.

Allowed Water or seltzer water⁵ without added caloric sweeteners; 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 nutritionally-equivalent nondairy beverages (to be defined by USDA); an electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

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Not allowed Soft drinks containing caloric sweeteners; sports drinks; 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). All carbonated sodas are strictly prohibited as a beverage.

- (2) Foods A food item sold individually will contain no more than:
- a. 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
 - b. 35% of its weight from added sugars⁶
 - c. 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and no more than 600 mg of sodium for pizza, sandwiches, and main dishes

A choice of at least two fruits and/or non-fried 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 and sodium guidelines).⁷

- (3) Portion Sizes Limit portion sizes of foods and beverages sold individually to those listed below:
- a. One and three-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
 - b. One ounce for cookies (elementary only); 2 ounce for middle schools
 - c. Two and one half ounces for cereal bars, granola bars, muffins, bagels, and other bakery items

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- d. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- e. Eight ounces for non-frozen yogurt
- f. Twelve fluid ounces for beverages, excluding water

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.

9. Fundraising Activities To support children's health and school nutrition-education efforts, school fundraising activities should not involve food or will use only 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.

(cf. 1230 – School Connected Organizations)

10. 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 healthy snacks, which includes fruit and vegetables 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, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers and school support staff, after-school program personnel, and parents. In addition, the school district will disseminate a list of prohibited food items.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

11. Rewards Rewards for academic performance or good behavior will emphasize non-food incentives.⁹ Schools will discourage using food (*e.g.*, candy) as a reward or punishment.
12. Celebrations Schools should limit celebrations that involve food during instructional time to no more than three times per school year. Each party should include no more than one serving per child. The district will disseminate a list of healthy party ideas to parents and teachers.

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13. School-sponsored Events Events may include, but not be limited to, athletic events, dances, or performances. Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). During such events, at least two items should be from the approved list. The district will provide a list of appropriate and inappropriate items.

Nutrition and Physical Activity Promotion and Food Marketing

1. Nutrition Education and Promotion The district aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that might include, but is not limited to, the following. In the district, Nutrition Education/Promotion shall:
- a. Be 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
 - b. Be a part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
 - c. Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, taste testing, farm visits, and school gardens
 - d. Promote the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
 - e. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
 - f. Link with school meal programs, other school foods, and nutrition-related community services
 - g. Teach media literacy with an emphasis on food marketing includes training for teachers and other staff

(cf. 6142.8 – Comprehensive Health Education)

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2. 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:

- a. 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
 - b. Opportunities for physical activity will be incorporated into other subject lessons
 - c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
3. 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, post nutrition tips on school websites, and provide nutrient analyses of school menus. 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 parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community.

The 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.

(*cf.* 1113 – District and School Web Sites)

(*cf.* 6020 – Parent Involvement)

4. Food Marketing in Schools School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and

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beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).⁸ School-based marketing of brands promoting predominantly low-nutrition foods and beverages⁹ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

(cf. 1325 – Advertising and Promotion)

5. **Staff Wellness** The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a staff wellness committee. The district shall have a school health council member, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. The committee should: develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

(cf. 4131 – Staff Development)

(cf. 4231 – Staff Development)

(cf. 4331 – Staff Development)

Physical Activity Opportunities and Physical Education

1. **Daily Physical Education (P.E.) K-8** 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 every 10 days for elementary school students and 400 minutes every 10 days for middle school students) for the entire school year. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) 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.

(cf. 6142.7 – Physical Education)

2. **Daily Recess** All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. The district encourages schools to schedule lunch recess before the designated lunch period.

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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 are encouraged to be moderately active.

3. Physical Activity Opportunities Before and After School All elementary and middle schools will be encouraged to seek opportunities to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs that meet the needs, interests, and abilities of all students, students with disabilities, and students with special health-care needs.

(cf. 6145 – Extracurricular or cocurricular Activities)
(cf. 6145.2 – Athletic Competition)

After-school child care and enrichment programs will provide and encourage through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

(cf. 5148 – Child Care and Development)
(cf. 5148.2 – Before/After School Programs)
(cf. 6300 – Preschool/Early Childhood Development)

4. Physical Activity and Punishment Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment. Teachers and other school and community personnel are discouraged to withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
5. Safe Routes to School The school district 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.

(cf. 5142 – Safety)

6. 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.

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(cf. 1330 – Use of School Facilities)

Monitoring and Policy Review

1. **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 school or 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). 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.

The Superintendent or designee will develop a summary report every three years 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.

(cf. 0500 – Accountability)

2. **Policy Review** To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹⁰ 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 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, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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¹ To the extent possible, schools will offer at least two non-fried vegetable and two fresh fruit options each day and will offer up to five different fruits and five different vegetables over the course of a week.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁴ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

⁵ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210). See new Beverage Law SB965 effective September 15, 2005 for details.

⁶ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁷ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

⁸ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

⁹ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹⁰ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Regulation
approved:

LA MESA-SPRING VALLEY SCHOOL DISTRICT
La Mesa, California