

## THE WELLNESS PROGRAM

The Wellness Program will include yearly goals and objectives in the following areas:

Goals for Nutrition Education

California Education Code Section 51890 declares the intent that districts provide comprehensive health education, including nutrition education, and requires that a variety of health topics be included in middle and high school curricula.

1. The district will integrate current, scientifically accurate nutrition content into classroom instruction as appropriate.
2. The district will reinforce messages on healthy eating by coordinating child nutrition programs with classroom-based nutrition education and with other components of the coordinated school health system.
3. The district will encourage instructional strategies that incorporate experiential learning opportunities and engage family members in reinforcing health nutrition behaviors.
4. The district will engage students as active participants in developing, advocating, and implementing nutrition-related programs, and services.
5. The district will provide instructional staff with adequate and ongoing-in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy behaviors.

Goals for Physical Education and Physical Activity

Schools should provide all students through grade twelve the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

1. **Physical education** is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.
2. **Physical activity** refers to participation in physical activity. Physical activity programs may provide participants with structured activity such as team sports or intramural activities.

Physical Education requirements are:

1. All 7-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will meet physical education requirements as designated in Education Code sections 51210, 51222, and 51223: A minimum of 400 minutes for every 10 school days for students in grades 7-12.
2. High school students who are exempt from two years of physical education in grades 10, 11 or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses. (EC sections 5122 (b) and 51241)
3. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (EC section 51241)
4. High school physical education course content will include each of the following areas: (1) effects of physical activity on dynamic health; (2) mechanics of body movement; (3) aquatics; (4) gymnastics and tumbling; (5) individual and dual sports; (6) rhythm and dance; (7) team sports; and (8) combatives. (California Code of Regulations {CCR}, Title 5, Section 10060)
5. Physical education instruction is to be delivered by a teacher credentialed to teach physical education. (EC Section 44320)
6. School districts will administer a physical fitness test annually to all students in grades seven and nine during the months of February, March, April, or May. (EC Section 60800)
7. Students will receive their individual fitness test results upon completion of the test. (EC Section 60800)
8. Teachers and other school and community personnel will not use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. (EC 49001)

Physical Education Curriculum and Instruction:

Instruction in physical education will be based on the physical education content standards and will include the following:

1. Full inclusion of all students.
2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity.
3. Maximum participation and ample practice opportunities for class activities.
4. Well-designed lessons that facilitate student learning.
5. Out-of-school assignments that support learning and the practice of learned skills.
6. Appropriate discipline and class management.
7. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child.
8. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being.

Physical Education Professional Development:

Teachers assigned to deliver physical education instruction will receive focused, ongoing professional development related to curriculum, instruction, and assessment in physical education.

Goals for Student Learning in Physical Education:

The CDE's 2004 *Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The district will focus on the five overarching standards. The standards state that students should:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

Student Safety During Physical Activity:

1. The district has rules and procedures concerning safety for students and staff.
2. The district works in collaboration with community health officials regarding standards for weather and air quality and students' participation in outdoor physical activity.
3. The district ensures that students and staff have access to appropriate hydration (e.g., water or other fluids).
4. The district, in conjunction with a credentialed school nurse, has an emergency response system to expedite aid to students and/or staff who are injured or become ill at school. The emergency response system is communicated to the school community, and the necessary training and practice takes place on a regular basis.
5. Facilities and equipment used for physical activity are properly monitored and maintained to ensure participants' safety.
6. School staff receives training in first aid and cardiopulmonary resuscitation (CPR).
7. School staff receives notification and is trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.
8. The district, in conjunction with a credentialed school nurse, has developed policies that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies are communicated to all members of the school community and are designed to protect students' well-being and provide for maximum participation of students in physical activity, at an appropriate level.

Goals for Other School-Based Activities

1. 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.)

2. 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 the physical safety, the school environment should reflect a sense of community and mutual support among staff and students.
3. 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 school environments.
4. 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.

Nutrition Guidelines for Food and Beverages Available Outside the School Meal Program

Requirements are:

1. Individual food items sold outside the federal reimbursable meal program shall meet local, state, and federal requirements.
2. The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
3. Schools shall follow the nutrition standards for grades seven through twelve as indicated in the shaded box below. EC Section 49431.2 and EC Section 49431.5.
4. Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines in the box below.
5. Food or beverages that do not meet the nutrition standards in the box below, may be sold by pupils:
  - a. if the sale takes place off and away from school campus; or
  - b. on school grounds, if sales occur 30 minutes after the end of the school day

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(effective July 1, 2007)**

<b>FOOD</b> (EC Section 49431.2)	<b>BEVERAGES</b> (EC Section 49431.5)
<p>The only food that may be sold outside the federal reimbursable meal programs must meet the following requirements:</p> <ul style="list-style-type: none"> <li>• Not more than 35% of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs, and cheese)</li> <li>• Not more than 10% of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)</li> <li>• Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables)</li> <li>• Calories shall not exceed 250 calories per food item</li> <li>• Entrée items (i.e., foods generally regarded as being the primary food in a meal, including but not limited to, sandwiches, burritos, pasta, and pizza) shall not exceed 400 calories per food item and 4 grams of fat per 100 calories.</li> </ul>	<p>The only beverages that shall be sold are:</p> <ul style="list-style-type: none"> <li>• Water, with no added sweeteners</li> <li>• Milk (two-percent, one-percent, or nonfat or rice milk, soy milk, or other similar nondairy milk)</li> <li>• Fruit juice, preferably 100 percent but at least 50 percent fruit juice, with no added sweeteners</li> <li>• Vegetable juice, at least 50 percent vegetable juice with no added sweeteners</li> <li>• Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20-ounce serving.</li> </ul>

Goals include:

1. The Nutrition Services Department will use whole, fresh, unprocessed foods and ingredients whenever possible.
2. The Nutrition Services Department will offer fresh fruits and vegetables with meals whenever possible.
3. The school district will encourage all school-based organizations to use nonfood items for fundraising.

Nutrition Guidelines for Child Nutrition Reimbursable Meal ProgramRequirements are:

1. All school meals must meet or exceed nutrition requirements established by local, state, and federal requirements.
2. Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans, such as:
  - a. No more than 30 percent of total calories from fat, averaged over a week
  - b. No more than 10 percent of total calories from saturated fat, averaged over a week
3. Lunch will be served at appropriate intervals from other meals, in accordance with current USDA guidelines.
4. The school district will do everything possible to prevent overt identification of their low-income students and to ensure that those students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced-price meals.
5. The school district will meet safety and sanitation requirements, as outlined in current USDA guidelines, issued June 10, 2005.

Goals include:

1. The Nutrition Services Department will seek to maximize federal and state meal reimbursement and pursue sources of additional funding to improve and enhance the serving of nutritious and appealing reimbursable meals and snacks.
2. The Nutrition Services Department will evaluate the results of the School Meals Initiative review.

3. The Nutrition Services Department uses USDA nutrient-based menu planning as the basis for school meal menu planning.
4. The school district hires and trains qualified child nutrition professionals who provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and accommodate the religious, ethnic, and cultural diversity of the student body.
5. Meals served through the Child Nutrition Program will:
  - a. Be appealing and attractive
  - b. Be served in clean, safe, and pleasant settings
  - c. Be varied
  - d. Include food items selected by students through taste testing, meetings, and surveys
6. The Nutrition Services Department will share information concerning the nutritional content of school meals with parents and students.
7. Students will be given at least 30 minutes to eat lunch.
8. The cafeteria will prominently display healthy lunch choices to encourage students to make healthy choices.
9. The Nutrition Services Department will provide continuing professional development for all child nutrition professionals to include training and/or certification at their various levels of responsibility, including safe food handling and nutrition education.

Measuring Implementation of the Wellness Policy and Designating Responsibility for Implementation and Enforcement

1. The Superintendent or designee shall designate at least one person within the district that is charged with operational responsibility for ensuring that the school sites implement the adopted wellness policy.
2. Each school will post the district's policies and regulations on nutrition and physical activity in public view. (EC Section 49432)
3. The Superintendent or designee will ensure district-wide and individual school compliance with the school wellness policy.
4. The principal or designee should ensure individual school compliance.
5. The Superintendent or designee will report every year on wellness policy compliance to the Parent Curriculum

- Advisory Council, Physical Education Academic Committee, the Life Skills Academic Committee, the Coordinating Council, and the Board of Trustees.
6. As necessary, the wellness policy will be revised to address changes in state and federal law as well as areas in need of improvement.
  7. The district will provide appropriate and continuing professional development that is supportive of the wellness policy to teachers, nutrition services personnel, and other staff members as appropriate.