

**STUDENT WELLNESS**

**District Health Council**

The District Health Council shall remain an active committee which will consist of parents/guardians, students, school food service professionals, district administrators, Board representatives, health professionals, members of the public, community services representatives and any other interested persons. The council will meet at least 4 times throughout each school year to review the District's Wellness Policy, Wellness Procedures, assessment results and new legal regulations. After reviews the council will present to the Board any updates and recommendations as appropriate.

**Nutrition Education**

The following are areas of interest to be maintained for the implementation of the Wellness Policy in the area of Nutrition Education.

**Curriculum Materials**

Curriculum materials utilized within the District must be based on current research and aligned with state frameworks in subjects such as mathematics, science, history & social studies, visual & performing arts, and English & language arts.

Existing agencies aligned with State Frameworks:

- Dairy Council of California
- UC Davis Cooperative Extension
- USDA MyPyramid Program
- Harvest of the Month
- CA Project Lean

The District Health Council encourages teachers to seek out new nutrition education materials. It is necessary for all new materials to be presented to the curriculum department prior to any use in the classroom.

The District Health council will assist in reevaluating existing curricula to assure that they are current and up to date with current standards and research.

The District Health Council will support the Curriculum Department in locating and recommending new curriculum materials to provide nutrition education resources.

**Curricula Application**

Each elementary teacher in the District will teach a grade-level appropriate Nutrition Education Unit during the school year. It is the responsibility of the teacher to create a plan for implementing nutrition education into the curriculum in a way that will foster the development of nutrition related concepts.

Curriculum materials from recommended sources will be provided to elementary teachers at the beginning of the year.

Curriculum from recommended sources will be provided to a minimum of one middle school grade level (as coordinated by each school) for the subject that will teach nutrition. This will ensure that each child attending middle school will receive nutrition education at least once.

Curriculum from recommended sources will be provided to a minimum of one high school grade level (as coordinated by each school) for the subject that will teach nutrition. This will ensure that each child attending high school will receive nutrition education at least once.

STUDENTS Page 2 of 5  
**STUDENT WELLNESS**

Secondary teachers will also have the option of independently acquiring curriculum materials from approved sources or borrowing the curricula from the District's Supervisor of Nutrition Education and Marketing in Child Nutrition Services. A library with approved curricula, books, videos and other materials are available for checkout.

Each Elementary and designated Secondary Teacher will be required by the District to utilize Nutrition Education in the classroom during the school year.

The District strongly encourages the integration of nutrition education into existing curricula and other core subjects.

**Nutrition Advertising / Marketing**

Schools are encouraged to utilize media such as newsletters, signs, school newspapers, websites, radio and television and other campaigns to disseminate positive messages about nutrition that will reinforce the District's goals for nutrition education.

School administrators are responsible for monitoring and enforcing any advertising and marketing to which students may be subject to during the school day.

**Measurement Device / Assessment**

The District Health Council will analyze survey any available data to determine any changes in student knowledge, attitude or behavior about nutrition. The available curriculum sources aligned with the State Framework may be used as measurement and assessment tools to assist with this analysis.

**Parent / Community Outreach**

The District will utilize multiple forms of communication to educate parents and the community about nutrition including newsletters, handouts, articles, parent teacher meetings, assemblies and the internet.

The District Health Council will develop a relationship with school Parent Teacher Organizations (PTO) that will facilitate communication between parents, students and staff to enhance the collective health of the community.

**Physical Education and Physical Activity**

The physical education and activity procedures for the current school year will follow the pending Physical Education District Policy and Procedures. It is encouraged for teachers to include physical education as part of the education process.

**Nutrition Guidelines for Food Available at Schools**

Nutritional standards for all food and beverages including those served in the federally reimbursable meal programs, ala carte food sold by Child Nutrition Services, food sold by student organizations, food sold for fundraisers and food offered to students will strictly adhere to all laws and regulations of the federal, state, local governments and the SMUSD Wellness Policy. This includes any and all existing and future regulations on food service and safety. These regulations will be in effect for services offered to students from ½ hour before, during and through ½ hour after school sessions unless noted in the procedures.

SAN MARCOS UNIFIED SCHOOL DISTRICT  
ADMINISTRATIVE PROCEDURE  
STUDENT WELLNESS 5030

STUDENTS Page 3 of 5

**STUDENT WELLNESS**

**Objective** – To offer food and beverages that will promote student health, support a health curriculum and aid students to reach and/or maintain their optimal weight.

**Definitions:**

**Full Meal** - Any combination of food items that meet USDA approved School Breakfast (SBP) or National School Lunch Program (NSLP) meal pattern requirements.

**Snack** - A food that is generally regarded as supplementing a meal.

**Allowable Snack** - A food item that contains:

Not more than 35% of calories from fat

Not more than 10% of calories from saturated fat

Not more than 35% sugar by weight

Not more than 175 calories for elementary students

Not more than 250 calories for middle or high school students

This information does not apply to snacks that are nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes. These items can be served as snacks without meeting the definition above.

**Acceptable School Beverages-**

Drinking Water – no added sweetener

Fruit-based drinks – no less than 50% fruit juice, no added sweetener

Vegetable based drinks – no less than 50% vegetable juice, no added sweetener

Milk – 2%, 1%, nonfat, soy, rice, and other similar nondairy milk

Electrolyte replacement drink Middle or High School only-Must include;

Water as first ingredient

No more than 2.1 grams of added sweetener per fluid ounce

At least 10 but not more than 90 milligrams of potassium per 8 ounces

No added caffeine

Carbonated drinks-Only those that are currently on the USDA Exemption List and approved through Child Nutrition Services Department

**Potentially Hazardous Food** - A food item that has to be cooked, refrigerated, washed, frozen, mixed, or prepared before serving.

**On Campus Marketing** – Marketing that consists of those items targeted directly to students; such as banners, posters, announcements, vending machines and classroom literature.

**Nutritious Foods** – Foods that provide healthy nourishment.

The following procedures are to be followed to be in compliance with the District Wellness Policy beginning July 1, 2007:

**Fundraising**

Fundraising activities must use allowable food and beverage snack items or non-food items. Nutritious snack items must be determined by federal regulations, state regulations (currently SB12, SB 965, SB80 and Title 5), District Wellness Policy and not be a food of minimal nutritional value.

Only one non-allowable food fundraiser may be conducted per school site in one occurrence each year.

School fundraisers that occur off site which do not comply with the above procedures cannot be marketed through food images and signage on campus property.

Alternative fundraiser activities shall be encouraged and examples are available on the District website. The site principal or designee shall determine if a fundraiser is

STUDENTS Page 4 of 5  
**STUDENT WELLNESS**

compliant with District policies. Child Nutrition Services shall be available for assistance in this determination. A District Wellness Policy Fundraiser Form may be required for compliance.

**Organization Sales (ASB or Student Stores) and on site vending**

Only one organization may conduct a food or beverage sale on a given school day. A maximum of 3 items may be sold. All products for sale must meet all federal regulations (no foods of minimal nutritional value), state (currently SB12, SB 965, **SB 80** and Title 5) and District Wellness Policy and may not be a food of minimal nutritional value. Ala carete sales outside of the National School Lunch Program are discouraged at the elementary school level.

Potentially hazardous food items may not be sold through any organizations outside of the Child Nutrition Services Department.

The site principal or designee and the director of Child Nutrition Services or designee shall determine if the products to be sold are compliant. Although a partnership with Child Nutrition Services can be established to broaden the items sold at the secondary school site level.

**Daily Rewards**

Food or beverages shall not be used for academic or behavior rewards on a daily basis. An exception may be made when the use of food or beverage is included in an IEP report for the educational purpose of the student.

**Classroom Reward or School Celebrations**

Classroom or school celebrations are required to be non food and/or beverage rewards 50% of the time. A special event meal may be utilized as a reward or celebration when it is part of the National School Lunch program. Also, food may be part of the reward or celebration when it is not the main focus of the event. Examples of this are lunch with a teacher, principal or special person and award assemblies where the food is not a reward. When food or beverage items are being utilized as the reward, they must be given after the lunch time of the students and an allowable snack or school beverage must be offered. The site principal or designee shall determine if the event is compliant with District policies.

**Classroom Educational Events**

This event must be part of the educational process for the students of the class and it can be scheduled once during the school year. The event may include food items; however, if any item is a potentially hazardous food, all safe food handling procedures must be followed. A "Guideline for Classroom Safe Food Handling Procedures" (Exhibit "A") must be signed by the person providing the food item. Whenever possible, the food items should be prepared or purchased through a facility that has a health permit.

**Birthday or Personal Celebrations**

Birthday or personal celebrations in the classrooms may only be recognized with non food items. Examples of non food items that may be utilized will be available on the District's website or at the school office. All celebration items must be approved by the classroom teacher before being distributed to students.

**STUDENT WELLNESS**

**National School Breakfast and Lunch Program**

The Director of Child Nutrition Services will ensure that all Federal and State programs will follow all regulations regarding these programs. All District sites will participate in the National School Breakfast and Lunch program.

**After School and Weekend Events**

SMUSD events should encourage a healthy life style outside the school day. Therefore, at this time, it is recommended that nutritious meals, snacks and beverages be served or sold at these events.

**Kids On Campus (KOC)**

Although the KOC program extends beyond the school day, it is imperative that the District standards for nutrition guidelines be followed during this program.

**Marketing**

Marketing of nutritious foods is encouraged. The marketing of foods not listed on the "Student Food and Beverage Snack List" (Exhibit B) is not allowed on campus with the exception of the one allowable yearly fundraiser.

**Communication**

Required communications on these nutrition guidelines are to be posted on the San Marcos Unified School District Website and available to the public at each school site. It is recommended that these nutrition guidelines be part of a SMUSD Parent and Staff pamphlet on the District Wellness Policy. It is recommended that these nutrition guideline procedures be part of a SMUSD parent and staff pamphlet on the District Wellness Policy.

**Reviews and Updates**

These procedures are to be utilized during the school year of 2009-2010 and reviewed by the District Health Council and the Director of Child Nutrition Services each year.

History:

Reviewed: 5/22/06

Reviewed: 6/12/06

Revised: 4/23/07

Revised: 6/16/08

Revised: 7/16/09