

Fall River Joint Unified School District
Policy 5030
Wellness Policy
Nutrition and Physical Activity

In accordance with legislation, Section 204 of Public Law 108.265, and recent research, Fall River Joint Unified School District's Child Nutrition and Physical Activities program shall include practices that promote and protect children's health, well-being, ability to learn, and reduces the incidence of childhood obesity by supporting healthy eating habits and physical activity.

Commitment Statement

Healthy schools, those that support good nutrition and physical activity as part of a total learning environment, produce healthy students. Healthy students are better able to develop and learn. Healthy students who achieve their educational potential build healthy communities. Healthy communities build a healthy America.

Wellness Policy Development

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 note)

The Governing Board recognizes that:

1. Good health fosters better student attendance and education.
2. Obesity among children is at epidemic proportions.
3. Good nutrition and physical activity are keys to the optimal growth and development of children.
4. Good nutrition and physical activity have both a short-term and long term effect on a child's health.
5. There is a documented relationship between children's nutritional practices and their behavior.
6. Good nutrition and physical activity positively influence academic, physical, social and athletic performance. Proper nutrition enhances academic performance and increased physical activity leads to higher academic achievement.
7. Learning nutrition and physical activity values and behaviors at an early age makes it easier for an individual to make nutritional decisions that can lead to positive health throughout their lifetime.
8. Children can be taught healthy nutrition and healthy physical fitness within their classrooms and healthy nutritional and physical fitness values by examples set within the school environment.
9. Nutritional integrity is a level of performance that assures that school sponsored foods:
 - a. Meet recommended dietary allowances and dietary guidelines,
 - b. Meet federal and state standards/regulations (Code of Regulations, Title 5 and Code of federal regulations, Title 7) and,
 - c. Provide for the development of lifelong, healthy eating habits.

The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy by ensuring:

1. That Physical Education in the schools meets the requirements in the California Education Code and the President's Physical Fitness Standards and Practices are implemented.
2. A commitment to providing an environment in which students make healthful food choices.
3. That food available on school premises contribute to the nutritional well being of students.
4. That our school environment supports proper nutrition and the promotion of healthy eating habits.
5. Parents receive information regarding nutrition and physical activity through newsletters and handouts.
6. That the school environment is safe and clean with ample time and space for meals.
7. Staff is encouraged to consider the nutritional value of the food used as a reward.
8. Physical activity will not be used as a punishment.

Components and Goals

Component 1:

Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors.

Students in FRJUSD will have the opportunity to receive:

- Nutrition education in the classroom through a variety of instructional materials (supplemented with, hands-on cooking, handouts, art, history and science).
- Nutrition messages throughout the school in the form of posters, bulletin boards, and healthy choices of foods during classroom activities.

Component 2:

Physical Activity Goals

The Primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle. Students in FRJUSD will have the opportunity to receive:

- At least the minimum minutes recommended in the California Education Code for physical activity and ensure the implementation of the President's Physical Fitness Standards and Practices and the Fitness Gram.
- Opportunities for physical activity during the school day through daily recess, PE classes including SPARK PE equipment and on-line resources, and after-school programs.

Component 3:

Nutrition Standards for All Foods Available on School Campus

During the School Day

- Foods and drinks available to students, influence lifelong eating habits.

- Reimbursable school meals must meet program requirements and nutrition standards set by Code of Federal Regulations, Title 7.
- FRJUSD meets the National Nutrition Standards through the use of the National School Lunch Program.
- Standards will be addressed on foods and beverages sold at school during the regular school day (30 minutes before and 30 minutes after the instructional day), commencing with the 06/07 school year.
- Foods and beverages sold in vending machines, snack bars, school stores and concessions stands on campuses will not be sold if they do not meet the requirements in SB 12 and SB 965.

Elementary Schools:

- No more than 35% calories from fat, excluding nuts or seeds.
- No more than 10% from saturated fat.
- Not more than 35% of total weight shall be composed of sugar, excluding fruits and non fried vegetables.
- No more than 230 milligrams sodium
- The only beverages sold to students are low fat or non-fat milks, water or juice that is at least 50% fruit juice with no added sweeteners.
- Breakfast Calories 350-500
- Lunch Calories 550-650

Middle and High Schools:

- Same nutrition standard as elementary schools
- Breakfast Calories 450-600
- Lunch Calories 750-850
- Electrolyte replacement beverages have no more than 42 grams of added sweetener per 20 ounce serving.
- Individually sold entrée may not have more than:
- 4 grams of fat/100 cal

Foods and beverages sold by clubs or fundraising groups will be encouraged to meet nutritional requirements.

Parents/guardians/teachers/staff/community members will be encouraged to support the district's nutrition education goals by considering nutritional snacks and/or choices when refreshments are donated or served at occasional parties, activities, and meetings during the school day.

Home-prepared products will not be allowed to be sold on campus due to food borne illnesses. Site approval may be requested for special events involving foods that do not meet nutritional standards, but must meet food safety standards.

Component 4:

Goals for Other School-Based Activities Designed to Promote Student Wellness

Policies under this category will encourage wellness messages and be conducive to healthy eating and being physically active.

The FRJUSD will:

- Provide a clean, safe meal environment.
- Provide adequate time for students to eat.
- Encourage staff to consider the nutritional value of the food if it is to be used as a reward.

- Discourage the use of denial of student participation in recess or other physical activity as a form of discipline or instructional make-up time.
- Encourage fundraising efforts to be supportive of good health habits.
- Develop strategies for parents, teachers, school administrators, students, foodservice professionals to serve as role models in practicing healthy eating and being physically active.

Monitoring and Policy Review

Policy Review: The superintendent or designee will ensure compliance with an established district-wide nutrition and physical activity wellness policy. In each school the principal or designee will ensure site compliance with the district.

School food service staff, at the district level, will ensure compliance with the nutrition portion of the policy within the food service areas.

The District Wellness Policy will be reviewed and revised as needed.

Monitoring: The policy will be posted on the district website with the option to request changes to be made to the District Nurse or Food Service Supervisor. These suggestions will be reviewed and changes made as deemed necessary.

Legal Reference:

EDUCATION CODE

39870 et seq. Cafeterias-establishment and use
 49430-49436 (49431.5) The Pupil Nutrition, Health and Achievement act of 2001 (SB 677)
 49490-49493 School Breakfast and Lunch Programs
 49500-49505 School Meals for Pupils
 49510-49520 Nutrition
 49530-49536 Child Nutrition Act of 1974
 49550-49560 Meals Needy Students
 51222-51223.1 Physical Education

CODE OF REGULATIONS, TITLE 5

15500 et seq. Child Nutrition Programs
 15510 et seq. Mandatory meals for needy pupils
 15530 et seq. Nutrition education
 15550 et seq. School lunch and breakfast programs

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
 220.1-229.21 National School Breakfast Program

U.S. CODE TITLE 42

1751-1769 School Lunch Program
 1771-1791 Child Nutrition (especially 1773 School Breakfast Program)

Resources:

US Dept of Agriculture, Food and Nutritional Information Center (FNIC): <http://www.nal.usda.gov/fnic>
 Centers of Disease Control and Prevention: <http://www.cdc.gov>
 California Healthy Kids Resource Center: <http://www.californiahealthykids.org>
 California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>
 Action for Healthy Kids: <http://www.ActionForHealthyKids.org>
 Team Nutrition Local Wellness Policy: <http://www.fns.usda.gov/tm/Healthy/Wellness>
 NANA Nat'l Alliance for Nutrition and Activity 3/05
 National School Boards Association: <http://www.schoolhealth@nsbc.org>
 Healthy Children Ready to Learn-State of Education (CA Dept of Education): <http://www.cde.ca.gov>

School Wellness Policy: <http://www.schoolwellnesspolicy.org/resource>
School Nutrition Association (SNA)
President's Council of Physical Fitness and Sports
NASPE National Association for Sport and Physical Education 2003 (Parent Views of Children's Health and Fitness)
Del Norte County Unified School District
San Francisco Unified School District
Gateway Unified School District
Eureka City Unified School District
Santa Monica-Malibu Unified School District Nutrition and Physical Activity Policy
Benecia City School District

11/05

Board adopted: 2/1/06, 12/10/2014