

Regulation 5030: Student Wellness

Status: ADOPTED

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The Arvin Union School District, in partnership with parents and the community, is committed to providing a healthy school environment for all students and staff. We know that good health positively impacts student learning, attendance and well-being. We are committed to promoting, protecting, and enhancing children's health, well-being, and their ability to learn by supporting healthy eating habits and physical activity. Research has proven that adult obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. We believe that the Arvin Union School District has the responsibility and opportunity to be a positive influence on our students, staff, and community by offering the healthiest foods, beverages, and physical activity opportunities possible, as well as providing other health-supporting and enhancing programs and opportunities; therefore, the Arvin Union School District commits to the following:

Striving to serve our students and families, the district provides balanced meals and works with families to build healthy eating and hydration habits.

1. School District Wellness Committee

- Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, and may include parents, students, nutrition services staff, physical education teachers, school site principal or vice principal, member of the school board, health professionals and members of the public at large.
- A letter will be sent to the school community via Parent Square, posted in a central area in all school buildings, and advertised at district parent meetings inviting members of the community to join the Wellness Committee. Parents and students representing each school site, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review, and update of the wellness policy.
- Meet at least five times during the school year at hours convenient for public participation to discuss implementation, monitoring, and revision of the policy and provide recommendations to the Board of Education.
- Charge the School District Wellness Committee, District Superintendent, Director of Nutrition Services and site administrators with annually ensuring that the Local School Wellness policy is implemented, monitored and revised.

2. Foods and Beverages Served and Sold on Campus

- Ensure that all foods and beverages served and sold on campus are nutritious, appealing and attractive to students and adults.
- Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7CFR210.10 or 220.8, as applicable. <https://www.fns.usda.gov/nslp/>
- Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe, drinking water.

a. School Meals (reimbursable meals)

- Whenever possible, if Arvin Union Schools qualify, offer free meals to students through Community Eligibility Provision (CEP) which is a non-pricing meal service option for schools and school districts in low-income areas.
- Serve food in quantities appropriate to the needs of students at their age level as guided by the National School Lunch Program Food Based Menu Planning Approach.
- Whenever possible, increase the availability of fresh fruits and vegetables by adding a salad bar as part of the school food service program at Haven Drive Middle School and all elementary school sites.

Allowable Beverages: (Applies at all times, regardless of the time of day.) Beverages may not contain added sweeteners- caloric or non-caloric - with the exception of non-dairy milk alternatives (e.g. almond, rice, soy milks).

Only the following beverages are allowed:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine).
- Unflavored non-fat or 1% cow's milk* To encourage daily consumption, flavored milk (chocolate or strawberry) may be served for 3 lunches per week (typically Tuesday, Wednesday, and Thursday).
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Unflavored non-dairy milk alternatives
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- No more than 12 grams of caloric sweetener per 8 fluid ounces.
- * Fruit or vegetable juice that contains 100% juice

Water

- Provide all students and employees with access to clean, safe palatable drinking water free of charge at every District facility including cafeteria and eating areas, classrooms, hallways play yards and athletic fields and faculty lounges throughout the school day and at before and after school activities.
- Allow students to bring drinking water from home and to take water into classrooms, provide that the water is in a capped container, such as a bottle, to prevent spills.

b. Foods and beverages sold individually (e.g., a la carte/competitive products sold outside the school meal programs through vending machines, in the cafeteria a-la-carte lines, as fundraisers and in school stores.)

Ensure that foods and beverages sold individually comply with local, state and federal regulations.

Allowable foods: The only foods that can be sold to AUSD students are full meals, exempt foods, or snacks approved by the Director of Nutrition Services and exempt dairy or whole grain foods that meet specific calorie, fat, saturated fat, and sugar requirements (Applies ½ hour before the school day, during the school day, and ½ hour after the school day – or to

students attending the after-school program)

Dairy and Whole Grain Foods

Whole grain:

- For purchased grain or bread products:
- Contains the statement: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart diseases and certain cancers," or
- The first listed grain ingredient is a whole grain, or
- If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within the previous 12 months that lists a combination of whole grains that combined represent at least 51% of the total grain weight of the product.
- For bread or grain products prepared by schools:
- The weight of the whole grain is at least 51% of the total grain weight of the product.

Entrees: (Generally regarded as the primary food in a meal.)

Entrees shall:

- Contain no more than 400 calories per item
- Contain no more than 4 grams of fat per 100 calories (36% fat)

Entrees must contain:

- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g., turkey sandwich, baked potato with chili, fruit and cheese platter) or
- A meat/meat alternative alone (e.g., sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

NOTE: Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempt foods (e.g., trail mix containing chocolate chips).

A-la-carte entrees are not to be sold at any of the district's schools during the school day.

Outside entities may sell a "full meal" provided it meets the USDA meal pattern and is approved by the food services director/department if it is outside the hours of the school day and is not in competition with regular food service.

Exempt Foods: These foods can be sold and do not have to meet calorie and fat limits; however they cannot have added sugars or fat (check the ingredients list to ensure)

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)

- Eggs
- Cheese packaged for individual sale
- Fruits and non-fried vegetables
- Legumes

Elementary Schools

Allowable Snacks and Entrees: (Applies one-half hour before school day and until one-half hour after school.)

Snacks: (Generally regarded as supplementing a meal)

Individually sold food items must meet the following:

- Not more than 175 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)
- No artificial trans-fat (see details below)

Dairy: a food made from milk with the exception of cheese packaged for individual sale.

Middle/Junior and High Schools

Allowable Snacks and Entrees: (Applies one-half hour before school day and until one-half hour after school.)

Snacks: (Generally regarded as supplementing a meal)

Individually sold food items must meet the following:

- Not more than 250 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat|
- Not more than 35% of total weight from sugar (natural and added)

Elementary and Middle School

c. Fundraising

- Superintendent or designee will ensure that alternative fundraising strategies such as the sale of non-food/beverage items, promotion of physical activity, and/or sale of nutritious food/beverage items that meet or exceed California Nutrition Standards for foods/beverages sold outside the school meal programs and Arvin Union School District food and beverage standards are used in school fundraisers.
- Exception: One candy sale per year per school site will be allowed for a two-week period. No candy will be sold on school site premises, except in staff lounge to be

purchased by school staff.

- Superintendent or designee and Wellness Committee will provide a list of approved fundraising activities to district staff.

d. Parties/Celebrations

All foods provided during parties/celebrations, etc. must be purchased through Arvin Nutrition Services or on approved list of store-bought items

- Parties will be limited to 3 times per year – Fall Party (last week of October/first week of November), Winter, and Valentine’s Day. The district encourages the celebration of historical/cultural recognitions including cafeteria meal food service recognition of culture through menu item selection.
- Due to unforeseen food allergies, along with health code regulations, individual student birthday celebrations are not permitted.

e. Rewards

- Food and beverages used as rewards for student accomplishments must be ordered through the food services department. Non-food rewards are highly encouraged.

3. Physical Education (PE)/Physical Activities

Schools shall provide at least 20 minutes of active daily recess to all elementary school students. If weather does not permit outside activities, alternative indoor Physical Education activities are to be conducted.

Elementary schools must meet or exceed California State Physical Education standards of 200 minutes per 10 days.

- Middle Schools must meet or exceed California State Physical Education standards of 400 minutes per 10 days.
- Ensure all students are offered expanded opportunity for physical activity and promote lifelong physical activity
- Physical activity programs shall increase emphasis on teaching fitness and lifelong recreational aerobic and strength activities including outreach to students and families.
- Intramural sports will be played as part of the After School enrichment program whenever possible, in Arvin School District elementary schools.
- The District and site administrators will ensure that physical activity is not given out as punishment, and will ensure that the use of detentions, campus clean-up, and other non-physical activity punishments be encouraged.
- Bringing in local experts will be allowed for sports or activities not traditionally taught during Physical Education classes in the After School setting, such as local law enforcement teaching a self-defense unit, etc.
- The Wellness Committee will create & expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.

4. Marketing

- Marketing of healthful food and beverages will be strategically placed in cafeterias to promote wellness. Highlighting and encouraging fruits and vegetables, non-fat/low-fat milk

and water consumption and participation in the school meal programs.

- Marketing of foods and beverages that do not meet the standards outlined in this policy and state and federal regulations is prohibited on district facilities.

5. Nutrition Education

All school nutrition program directors, managers, and staff will meet hiring and annual continuing education and training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. Directors and managers will receive at least 10 hours of training and staff must have at least 6 hours.

- The After School program shall provide a section of nutrition education as part of their curriculum.
- Nutrition related posters shall be displayed in the dining areas of all four sites to encourage healthy food choices.
- The summer school program shall include Nutrition Education as part of its curriculum.
- Nutrition education will be incorporated in the Physical Education class curriculum at all schools.
- Schools will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.

6. Other School-Based Activities

a. Health Education

- The district will host an annual local health fair where health- related issues, nutrition, physical activity, and child safety information will be given.
- The district will create & expand community partnerships to increase the range of physical activity and nutrition education options available to students and staff both on and off campus.

b. Health Promotion for Staff

- The District will make the SISC Health Smarts Digital Coaching program available to staff.

c. Family/Community Involvement

- The district will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.
- The district will share nutrition information through the Family Resource Center and site-based parent/volunteer centers.
- The district in partnership with Wellness Committee members will encourage neighborhood stores in close proximity to school sites to sell healthful foods and beverages and limit marketing of unhealthy foods and beverages.

d. Healthy School Environment

- Nutrition Services will work with school site leadership to improve cafeteria and atmosphere by adding colorful nutrition posters and/or murals to school cafeterias.
- Nutrition Services will solicit student preferences in planning menus and snacks through surveys and taste tests of new food and recipes.
- Arvin Union School District staff will be encouraged to periodically eat lunch with students to model good manners and behavior.
- After obtaining food, students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch as scheduled by principals on master schedules for school days with regular instructional minutes.

e. After-School Programs

- The After-School program will provide a section of nutrition education as part of their curriculum.
- Develop After-School activities that involve physical activity and increase access to sports/physical fitness equipment.
- All food and beverages provided in After-School programs must meet or exceed the California Nutrition Standards and Arvin School District Nutrition Standards.

7. Street Peddlers/Vendors

- The Arvin Union School District will work collaboratively with the city of Arvin and the Arvin Police Department to assure enforcement of City Ordinance 5.05.190 - Peddlers/Vendors.

8. Farm to School

- Starting in 2016, 25% of produce purchased and served will be locally grown. Each subsequent year the percentage will be raised 10%, with 75% achieved in 2021. Locally grown encompasses a 200-mile radius.

9. Policy Implementation and Monitoring

- The School Wellness Committee and its members, along with the District Superintendent and site administrators, are responsible to monitor and ensure that the Local School Wellness Policy is followed by all staff and students in the Arvin Union School District.
- The School Wellness Policy will be reviewed and revised on a yearly basis by the School Wellness Committee and records maintained for the required three-year formal food service review.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education

5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.1-51210.2	Physical education, grades 1-6
Ed. Code 51210.4	Nutrition education
Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education, elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education

Federal

42 USC 1751-1769j	Description National School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program

Management Resources

California Department of Education Publication	Description Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
California Department of Education Publication	Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
California Project Lean Publication	Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

Center for Collaborative Solutions	Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security, Jan 2015
Centers for Disease Control&Prevention Publication	School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
Court Decision	Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	CSBA District and County Office of Education Legal Services
Website	California Project LEAN (Leaders Encouraging Activity and Nutrition)
Website	California School Nutrition Association
Website	Center for Collaborative Solutions
Website	Dairy Council of California
Website	National Alliance for Nutrition and Activity
Website	National Association of State Boards of Education
Website	School Nutrition Association

Website	Society for Nutrition Education
Website	U.S. Department of Agriculture, Food Nutrition Service, wellness policy
Website	U.S. Department of Agriculture, Healthy Meals Resource System
Website	Action for Healthy Kids
Website	Alliance for a Healthier Generation
Website	California Department of Education, Nutrition Services Division
Website	California Department of Public Health
Website	California Healthy Kids Resource Center
Website	Centers for Disease Control and Prevention
Website	CSBA

Cross References

Code	Description
0200	Goals For The School District
0460	Local Control And Accountability Plan
0460	Local Control And Accountability Plan
1220	Citizen Advisory Committees
1220	Citizen Advisory Committees
1230	School-Connected Organizations
1230	School-Connected Organizations
1260	Educational Foundation
1325	Advertising And Promotion
1400	Relations Between Other Governmental Agencies And The Schools
1700	Relations Between Private Industry And The Schools
3000	Concepts And Roles
3290	Gifts, Grants And Bequests
3312	Contracts
3452	Student Activity Funds
3513.3	Tobacco-Free Schools
3513.3	Tobacco-Free Schools
3513.4	Drug And Alcohol Free Schools
3550	Food Service/Child Nutrition Program
3550	Food Service/Child Nutrition Program

3551	Food Service Operations/Cafeteria Fund
3551	Food Service Operations/Cafeteria Fund
3553	Free And Reduced Price Meals
3553	Free And Reduced Price Meals
3554	Other Food Sales
3554	Other Food Sales
3555	Nutrition Program Compliance
4131	Staff Development
4231	Staff Development
5113.1	Chronic Absence And Truancy
5113.1	Chronic Absence And Truancy
5113.12	District School Attendance Review Board
5113.12	District School Attendance Review Board
5131.2	Bullying
5131.2	Bullying
5131.6	Alcohol And Other Drugs
5131.6	Alcohol And Other Drugs
5131.61	Drug Testing
5131.62	Tobacco
5131.62	Tobacco
5137	Positive School Climate
5141	Health Care And Emergencies
5141	Health Care And Emergencies
5141.22	Infectious Diseases
5141.22	Infectious Diseases
5141.27	Food Allergies/Special Dietary Needs
5141.27	Food Allergies/Special Dietary Needs
5141.3	Health Examinations
5141.3	Health Examinations
5141.31	Immunizations
5141.31	Immunizations
5141.32	Health Screening For School Entry
5142.2	Safe Routes To School Program
5142.2	Safe Routes To School Program
5144	Discipline

5144	Discipline
5145.3	Nondiscrimination/Harassment
5145.3	Nondiscrimination/Harassment
5145.6	Parent/Guardian Notifications
5145.6-E PDF(1)	Parent/Guardian Notifications
5145.71	Title IX Sexual Harassment Complaint Procedures
5145.71-E PDF(1)	Title IX Sexual Harassment Complaint Procedures
5146	Married/Pregnant/Parenting Students
5147	Dropout Prevention
5148	Child Care And Development
5148	Child Care And Development
5148.2	Before/After School Programs
5148.2	Before/After School Programs
5148.3	Preschool/Early Childhood Education
5148.3	Preschool/Early Childhood Education
6112	School Day
6112	School Day
6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.5	Environmental Education
6142.7	Physical Education And Activity
6142.7	Physical Education And Activity
6142.8	Comprehensive Health Education
6142.8	Comprehensive Health Education
6145.2	Athletic Competition
6145.2	Athletic Competition
6176	Weekend/Saturday Classes
6176	Weekend/Saturday Classes
6177	Summer Learning Programs
6184	Continuation Education
6184	Continuation Education
7110	Facilities Master Plan