

Victor Elementary School
District
Wellness Policies on
Physical Activity and
Nutrition

Victor Elementary School District Board of Trustees

Clayton Moore

Sue Brannon

Dr. Gabriel Stine

Allen Williams

Dr. Gary Elder

June 26, 2023

Victor Elementary School District

Wellness Policies on Physical Activity and Nutrition

(Reference BP 5030)

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, the eight components of coordinated school health, as described by the Health Framework for California's Public Schools and the Centers for Disease Control and Prevention (CDC) include an integrated and collaborative approach for: health education, physical education, nutrition services, health services, a safe and healthy school environment, parent and community involvement, health promotion for staff, and psychological and counseling services;

Whereas, 73 percent of California's students do not achieve minimum fitness levels (the test used for physical fitness testing is FITNESSGRAM®, designated by the State Board of Education);

Whereas, the California Education Code requires that students in grades 1-6 receive 200 minutes of physical education instruction every ten days.

Whereas, nationally, the items most commonly sold from school stores, and other fundraising events include low-nutrition foods and beverages, such as sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Wellness Vision Statement

Thus, the Victor Elementary School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the following goals outline the vision of the Victor Elementary School District that:

- The school district will engage students, parents, health educators, physical educators, other teachers, food service professionals, school nurses, community health professionals, school administrator, school board member, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, physical education, and physical activity policies
- All students will have opportunities, support, and encouragement to be physically active on a regular basis
- Foods and beverages sold or served at school will meet the nutrition recommendations of the US. Dietary Guidelines for Americans and Victor Elementary School District Board Policy.
- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program)
- Schools will provide physical education and nutrition/health education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, physical education, school health services, counseling, and psychological services, related community services, and the other components of coordinated school health
 - Schools will provide an environment that includes school facilities that support physical education/activity, nutrition education programs, and a safe environment.
 - Schools will also provide an environment that reinforces classroom instruction, adequate and sheltered space for cafeteria and eating, and shared use agreements.

TO ACHIEVE THESE POLICY GOALS:

I. School Wellness Committee and Leadership

The Victor Elementary School District and/or Nutrition Services/individual schools within the district will create, strengthen, or work within existing school wellness committees to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

The committee 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.) Meetings will be held regularly. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

The Superintendent or designee(s) will convene the School Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is:
Amanda Peck, Interim Director of Nutrition Services
[apeck@vesd.net](mailto:apeek@vesd.net)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children; (Refer to BP3550)
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat and fat-free milk to students in grades K-6, and nutritionally equivalent non-dairy alternatives (to be defined by USDA)

Nutrition Services should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Nutrition Services will have available information about the nutritional content of meals.

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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.

- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Meal Times and Scheduling.

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, (*e.g.*, lunch should be scheduled between 10:00 am. and 1:00 p.m.);
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- should provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

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, we 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.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

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.

Fundraising Activities. To support children's health and school nutrition-education, efforts should be made to discourage consumption of fundraising food items with minimal nutritional value, on the school campus (Refer to BP3554a).

Celebrations and Rewards. Schools should not use foods or beverages, especially foods and beverages with minimal nutritional value, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet minimal nutritional standards.

Foods offered and served on the school campus will meet or exceed the USDA Smart Snacks in School and California State Nutrition Standards, including through:

1. School-based celebrations and parties.
2. Rewards and incentives for educational growth.
3. Classroom snacks brought by parents.

Smart Snacks. Nutrition Services is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School and California State Nutrition Standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase the consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are served to students on the school campus during the school day will meet or exceed the USDA Smart Snacks and the California State Nutrition Standards. These standards will apply in all locations and through all services where foods and beverages are served, which may include, but are not limited to, à la carte options in cafeterias, school stores, and outside food purchased by non-district personnel (parent/legal guardian.)

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually. (Refer to AR3554).

Free and Reduced Lunch Program

III. Free and Reduced Program

Parents shall be informed of the district policy concerning free or reduced price meals. A letter and application form shall be distributed to all parents during the first few weeks of school. The letter shall contain information on eligibility standards, application procedures and appeal procedures. This information and an application form shall be provided whenever a new student is enrolled. (Refer to BP355a,b).

IV. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Victor Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is 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;

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training or resources for teachers and other staff.

Marketing. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - Displays, such as on vending machine exteriors
 - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
 - Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
 - Advertisements in school publications or school mailings.
 - Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

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.

Communication with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school should offer healthy eating assemblies for students and parents, 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.

V. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-6. All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education.

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 verbally and through the provision of space and equipment.

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 stand and be moderately active.

Physical Activity and Punishment. Teachers and other school and community personnel should not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

VI. Monitoring and Policy Review

Monitoring. The Nutrition Services Department 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 Nutrition Services Director (or if done at the school level, to the School Administrative Manager)..

Triennial Assessments. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include: The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and a description of the progress made in attaining the goals of the District's wellness policy. That report will be provided to the school board, distributed to all school principals in the district, and shared with the public.

VII. Annual Notification of Policy

Annual Notification of Policy The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information

on how the public can get involved with the school wellness committee to participate in the development, implementation, and review and update of the local wellness policy.

VIII. California Department of Education Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the Healthy, Hungry-Free Kids Act of 2010 (HHFKA) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 175b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting wellness policies and expanding the team of collaborators participation in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion* and education, physical activity, and other schools based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- requirements that Stakeholders be provided opportunities to participate in the development, implementation*, and periodic review and update* of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school wellness policy.*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies* with the local school wellness policy.

*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible

state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider