

Merced City School District

WELLNESS POLICY

**Physical
Education**

**Health
Promotions
for Staff**

**Health
Education**

**Counseling,
Psychological
& Social
Services**



**Health
Services**

**Family &
Community
Involvement**

**Nutrition
Services**

**Healthy
School
Environment**

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Introduction to the Merced City School District (MCSD) Wellness Policy

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized Child Nutrition Programs in school districts nationwide and included a section that specifically addresses local school wellness policies. The objectives of the HHFKA include enhancing existing local school wellness policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both local school wellness policy development and reporting.

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: [Summary of the Final Rule - United States Department of Agriculture](#)

What is a local school wellness policy?

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy

At a minimum, policies are required to include:

- Measurable goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Nutrition guidelines for all foods and beverages sold or made available on school campus during the school day.
- Policies for food and beverage marketing.
- 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 triennially and made available to the public.
- Annual notification informing and updating the public (parents, students, and others in the community) about the content and implementation of the LSWP.
- Designation of one or more LEA officials or school officials, by position or title, to ensure that each school complies with the LSWP.

Wellness Leadership

LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement

At a minimum, LEAs must:

- Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years. LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public.
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how partners were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

Preamble

The Merced City School District (MCSD) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students and staff. The MCSD shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. (42 USC 1751 Note)

District Health Committee

The MCSD has established a Health Advisory and Wellness Committee (HAWC) whose focus is staff and student wellness. This committee will annually review the program and policy for an ongoing three-year implementation plan.

The Health Advisory and Wellness Committee (HAWC) will convene a representative district wellness committee (hereto referred to as the HAWC) that meets at least three times per year to establish goals for and

oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The HAWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical/health education teachers; special education teachers; district health professionals; mental health and social services staff; school administrators, school board members; health and community agency partners; and the general public.

Nutrition Services

1. School Meals

MCSD is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams’ *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within MCSD participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Department of Defense (DOD) Fruit and Vegetable Program, and the Seamless Summer Option (SSO). The District serves Super Snack meals following the USDA Child and Adult Care Food Program (CACFP) meal pattern. Also, the District operates additional nutrition-related programs and activities including Farm-to-School programs, [Farmers Markets](#), and the [Fresh Fruit and Vegetable Program](#) (FFVP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition and meal pattern requirements established by local, state, and Federal statutes and regulations.
- Offer reimbursable school meals that meet USDA nutrition standards.
- Promote healthy food and beverage choices using at least five of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, classrooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options

- Additionally:
 - Menus will be posted on the District website.
 - School meals are administered by a team of child nutrition professionals.
 - The student nutrition program will accommodate students with special dietary needs.
 - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
 - Students are served at a reasonable and appropriate time of day.
 - Second Chance Breakfast at middle schools and Breakfast in the Classroom at all schools will be offered as the goals of Nutrition Services' is to implement various allowable programs that will increase breakfast participation at all schools. The school breakfast program is an essential tool for ensuring students have the nutrition needed to thrive academically. Studies show students who eat breakfast at school closer to class and test taking times perform better than those who skip breakfast. Additionally, children or adolescents, who are experiencing hunger have poorer grades and slower memory recall. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
 - Local and/or regional products are incorporated into the school meal program.
 - Messages about agriculture and nutrition are reinforced throughout the learning environment.

2. Nutrition Services Professional Development

All school nutrition program staff will meet or exceed hiring and annual continuing education/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.

3. Water

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

- Water cups/dispensers will be available in the cafeteria if a drinking fountain is not present/accessible.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
 - Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
 - Students will be allowed to bring and carry throughout the day (approved) water bottles filled with only water.
 - Maintenance/Operations and Facilities Departments will establish cleaning and maintenance of outdoor water fountains on a regular basis.

4. Competitive Foods and Beverages - Smart Snacks Policy and Procedure

MCSD 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 sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts. Celebrations and Rewards.

The Nutrition Services Department, shall examine and monitor compliance for Smart Snacks. Smart Snacks are foods and beverages sold to students during the school day outside of the reimbursable meal program, also known as competitive foods. The school day is defined as midnight before school begins until 30 minutes after school is dismissed. The Purchasing Technician shall ensure that Smart Snacks are compliant and follow all State and Federal regulations.

The types of foods and beverages sold include: entrees including combination foods; snacks such as chips, crackers, cheese; sides such as fruits and vegetables; and beverages such as water, milk and 100% juice.

Smarts snacks are sold by: the Nutrition Services Department, ASB, and the Parent-Teacher Association/Organization.

5. Monitoring

In order to ensure compliance, the Purchasing Technician or Nutrition Director shall review the Smart Snacks Calculator before an item is offered for sale to students. When analyzing the nutrition facts, all condiments and/or accompaniments must be included. When analyzing combination foods and/or items that do not have a label, a standardized recipe shall be utilized. The Wellness Committee representatives, cafeteria managers, site administrators, and other interested stakeholders may also be involved in this process. Periodic compliance checks will be conducted during regular site monitoring.

MCSD will provide a list of healthy party ideas to teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.

- [Rewards and incentives](#). The District will provide teachers and other relevant school staff with a list of alternative ways to reward children.
- Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available at:

[A Guide to Smart Snacks in School \(azureedge.us\)](http://azureedge.us)

The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at [Smart Snacks Product Calculator \(healthiergeneration.org\)](http://healthiergeneration.org)

6. Fundraising

Fundraisers do not include after-school sporting events or activities. Non-compliant food-related fundraisers are prohibited on school campuses from midnight to one half-hour after school.

To support student health and school nutrition education efforts and to eliminate junk food in schools:

- Schools will encourage fundraising activities that promote physical activity. (2017)
- Ideas include:
 - 3-on-3 Basketball Tournament (charge a team \$40.00 for entrance; local business donates prizes)
 - Fun-runs; walk-a-thons (get sponsorship for each lap walked / 1.00 per lap); bike-a-thons; jump-rope-a-thons.
- Fundraising ideas include but are not limited to:
 - Gift wrapping (gift wrapping for donations at bookstore during holidays)
 - School Read-a-thons.
 - Car Wash (sell tickets prior to the event)
 - Operate a food stand with coffee, bagels and juice
 - Drawings (movie passes, theme bags, theme baskets)

- Sell items (ie: T-shirts / caps; candles; crafts; books; plants; reusable water bottles; seat cushions for sporting events (sell advertisements on cushions for local businesses)
- Carnivals (Halloween, Easter)
- Recycling (cans/bottles/paper/Christmas trees)
- School clothing or rummage sale

7. Rewards / Incentives

Any MCS D Staff rewarding/incentivizing students (teachers providing food rewards; custodians providing candy bars, bus drivers providing lollipops and candy, etc).

In order to provide a culture that does not provide food as a reward, or physical activity to be used as a punishment; efforts will be made in the following areas:

- Non-compliant food items and beverages will not be used as rewards for academic performance or good behavior at any school site or district entity. If used, it will meet nutrition and portion size standards. Compliant foods can be purchased through the School Nutrition Services.
- Food or beverages (including food served through school meals) will not be withheld as a punishment at any school site.
- Creative School Reward Ideas (not limited to): Stickers, Pencils, Passes, Certificates, Positive Phone Calls Home, sitting by your friends, Longer Recess, Free Time, Send Home a Positive Postcard, Lunch Bunch: Eat with the teacher in class and watch a cartoon or play games.

8. Parties / Celebrations

1. All food items provided during parties/celebrations, etc. are to meet or exceed California Nutritional Standards; when possible, foods/beverages for parties and celebrations shall be provided by the Nutrition Services Department to help prevent food safety and allergy concerns (pizza parties, lunch with the principal for attendance; student birthdays; holiday celebrations, student achievements, etc.).
2. Parties/celebrations will be limited to one time per month per classroom.
3. Celebrations will be held after lunch.
4. Parties/celebrations will make every attempt to include physical activity and healthy foods.
5. Healthy classroom celebration food ideas include:
 - Fresh fruit ~ cut up or whole; fruit kabobs
 - Yogurt tubes/cups served with fresh fruit
 - Fruit roll-ups
 - Healthy granola bars
 - Graham crackers
 - Apple slices with topping
 - Animal crackers
 - Apple sauce
 - Popcorn
 - Baked chips
 - Goldfish crackers
 - Whole grain muffins
 - Whole grain cookies
 - Cereals that contains whole grains and are low in sugar
6. No home-cooked meals can be served to students in order to minimize the risk of foodborne illnesses.

9. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

MCSD will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least five or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the [USDA Smart Snacks](#) in School nutrition standards.
- Additional promotion techniques that the District and individual schools may use are available at [Action for Healthy Kids](#).

10. Nutrition Education

The District will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens,
- Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

11. Food and Beverage Marketing in Schools

MCSD is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. 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 statement 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 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.

Health & Nutrition Education

1. School-Based Nutrition Education

MCSD shall provide goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The MCSD nutrition education and physical education programs shall be based on research, consistent with the expectations established in the State's curriculum frameworks and adopted MCSD physical education content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition education shall be provided as part of the health education program in grades preschool-8th and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs.

All students in grades preschool-8th shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, health and wellness coordinators, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.

The MCSD shall encourage staff to serve as positive role models. MCSD shall promote regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors. [staff wellness]

The MCSD prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

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. These may include the following, but are not limited to:

- o Dairy Council of California
- o University of California CalFresh Nutrition Education Programs
- o USDA Nutrition Education

The HAWC & MCSD encourages teachers to seek out new nutrition education materials. It is necessary for all new materials to be presented to the Director of Curriculum and Staff Development prior to any use in the classroom.

The HAWC will support the Director of Professional Development and Curriculum in locating and recommending new curriculum materials to provide nutrition education resources.

2. Curricula Application

1. Each elementary and designated secondary teacher will be required by the district to utilize nutrition education in the classroom during the school year.

2. 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.
3. Curriculum materials will be provided to elementary teachers at the beginning of the school year.
4. 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.
5. MCSD strongly encourages the integration of nutrition education into existing curricula and other core subjects.

3. School Gardens

Staff is encouraged to integrate hands-on experiences with school gardens to include but not limited to composting, planting and harvesting.

MCSD will encourage school maintenance and operations to assist with school site preparation.

4. Physical Education & Activity

The district's nutrition physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Physical education shall be provided as part of the health education program in grades Preschool-8th and, as appropriate, shall be integrated into core academic subjects and offered through before- and after- school programs.

All students in grades Preschool-8th shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after- school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

5. Physical Education

Understanding the importance of physical activity in the overall health of our students, MCSD provides the following:

- Curriculum
 - The Merced City School District has developed a fully functional physical education curriculum for grades Transitional Kindergarten (TK)-6th grade. The Merced City School District curriculum is standards based with an emphasis on the California state physical education standards, combined with NASPE Instructional Framework for Fitness Education. The MCSD curriculum provides lessons for every single day of the school year with lesson lengths at 25 minutes daily. That would put our daily minutes in physical education to exceed the 200 minutes for 10 days that is required by the state of California. The MCSD curriculum provides students the opportunity to become fit for life in progression based units
- Types of Physical Education
 - Students will have the opportunity to learn a variety of skills including locomotor, rhythmic, manipulative, exercise and fitness, individual, partner, and group dynamics, as well as

nutritional. Students will have the opportunity to demonstrate the skills needed to participate in, but not limited to, baseball, basketball, football, soccer, jump rope, tumbling, gymnastics, dance, track and field, badminton, anatomy, Ultimate Frisbee, Frisbee Golf, Volleyball, Hockey, Tennis, Strength Training, and Bowling.

- Minutes of Instruction in Physical Education & Activity shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 and not less than 400 minutes each 10 days for students in grades 7-8. (Education Code 51210, 51222)

6. Physical Activity

- Schools shall provide physical activity opportunities for all students before and after school in all elementary and middle schools.
- Physical Activity - all schools are prohibited from assigning physical activity to students as a consequence of poor behavior or punishment for any reason (i.e. running laps or jogging around the playground as a behavioral consequence).
- Recess - all schools are required to schedule at least 20 minutes of recess daily for all students.
- After School Programs (ASP)
 - o After school programming is provided by the Merced County Office of Education (MCOE) After School Student Education: Teamwork for Success Program (ASSETS). ASSETS is a collaborative project between MCOE, school districts and community organizations to coordinate, integrate and enhance academic and enrichment opportunities for students. ASSETS has a daily schedule that includes physical activity.
 - o The Merced Academy of Rising Scholars (M.A.R.S.) Program is funded through the Expanded Learning Opportunities Program (ELO-P) issued by the State of California. The M.A.R.S. Program provides programming for afterschool enrichment to transitional kindergarten (TK) and kindergarten, as well as summer school and intersession enrichment programs to TK through 6th grade. The focus is on developing the academic, social, emotional, and physical needs and interests of scholars through hands-on, engaging learning experiences.
 - o Physical activity clubs and intramural sports shall be available during before and after school hours.
- Joint use—all schools have a joint use agreement for school gymnasiums with outside entities. The use of fields is open and available until dusk.

7. PE Exemptions

- All students are required to participate in P.E. unless there is a medical note provided to the school.
- If long term removal from P.E. is recommended by a physician, a health plan and/or 504 plan will be developed.

8. Physical Activity Breaks During School Hours

- Schools will schedule a twenty minute break each day to provide all students with physical activity opportunities.
- Teachers are encouraged to build “Brain Breaks” into their daily schedule. Brain breaks are quick, structured breaks using physical movement, mindfulness exercises, or sensory activities.
- In 2024-2025, schools will have a mandatory 30-minute recess break. On school days with early dismissal, students will be entitled to at least a 15-minute recess break.

9. Safe & Healthy Schools

- Bullying
 - o As appropriate, the district shall provide students with instruction, in the classroom or other educational settings, that promotes social-emotional learning, effective communication and conflict resolution skills, character/values education, respect for cultural and individual differences, self-esteem development, assertiveness skills, and appropriate online behavior.

- o Such instruction shall also educate students about the negative impact of bullying, discrimination, intimidation, and harassment based on actual or perceived immigration status, religious beliefs and customs, or any other individual bias or prejudice.
- o The Superintendent or designee shall provide training to teachers and other schools staff to raise their awareness about the legal obligation of the district and its employees to prevent discrimination, harassment, intimidation, and bullying of district students.
- o Based on an assessment of bullying incidents at school, the Superintendent or designee may increase supervision and security in areas where bullying most often occurs, such as classrooms, playgrounds, hallways, restrooms, and cafeterias.
- Safe environments
 - o Schools will develop strategies to enhance students' feelings of connectedness with the schools, such as campus beautification projects, graffiti removal, development of extracurricular activities and after-school programs, pairing of adult mentors with individual students, recognition of student achievement, and encouragement of strong family and community involvement in the school.
 - o Staff shall receive professional development designed to improve classroom management, conflict resolution techniques, and communications with students and parents/guardians including persons of diverse backgrounds.

10. Safe Routes to School

- MCSD recognizes that walking, bicycling, and other forms of active transport to school increase students' physical activity and reduce vehicle traffic and air pollution in the vicinity of schools.
- MCSD shall develop and implement strategies to establish and promote safe routes to school program activities.
- MCSD will collaborate with local public works and public safety departments, transportation agencies, other city and county agencies, school staff, students, parents/guardians and parent organizations, health organizations, community organizations, and/or businesses in the development, implementation, and evaluation of strategies.

11. Staff Wellness

MCSD is a tobacco, Alcohol and Drug free workplace. The MCSD offers a variety of health and wellness programs for full and part time employees. The District's health plan sponsors the following programs for covered employees and their dependents:

1. Employee Assistance Plan (EAP)
 - EAP is a service available to all employees and members of their household at no extra cost. It's designed to help employees with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with EAP staff members. Just call a 1-800 number or visit anthemEAP.com 24 hours a day.
 - Services include – Child and elder care resources, Tobacco sensation, Grief and loss, Family health, Home improvement, Addiction and recovery, Dealing with identity theft, and more.
2. MDLive - Doctors available 24 hours a day, via online or phone, with a \$0 co-pay. \$10 co-pay will begin on October 1, 2023.
 - Employees and their dependents can take advantage of this program any time day or night without waiting in Urgent Care or a Doctor's office.
 - Most calls are returned within 15 to 30 minutes and calls only taking about 15 minutes.
 - Common Conditions Treated – Acne, Allergies, Asthma, Bronchitis, Cold & Flu, Constipation, Diarrhea, Ear Infection, Fever, Headache, Infections, Joint Aches, Pink Eye, Insect Bites, Nausea, Rashes, Sore Throat, and more.
 - Doctors are licensed and can prescribe medication over the phone to your pharmacy of choice.
3. Health Screening – is a confidential screening to make the employee aware of their numbers.
 - Screening checks for – cholesterol, A1C (marker for type 2 diabetes), Blood Pressure and BMI (body mass index)
4. Flu Shots – Flu shots protect our employees and their families against the known viruses. Most of our employees are in close proximity to sick children and adults all day. Flu shots aid in keeping our employees healthy and at work.

5. Health Assessments – employees can get their overall health status by completing the MyHealth Assessment online.
6. Employees with SISC Medical Insurance have additional no cost benefits including:
 - o Eden Health- a 24/7 Virtual Primary Care Doctor
 - o Vida Health - a personal health coach
 - o Free Generic medications at Costco.
 - o Teladoc Medical Experts - An expert medical opinion or second opinion
 - o Hinge Health - Physical Therapy for Back or Joint Pain from home
 - o Maven - Access to Maternity and postpartum support
 - o Carrum Health - Hip Knee, and Spine Surgical Benefit
 - o Contigo Health - Enhanced Cancer Benefit
7. Other Health and Wellness benefits may be offered by the district and include:
 - Income Protection – pay up to 100 days at 75% of a full time contracted employees base daily rate for illnesses or injuries within one year of onset.

Accountability

1. Program Implementation and Evaluation

The MCSD shall establish a plan for measuring implementation of this policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that each school site implements this policy. (42 USC 1751 Note)

The Superintendent or designee shall recommend specific quality indicators that will be used to measure the implantation of the policy district wide and at each district school. These measure shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, the HAWC and other appropriate persons.

The Superintendent or designee shall report annually on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Policy MERCED CITY SCHOOL DISTRICT adopted: June 6, 2006 Merced, California revised: September 23, 2008

Revised: TBD

******Implementation Plan*******

In Year 1 (2023) the district will provide opportunities to educate staff, students and parents regarding the wellness policy and its components. This may be done in a variety of ways including but not limited to

- presentations at staff meetings, parent organization meetings, parent-teacher conferences, instruction with students, Site Administration Meetings, board presentations.
- flyers sent home monthly or quarterly to parents and clubs; for clarifying questions that have been brought to site attention.
- informational tables at school events (back to school, open house, family fun nights)
- survey being conducted with school clubs, teachers and parents regarding the topics of fundraising, rewards and celebrations.
- Teachers, students and clubs will be given opportunities to plan how the policy affects their current activities.

At the end of year 1 the policy will be re-evaluated using the Wellness Policy Evaluation Checklist. Information will be collected from principals, teachers, parents, students, Food Service, Nursing, HAWC and other key informants. The goal of year one will be the education of MCSD participants to gain knowledge of the policy and how it affects their classrooms, students and sites. Evaluation. Adjustments.

Year 2: begins conversion from knowledge to behavior. Evaluation. Adjustments.

Year 3: Full implementation. Evaluation. Adjustments. Repeat with newly designated areas of concern.

USDA Non-Discrimination 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/ad-3027.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.

Competitive Food Reference - Public Schools

A resource to assist groups or individuals that sell foods and beverages to students, during the school day, on the school campus, outside of the school meal program.

Key

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51 percent of the total grain weight (manufacturer must verify), or
- At least 51 percent whole grain by weight.

** Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100 percent juice only.

Elementary School – Food Restrictions

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

- An **elementary school** contains no grade higher than grade 6.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** foods sold to students by any entity.
- **Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

Must meet the following nutrition standards:

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions)

Paired foods

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

Check your district's wellness policy for stricter rules.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

Elementary School – Beverage Restrictions

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- An **elementary school** contains no grade higher than grade 6.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water **and** meet all criteria under that specific category.

Compliant beverages

- Fruit or Vegetable juice:
 - At least 50 percent juice, and
 - No added sweeteners, and
 - Less than or equal to 8 fluid ounce serving size
- Milk:
 - Cow's or goat's milk, and
 - 1 percent (unflavored), nonfat (flavored, unflavored), and
 - Contains Vitamins A and D, and
 - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
 - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - Less than or equal to 8 fluid ounce serving size
- Non-dairy milk:
 - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces:
 - At least 276 milligrams calcium
 - At least 8 grams protein
 - At least 500 IU Vitamin A
 - At least 100 IU Vitamin D
 - At least 24 milligrams magnesium
 - At least 222 milligrams phosphorus
 - At least 349 milligrams potassium
 - At least 0.44 milligrams riboflavin
 - At least 1.1 micrograms Vitamin B12, and
 - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - Less than or equal to 5 grams fat per 8 fluid ounces, and
 - Less than or equal to 8 fluid ounce serving size
- Water:
 - No added sweeteners
 - No serving size limit

All beverages must be caffeine-free (trace amounts are allowable).

Elementary School – Student Organizations

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are **not** associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **and** all of the following:

- Only one food or beverage item per sale.
- The food or beverage item must be pre-approved by the governing board of the school district.
- The sale must occur after the last lunch period has ended.
- The food or beverage item cannot be prepared on campus.
- Each school is allowed four sales per year.
- The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

Middle/High School – Food Restrictions

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

- A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.
- A **high school** contains any of grades 10 to 12.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** foods sold to students by any entity.
- **Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

Must meet the following nutrition standards:

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions).

Paired foods

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entree” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food; or
- Meat/meat alternate and fruit or non-fried vegetable; or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food),

A competitive entree sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- Less than or equal to 400 calories, and
- Less than or equal to 35 percent calories from fat, and
- Less than 0.5 grams trans fat per serving

A competitive entree sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

And meet the following nutrition standards:

- Less than or equal to 35 percent calories from fat, and
- Less than 10 percent calories from saturated fat, and
- Less than or equal to 35 percent sugar by weight, and
- Less than 0.5 grams trans fat per serving, and
- Less than or equal to 480 milligrams sodium, and
- Less than or equal to 350 calories

Check your district's wellness policy for stricter rules.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

Middle/High School – Beverage Restrictions

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

- A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.
- A **high school** contains any of grades 10 to 12.
- **Effective** from midnight to one-half hour after the end of the official school day.
- **Applies to all** beverages sold to students by any entity.
- **Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water **and** meet all criteria under that specific category.

Compliant beverages:

- Fruit or Vegetable juice:
 - At least 50 percent juice, and
 - No added sweeteners, and
 - Less than or equal to 12 fluid ounce serving size

- Milk:
 - Cow's or goat's milk, and
 - 1 percent (unflavored), nonfat (flavored, unflavored), and
 - Contains Vitamins A and D, and
 - At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
 - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - Less than or equal to 12 fluid ounce serving size

- Non-dairy milk:
 - Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), and
 - Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
 - Less than or equal to 5 grams fat per 8 fluid ounces, and
 - Less than or equal to 12 fluid ounce serving size

- Water:
 - No added sweeteners
 - No serving size limit

- Electrolyte Replacement Beverages (**High Schools Only**):
 - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
 - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
 - Water as the first ingredient, and
 - Less than or equal to 16.8 grams added sweetener per 8 fluid ounces, and
 - 10-150 milligrams sodium per 8 fluid ounces, and
 - 10-90 milligrams potassium per 8 fluid ounces, and
 - No added caffeine, and
 - Less than or equal to 20 fluid ounce serving size (no calorie)
 - OR less than or equal to 12 fluid ounces per serving size (low calorie)

- Flavored Water (**High Schools Only**):
 - Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
 - OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
 - No added sweetener, and
 - No added caffeine, and
 - Less than or equal to 20 fluid ounce serving size (no calorie)
 - OR less than or equal to 12 fluid ounce serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

Middle/High Schools – Student Organizations

Reference: *California Code of Regulations* Section 15501

Student organization is defined as a group of students that are **not** associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **and** all of the following:

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by the governing board of the school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

[Wellness Policy Assessment Tool \(Google Form\)](#)

The Annual Wellness Policy Assessment Tool will be open from March 1st-March 31st.

Merced City School District

Non-Food Alternatives for School Rewards and Fundraising

Elementary Students

- Trips to treasure box filled with stickers, bubbles, jump ropes, puzzles, yo-yos, key chains, extra credit opportunities
- Play favorite non-electronic game
- Extra recess
- Sit by friends
- Help teach class
- Eat lunch with teacher
- School supplies
- Show and tell
- Paperback book
- Free choice time at end of day
- Listen to music while working
- "No homework" pass
- Listen to an audio/watch a video

Middle School Students

- Computer/electronics time
- Field trips
- Chat break
- Eat lunch outside or have class outside
- Free time at end of class
- Listen to music while working
- "No homework" pass
- Extra credit opportunities
- Drawing for donated prizes



Fundraising Ideas—To Do

- Organize a car or pet wash
- Sell tickets to talent show
- Organize a fun run
- Carnivals
- Bowling night
- Book fair
- Sport/cheerleading clinic
- Treasure/scavenger hunt
- Silent auctions
- Spaghetti dinner (use donated food)

Fundraising Ideas—To Sell

- Magazines
- Discount cards/coupon books
- Plants/flowers/bulbs
- Cookbooks with student/staff recipes
- Gift baskets
- Mother's Day/Valentine's Day flowers
- Balloon bouquets
- School art projects
- School spirit gear
- Calendars featuring school photos





444 West 23rd Street, Merced, CA 95340
Phone (209) 385-6600 Fax (209) 385-6393



Re: Classroom Celebrations and Holiday Treat Guidance During School Hours

Dear Parent/Guardian,

Merced City School District recognizes that good nutrition is an important part of student health and learning. We are committed to positively influencing lifelong eating behaviors and creating food environments that encourage healthy nutrition choices.

In light of those goals and recent changes to federal and state laws, we have created an updated Wellness Policy with the support of our Health Advisory and Wellness Committee. The [MCSD Wellness Policy](#) is a comprehensive plan to promote students' physical and emotional health, including building healthy eating habits and promoting physical activities.

In order to meet requirements and promote good nutrition, the policy addresses a number of areas including school fundraising, class parties, and student incentives. Schools will limit celebrations that involve food during the school day to no more than one party per class per month and shall be held after the lunch period; only foods that meet or exceed state and federal nutritional standards can be served. We realize the importance of celebrating special events in students' lives and recognizing their accomplishments, but we are now asking for your support in providing healthier options for those occasions. Below you will find options that meet California Nutrition Standards.

Healthier classroom food or [celebration ideas](#) include:

- Fresh fruit – cup up or whole (fruit kabobs)
- Yogurt tubes/cups served with fresh fruit
- Fruit roll-ups
- Healthy granola bars
- Graham Crackers
- Apple slices with topping
- Whole grain animal crackers
- Applesauce
- Popcorn
- Baked chips
- Whole grain goldfish crackers
- Whole grain muffins or cookies
- Goodie bags with stickers, erasers or pencils
- All food items are to be allergen-free, store-bought and pre-packaged with ingredients listed for food safety and allergies
- Plan special games and activities
- Buy a book and have class sign it

Please contact the school and the classroom teacher before bringing in any items so they can provide any additional details about scheduling, etc. If you would like a copy of the District's [Wellness Policy](#), please visit the Merced City School District website under Pupil Services. We appreciate your cooperation in helping to give all students a healthy start, and we look forward to a positive and productive school year.

Thank you.

"To ensure that every student excels academically, builds character, and is a productive member of our community."

MERCED CITY SCHOOL DISTRICT

Wellness Policy



Creating a culture of wellness that supports scholar success.



What is a Wellness Policy?

The District's Wellness Policy is a written document that guides our district's efforts to establish a school environment that promotes scholars health, well-being, and ability to learn.



What areas are covered?

- Nutrition Education and Promotion
- Physical Education and Activity
- Safe/Healthy Schools
- Psychological/Counseling Services
- Staff Wellness

CLASSROOM PARTIES

- Nutrition Services offers in-class pizza parties for no cost (contact your teacher for information).
- Individually wrapped store-bought allergen-free snacks with nutritional quality are approved for occasional class parties. See the approved [list](#) and check in at the school office when dropping off.
- Class parties or celebrations shall be held after the lunch period. Please plan accordingly.



How families can help with compliance.



How teachers can help with compliance.

HEALTHY AND ACTIVE NON-FOOD INCENTIVE AND REWARD ITEMS

- Implement creative ways to reward scholars without the use of food. Here are some [suggestions](#).
- The District requires school organizations to use healthy or non-food items for fundraising. The Action for Healthy Kids website offers these [ideas](#). Non-compliant food-related fundraisers are prohibited on school campuses from midnight to 30 minutes after the end of the school day.

The full Wellness Policy is available on the District's [website](#).



United States Department of Agriculture

MAKE BREAKFAST FIRST CLASS



Not all children eat breakfast and those who do have improved moods and increased alertness throughout the morning.



Children and adolescents who eat a **protein-rich** breakfast report **lower** hunger for up to 4 hours.

More children participate in school lunch than school breakfast.

In the **National School Lunch Program**,

30 million

children participate across 97,000 schools and institutions



But in the **School Breakfast Program**, only

15 million

children participate across 91,000 schools and institutions



On average, students who participate in the **School Breakfast Program** eat a breakfast of **higher nutritional quality** than students who eat breakfast elsewhere.

More children participate in the **School Breakfast Program** if it is offered in the **classroom**. About **2 in 5 (42%)** students who never participate in the **School Breakfast Program** say they would participate if offered breakfast in the classroom.



MCSD'S BACK TO SCHOOL HEALTH & WELLNESS FAIR



(DATE)

AT _____

SCHOOL



TIME
10:00 AM

MORE INFO:



209-385-6645



[MCSD Website](#)

