



Kings Canyon Unified School District **Wellness Policy**

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

Thus, the Kings Canyon Unified 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, it is the policy of the Kings Canyon Unified School District that:

- the school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- all students in grades K-12 will have *daily* opportunities, support, and encouragement to be physically active on a *consistent* basis.
- foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans and current law, State Education Code 49430-49431.7; 5 CCR Section 15500-15501; 5 CCR Section 15575-15578; 7 CFR Sections 210.11 – 220.12 Appendix B*
- 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 [including after-school snacks]).

- *all Students, K-12, will receive* nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS

I. School Wellness Committee, Leadership, Community Involvement, and Implementation

Committee Role and Membership

The District will convene a representative district wellness committee hereto referred to as the ***KCUSD Wellness Policy Advisory Committee*** that meets at least twice a 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.

The Wellness Policy Advisory Committee will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This Wellness Policy can also be found at <https://www.kcUSD.com/>

Triennial Assessment Results

Go to: >KCUSD.com>Departments>Wellness Policy>2023 KCUSD Triennial Assessment Results

<https://www.kcUSD.com/departments/food-services/wellness-policy>

Leadership

Food Service Director, Denise S. Kilby will convene the KCUSD Wellness Committee and facilitate development of and updates to the wellness policy. Wellness Policy Lead will ensure each school's compliance with the policy. See table below for contact information.

Category	Name & Title	Address	E-mail
Lead	Denise S Kilby	1502 I Street	Kilby-S@kcUSD.com

Community Involvement, Outreach and Communications

Board approved: July 2019
 Revised: May 2023
 District Handbook: 24-25 School Year

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. Annually, a flyer will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, 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. (Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.30](#)). The District will also inform parents of the improvements that have been made to school meals, compliance with school meal standards, availability of child nutrition programs (and how to apply, if necessary), and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and successfully communicated to parents via emails, phone calls or letters sent to the family home.

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.

Community Eligibility Provision

KCUSD has implemented the Community Eligibility Provision (CEP). All enrolled students of AL Conner, Alta, Citrus, Dunlap Leadership Academy, Dunlap, Grant, Great Western, Jefferson, Kings Canyon High School, Lincoln, McCord, Navelencia, Orange Cove High School, Reedley High School, Reedley Middle College High School, Riverview Silas Bartsch, Sheridan, TL Reed, and Washington are eligible to receive a healthy breakfast and lunch at school at no charge for the **2023-2024** school year. Students will be able to participate in these meal programs without having to pay a fee or submit an application.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

BP 3550(a)

School Meals

(cf. 3312 – Contracts); (cf. 3551 – Food Service Operations/Cafeteria Fund); (cf. 3553 – Free and Reduced-Price Meals);

(cf. 3554 – Other Food Sales); (cf. 5141.32 – Child Health and Disability Prevention Program); (cf. 6142.8 – Comprehensive Health Education)

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations under HHFKA;

Board approved: July 2019
Revised: May 2023
District Handbook: 24-25 School Year

- offer a variety of fruits and vegetables;¹
- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- serve only whole grains³
- Schools will engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

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.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁴.

Meal Times and Scheduling

Schools: Dining Environment – KCUSD

- will ensure adequate space and a pleasant, clean environment to enjoy meals. School sites are encouraged to have students “play first, eat second”, thus allowing an increased appetite and quality time to enjoy the meal.
- will ensure a healthy source of water (meeting health standards) available at all school sites. And ensures students have access to drinking water throughout the day.
- 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 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- schools will be encouraged to schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- encourage staff to eat with students periodically, to model behavior.
- provide adequate supervision during meal periods
- encourage parents to supply students with healthy choice options in their sack lunch.

- school sites are encouraged to provide adequate amounts of trash cans to maintain cleanliness and sanitation.
- as appropriate and/or funding is made available include dining areas in future re-modernization.

- **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, the district will provide continuing professional development for all nutrition professionals in schools. The district recognizes the cultural diversity within the student population and will include as a part of staff development to reflect the diversity of healthy food traditions in the student population. 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.⁵ *(cf. 4231 – Staff Development)*

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. District staff is encouraged to inform students of the health risks in sharing foods and beverages.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of the reimbursable school meal) such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.

(cf. 3550 – Food Service/Child Nutrition Program); (cf. 3551 – Food Service Operations/Cafeteria Fund); (cf. 3553 – Free and Reduced Price Meals)

Food used as Punishment

The district shall not withhold food or beverages served through federally reimbursed nutrition programs as a disciplinary for any student. This does not include any food/beverage items used as rewards/incentives.

Nutrition Guidelines for Food and Beverages (Available outside the school meal programs)

Kings Canyon Unified School District is focused on the health of our school environment. KCUSD has nutrition standards for all snacks **sold** in school by any entity, including, parent/student organizations, student clubs, teachers, boosters, fundraisers, or the food and nutrition service department. Snack standards must be followed **any time before school through 30 minutes after the official school day has ended** (7 CFR 210.11 (a) (5) EC 49430(l)). These standards meet the goals of Healthy Hunger-Free Kids Act, the USDA, and the district's Wellness Policy. The standards carefully balance science-based nutrition guidelines to promote healthier eating on campus.

Kids often need snacks to help them grow. Choosing healthy snacks that have vitamins and minerals is very important. Healthy snacking is a great way to get more nutrients the body needs to grow.

Board approved: July 2019
 Revised: May 2023
 District Handbook: 24-25 School Year

Students in our district are offered healthier school meals with more fruits, vegetables, and whole grains through the National School Lunch and Breakfast Program. Healthy snacking at Kings Canyon Unified School District is very important and we want to make sure the snacks in our schools are tasty and nutritious.

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

Any food sold in school must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items - Elementary Schools: ≤ 175 calories
- Snack items - Middle & High Schools: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits

- Snack items: ≤ 200 mg
- Entrée items: ≤ 480 mg

Fat limits

- Total fat: ≤ 35% of calories
- Saturated fat: ≤ 10% of calories
- Trans fat: zero grams

Sugar limit ≤ 35% of weight from total sugars in foods

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

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

Nutrient Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or $\leq$ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverage with $\leq$ 40 calories per 8 fluid ounces, or $\leq$ 60 calories per 12 fluid ounces. Healthy Fundraisers
- Food items that meet nutrition standards are not limited
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

During meal periods, a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines).⁸

At no time are students allowed to sell food items for personal profit on school grounds.

Portion Sizes

Limit portion sizes of foods and beverages sold individually to single serving sizes. Supersize portions will not be allowed.

Fundraising Activities Food based fund raising on campus is required to comply with current state and federal law from midnight to 30 minutes after the end of the official school day (7 CFR 210.11 (a)(5) EC 49430(I)). To the extent possible to support children's health and school nutrition-education efforts, school fundraising activities will involve food that meets the above

Board approved: July 2019
Revised: May 2023
District Handbook: 24-25 School Year

current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. If schools choose to sell food and beverage items during the school day as a fundraising project, the following California regulations shall be followed (California Code of Regulations Title 5, Sections 15500 and 15501). The school district will make available a list of ideas for acceptable fundraising activities; to access this list please visit the KCUSD District website or click on this link: https://drive.google.com/file/d/1NBjJbOP8HTh_eRw7YL9drLlb3nSRNmuR/view

Food Sales in Elementary Schools

The sales of competitive foods (during school hours) are allowed by student organizations under the following conditions:

- Only **one food or beverage item** per sale.
- Clubs or any school organizations must obtain **pre-approval** form from Food service department in order to have potential items approved for sale at school site.
- Food sales must occur after the lunch period has ended.
- 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 that school day.

Food Sales in High Schools and Junior High Schools

The sales of competitive foods (during or after school hours) are allowed by student organizations under the conditions below. These conditions are **ONLY** for student organizations. Up to three (3) categories of foods or beverages *may* be sold each day (e.g. chips, sandwiches, juices, etc.) (CODE OF REGULATIONS, TITLE 515500-15501 Food sales by student organizations)

- Food or beverage item(s) must be pre-approved by governing board of school district.
- Only one student organization *may* be allowed to sell each day.
- Clubs or any school organizations must obtain **pre-approval** form from Food service department in order to have potential items approved for sale at school site
- Any one organization may conduct no more than four sales per year, and the sales may be held on the same four designated days for any and all organizations. School Administration may set these dates (Title V)
- 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.

- Food or beverage categories sold cannot be prepared on the campus.

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.

(cf. -3550 – Food Service/Child Nutrition Program); (cf. -3551 – Food Service Operations/Cafeteria Fund); (cf.- 3553 – Free and Reduced Price Meals); (cf. -1230 –School-Connected Organizations); (cf.- 1321 – Solicitations of Funds from and by Students); (cf.- 3550 – Food Service/Child Nutrition Program)

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Food as Rewards and Incentives

Foods and beverages as rewards and incentives provide a unique opportunity for children to learn about nutrition and health. To further reinforce healthy eating behaviors in children, schools will limit using rewards and incentives that do not meet USDA Smart Snack standards during the school day to no more than one reward/incentive event per class per month. The District will ensure that on all other days, any food/beverages used as rewards and incentives will meet USDA smart snack standards. Please refer to the Wellness Policy on page 5 for all snack nutrition standards.

Celebrations & Events

Classroom celebrations provide a unique opportunity for children to learn about nutrition and health. To further reinforce healthy eating behaviors in children, schools will limit celebrations that involve food/beverages that do not meet USDA Smart Snack standards during the school day to no more than one celebration per class per month. The District will ensure that on all other days, any food/beverages used for celebrations will meet USDA smart snack standards. Please refer to the Wellness Policy on page 5 for all snack nutrition standards.

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, to the extent possible, shall meet current legislation.

Nutrition and Physical Activity Promotion and Food Marketing

Kings Canyon Unified 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 encouraged to occur in classroom instruction 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 for teachers and other staff; including Common Core standards.

Integrating Physical Activity into the Classroom Setting

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be encouraged to be incorporated into other subject lessons;
- classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

(cf. 6010 – Goals and Objectives); (cf. 6011 – Academic Standards); (cf. 6143 – Courses of Study)

Communications with Parents

- The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. In partnership with community health agencies, the district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks.
- The district/school will provide parents SMART SNACK that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community. Please refer to our link on the district website to access recipe ideas and healthy learning activities
http://www.kcusd.com/apps/pages/index.jsp?uREC_ID=355359&type=d&pREC_ID=1350160.
- The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of

school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

- The district will supply the nutrition requirements based on State Education Code 49430-49431.7; 5 CCR Section 15500-15501; 5CCR Section 15575-15578; 7 CFR Sections 210.11-210.12, Appendix B (or current law) to all parents at the start of the school year.

Food Marketing in Schools

The District 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 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.¹ 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 (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)

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.

As the District Administration reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes/10 days for elementary school students and 400 minutes/10 days for middle and high school students) for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. (EC 51210, 51222 and 51223)

- Grades 1-6 and schools with grades 1-8 will receive physical activity, at minimum, 200 minutes each 10 schooldays, instructed by teachers or staff. (EC 51210, 51223)
- During the annual assessment window between the months of February through May, students in grades 5, 7, and 9 shall be administered the physical fitness test designated by the State Board of Education. (Education Code [60800](#); 5 CCR [1041](#)).
- Grades 7-12 will receive, physical activity, at minimum, 400 minutes each 10 schooldays, instructed by qualified physical education teachers. (EC 51222)
- A monitoring system will be implemented to insure mandated physical education time. All school site Principal's or designee will ensure every student receives age-appropriate and health based physical activity standards.
- Physical Activity Educators will be provided monthly opportunities for staff development in an approved age/grade appropriate physical activity training program. (cf 4119.21/4219.21/4319.21)

Daily Recess

All elementary school students will have an average of 30-35 minutes a day, (The state does not have a minimum weekly amount of PA time for students at any grade level) of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. (NOTE: This period cannot count as physical education). 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 Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs, intermural and intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

A teacher may restrict a student's recess time only when he/she believes that this action is the most effective way to bring about improved behavior. When recess restriction may involve the withholding of physical activity from a student, the teacher shall try other disciplinary measures before imposing the restriction. Recess restriction shall be subject to the following conditions:

1. The student shall be given adequate time to use the restroom and get a drink or eat lunch, as appropriate.
2. The student shall remain under a certificated employee's supervision during the period of restriction.
3. Teachers shall inform the principal of any recess restrictions they impose.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

School sites are encouraged to partner with the community to encourage use of spaces and facilities. Sites should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Promoting Social and Emotional Wellness for Students

- Kings Canyon Unified School District is committed to creating and maintaining a positive, healthy, and supportive learning environment for all students, staff, and community members. As part of this commitment, the district recognizes the importance of

promoting social and emotional well-being and will implement the following strategies to support this goal.

PBIS Strategies:

- The district has implemented Positive Behavioral Interventions and Supports (PBIS) district-wide. PBIS is a proactive approach to creating a positive school climate by teaching, encouraging, and rewarding positive behaviors. All schools are trained and supported in the implementation of PBIS, and district-wide initiatives are coordinated to ensure consistency and effectiveness. The Tiered Fidelity Inventory measures overall implementation of PBIS strategies and supports, ranging from Tier I to Tier III. KCUSD's average implementation per 19 schools participating in 2023 is 92%.

Social Emotional Learning:

- The district utilizes SEL curriculum to support the development of social and emotional skills in all students, including Second Step. Second Step is a comprehensive curriculum which focuses on building skills in the areas of self-awareness, self-management, social awareness, relationship skills, and responsible decision making. K-8 teachers receive training in the use of this curriculum and receive ongoing support to ensure its effectiveness. The Devereux Student Strength Assessment (DESSA) is a screening tool utilized two times a year to determine social emotional strengths and needs. The data from the DESSA is used by site teachers, administration, and clinicians to determine social emotional needs and additional support for students. For 2021-22 school year, DESSA data indicated that as a result of the measures taken at schools through PBIS and SEL lessons, students rated in the "need" category declined from the beginning of the year by 2%, with 290 students moving into the "average" or "strengths" category. Moreover, students rated in the "strengths" category moved from 25% of students to 37%.

- **Trauma Informed Care Training:**

District staff at all school sites have received three sessions of Trauma Informed Training from FCSS. Trauma Informed Care (TIC) recognizes and responds to the signs, symptoms, and risks of trauma to better support the health needs of people who have experienced Adverse Childhood Experiences (ACES) and toxic stress. All school sites will provide quarterly TIC professional development sessions to staff in order to better understand root causes of student behavior. The following key principles of trauma informed care serve as a guide for clinicians and staff; establishing physical and emotional safety, building trust, recognizing the signs and symptoms of trauma exposure on physical and mental health, and promoting care services.

Increased Social Worker Services / Supports:

- The district continues to increase social worker services / supports to promote a positive social and emotional climate. Full time School Social Workers as well as All4Youth clinicians are housed at each of our high schools, middle schools, and K-8 schools. Full

time KCUSD Student and Family Clinicians, On-Site Counseling and All4Youth clinicians provide support at our TK-5 Elementary School sites. Social workers provide support to students, families, and staff in addressing social and emotional issues and work with schools to address individual as well as group needs for students in need of additional support.

Staff Wellness

Kings Canyon Unified School District highly values the health and well-being of every staff member where it plans yearly activities develops policies that support personal efforts by staff to maintain a healthy lifestyle. KCUSD exceeds in these efforts as it offers all of its staff membership discounts to community gyms. The Wellness Policy Advisory Committee will develop, encourage, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Special Meal Accommodations

MEAL SUBSTITUTIONS FOR MEDICAL OR SPECIAL DIETARY REASONS

USDA Regulation 7 CFR Part 15b requires substitutions or modifications in school meals for children whose disabilities restrict their diets. A child with a disability must be provided substitutions in foods when that need is supported by a signed statement from a licensed physician.

In Cases of Food Allergy

Generally, children with food allergies or intolerances do not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to, make food substitutions for them. However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability", and the substitutions prescribed by the licensed physician must be made.

School food service may make food substitutions, at their discretion, for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need. Such determinations are only made on a case-by-case basis. This provision covers those children who have food intolerances or allergies, but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.

Medical Statement for Children with Special Dietary Needs

Board approved: July 2019
Revised: May 2023
District Handbook: 24-25 School Year

Each special dietary request must be supported by a statement explaining the requested food substitution and must be signed by a recognized medical authority. The Medical Statement must include:

- An identification of the medical or other special dietary condition which restricts the child's diet;
- The food or foods to be omitted from the child's diet; and
- The food or choice of foods to be substituted.
- Please download the Medical Statement to Request Special Meals Accommodations form online at https://www.kcusd.com/apps/pages/index.jsp?uREC_ID=355359&type=d&pREC_ID=1350152 or call our Food Service Office at 559.305-7055 to obtain a form.

Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

In each school the guidelines for reimbursable meals will not be less restrictive than federal regulations and guidance issued by the USDA

In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service program and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA Administrative Review (AR) review findings and any resulting changes. At least once every three years, the *KCUSD Wellness Policy Advisory Committee* 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 model policies and
- A description of the progress made in attaining the goals of the District's wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

(42 USC [1758b](#); 7 CFR [210.30](#))

Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹² The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

As part of an ongoing process, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The Wellness Policy Advisory Committee will conduct yearly assessments to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. 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 events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

(Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.30](#))

FOOTNOTES

¹ To the extent possible, schools will offer at least two non-fried vegetable and a fruit options each day and will offer five different fruit and five different vegetable subgroups over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2010*.

³ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁵ School nutrition staff development programs are available through the USDA, School Nutrition Association, and Fidelity Safety and Training.

⁶ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁷ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁸ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

⁹ Students with Individual Education Plans (IEP's) will participate in the least restrictive environment and the explanation and justification of the extent to which a student will not participate will be specified by the students IEP or 504 plan.

¹⁰ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹¹ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹² Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

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, audiotope, 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 \(PDF\)](#), 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;
 2. fax: 833-256-1665 or 202-690-7442; or
 3. email: program.intake@usda.gov
- This institution is an equal opportunity provider.

