

# BELLEVUE UNION SCHOOL DISTRICT WELLNESS POLICY



April 2025

3150 Education Drive, Santa Rosa, CA 95407

## **Bellevue Union School District**

### **Wellness Policy**

#### **Table of Contents**

|                                                                                                                    |    |
|--------------------------------------------------------------------------------------------------------------------|----|
| <a href="#">Preamble</a> .....                                                                                     | 2  |
| <a href="#">School Wellness Committee</a> .....                                                                    | 4  |
| <a href="#">Implementation of Wellness Policies, Monitoring,<br/>Community Accountability and Engagement</a> ..... | 6  |
| <a href="#">Nutrition</a> .....                                                                                    | 8  |
| <a href="#">Physical activity</a> .....                                                                            | 13 |
| <a href="#">Other Activities that Promote Student<br/>Wellness</a> .....                                           | 16 |
| <a href="#">Glossary</a> .....                                                                                     | 19 |

## Bellevue Union School District Wellness Policy

*Note: The BUSD Wellness Policy meets federal standards for implementation of local school wellness policy under the final rule of the [Healthy, Hunger-Free Kids Act of 2010](#), the Alliance for a Healthier Generation Healthy Schools Program Bronze level award criteria and minimum standards of accepted best practices in the fields of education and public health.*

### Preamble

The Bellevue Union School District (the District) is committed to the optimal development of each student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at all levels, in all settings, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are closely related to positive student outcomes. For example, student participation in the U.S. Department of Agriculture (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> In contrast, less than adequate consumption of specific foods, such as fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> Additionally, students who are physically active through active transportation to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular

---

<sup>1</sup> Bradley, B, Green, AC. Do health and education agencies in the United States share responsibility for academic achievement and health? A review of 25 years of evidence on the relationship between adolescent academic performance and health behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

<sup>3</sup> Murphy JM. Breakfast and Learn: An Updated Review. *Current nutrition and food science*. 2007; 3:3–36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, test 761–762.

<sup>7</sup> Taras, H. Nutrition and student achievement at school. *School Health Magazine*. 2005;75(6):199–213.

<sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inappropriate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

<sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate consumption of fruits and vegetables among adolescents. *Preventive medicine*. 1996;25(5):497–505.

activities achieve better academic results.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors during the school day and minimize business distractions. Specifically, this policy establishes goals and procedures to ensure that:

- District students have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in promoting nutrition and physical activity and other activities that promote student well-being;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is committed to supporting the District's work to create continuity between school and other settings so that students and staff practice lifelong healthy habits;
- The District establishes and maintains an infrastructure for the management, supervision, implementation, communication and monitoring of the policy and its established goals and objectives; and
- Whenever possible, the District will coordinate the Wellness Policy with other aspects of school management.

This policy applies to all students, staff, and schools in the District. Specific objectives and measurable outcomes are identified within each section below.

<sup>11</sup> Centers for Disease Control and Prevention. *The association between physical activity at school, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

<sup>12</sup> Singh A, Uijtendwillighe L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: a systematic review of the literature including an assessment of methodological quality*. Arch Pediatr Adolesc Med, 2012; 166(1):49-55.

<sup>13</sup> Haapala E, Oikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills: a follow-up study among elementary school children*. PLoS ONE, 2014; 9(9): e107031.

<sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids Randomized Control Trial on Executive Control and Brain Function*. Pediatrics 2014; 134(4): e1063-1071.

<sup>15</sup> Change laboratory solutions. (2014). *District policy restricting advertising of foods and beverages not permitted for sale on school grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

### **I. School Wellness Committee**

#### ***Committee Role and Membership***

The district will convene a representative district wellness committee (hereinafter referred to as DWC or working within an existing school health committee) that meets at least four times annually to establish goals and oversee school health and safety policies and programs, including the development, implementation, and periodic review and update of this district-level wellness policy (hereinafter "wellness policy").

DWC membership will represent all primary schools and will include, where possible, but will not be limited to: parents and carers; students; school nutrition program representatives (Food Services Program Manager); physical education teachers; health education teachers; school health professionals and mental health and social services staff, school administrators, school board members; health professionals and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program (SNAP-EDEDSNAP-Ed) education coordinators. To the extent possible, the DWC will include representatives from each school building and reflects the diversity of the community.

#### ***Leadership***

The Superintendent or his/her designee(s) will convene the DWC and will facilitate the development and updates of the wellness policy, and ensure each school's compliance with the policy.

The designated oversight official is Mr. Michael Kellison, BUSD Superintendent, [mkellison@busd.org](mailto:mkellison@busd.org); (707) 542-5197

The names, positions and contact information of these people are:

| <b>Name</b>                      | <b>Title/relationship to School or District</b> | <b>Email address</b>                                           | <b>Role on the Committee</b>                                                                                                |
|----------------------------------|-------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Michael Kellison, Superintendent | Superintendent                                  | <a href="mailto:mkellison@busd.org">mkellison@busd.org</a>     | Oversees the maintenance of the wellness policy and assists in the evaluation of the implementation of the wellness policy. |
| Nina Craig                       | Bellevue Elementary School Principal            | <a href="mailto:ncraig@busd.org">ncraig@busd.org</a>           | Helps in evaluating the implementation of the welfare policy.                                                               |
| Denise McCullough                | Kawana Springs Elementary School Principal      | <a href="mailto:dmccullough@busd.org">dmccullough@busd.org</a> | Helps in evaluating the implementation                                                                                      |

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

Updated 9/2016 to Reflect the USDA Final Rule

|                   |                                             |                                                            |                                                               |
|-------------------|---------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------|
|                   |                                             |                                                            | of the welfare policy.                                        |
| Jean Walker       | Meadow View Elementary School Principal     | <a href="mailto:jwalker@busd.org">jwalker@busd.org</a>     | Helps in evaluating the implementation of the welfare policy. |
| Margaret Jacobson | Taylor Mountain Elementary School Principal | <a href="mailto:mjacobson@busd.org">mjacobson@busd.org</a> | Helps in evaluating the implementation of the welfare policy. |
| Sarah Jones       | Food Service Program Manager                | <a href="mailto:sjones@busd.org">sjones@busd.org</a>       | Helps in evaluating the implementation of the welfare policy. |
| Tracy Whitaker    | Director of Student Services                | <a href="mailto:twhitaker@busd.org">twhitaker@busd.org</a> | Helps in evaluating the implementation of the welfare policy. |
| Sally Yates       | district nurse                              | <a href="mailto:syates@busd.org">syates@busd.org</a>       | Helps in evaluating the implementation of the welfare policy. |
| Jaime Padilla     | President, Board of Trustees                | <a href="mailto:jpadilla@busd.org">jpadilla@busd.org</a>   | Serves as a contributing member of the Wellness Committee     |

Each school principal will ensure compliance with the policy.

### **II. Implementation, monitoring, accountability and community participation of the wellness policy**

#### ***IMPLEMENTATION Plan***

The District will develop and maintain an implementation plan to manage and coordinate the execution of this wellness policy. The plan outlines specific roles, responsibilities, actions and deadlines for each school; and includes information about who will be responsible for making what change, 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 activities that promote student well-being. It is recommended that the school use the

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

[Healthy Schools Program Online Tools](#) to complete a school-wide assessment based on the Centers for Disease Control and Prevention School Health Index, create an action plan to encourage implementation, and generate an annual progress report.

This wellness policy and progress reports can be found at: ***busd.org***

### ***Record Keeping***

The district will maintain records to document compliance with the requirements of the wellness policy at 3150 Education Drive, Santa Rosa, CA, 95407 and/or on the district website at [busd.org](#). Documentation maintained at this location will include, but not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate in the DWC;
- Documentation to demonstrate compliance with annual public notification requirements;
- The most recent evaluation of the implementation of the local school wellness policy;
- Documentation demonstrating the most recent evaluation of the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year about basic information about this policy, including its content, any updates to the policy, and the status of implementation. The district will make this information available through 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 District and school events or activities related to the implementation of the wellness policy. Annually, the District will also publish the name and contact information of the District/school officials who lead and coordinate the committee, as well as information on how the public can participate in the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to evaluate the implementation of the policy and will include:

- The extent to which schools under the District's jurisdiction comply with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation model wellness policy; and
- A description of the progress made in achieving the goals of the District's wellness policy.

The position/individual responsible for administering the triennial evaluation and contact information is Michael Kellison, Superintendent, [mkellison@busd.org](mailto:mkellison@busd.org); (707) 542-5195.

The DWC, in collaboration with individual schools, monitors schools' compliance with this wellbeing policy.

The district and schools will actively notify households/families of the availability of the triennial progress report.

### ***Policy Reviews and Updates***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; the community needs a change; well-being objectives are met; new health science, information and technology emerges; and new federal or state guidelines or standards are issued. **The wellness policy will be evaluated and updated as indicated at least every three years, following the triennial evaluation.**

### ***Community Engagement, Outreach and Communications***

The District is committed to responding to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which DWC representatives and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate to that district. The District will also inform parents about improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply for them, and a description and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or notices on the district website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information to parents, to ensure that all families are actively notified of the content, implementation, and updates of the wellness policy, as well as how to participate in and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and are accomplished through means similar to other ways the district and individual schools communicate important school information to parents.

The District will actively notify the public of the content or any updates to the wellness policy on a minimum annual basis. The District will also use these mechanisms to inform the community about the availability of annual and triennial reports.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free or low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutritional needs of school-age children within their caloric requirements. School meal programs aim to improve the diet and health of school-age 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 the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Summer Food Service Program (SFSP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, which:

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

- They are accessible to all students;
- They are attractive and attractive to children;
- They are served in clean and pleasant environments;
- Meets or exceeds current nutritional requirements established by local, state and federal statutes and regulations. (The district offers reimbursable school meals that meet standards [USDA nutrition](#).)
- Promote healthy food and beverage options using at least ten of the following Techniques [Smarter Dining Room](#):
  - Whole fruit options are displayed in attractive bowls or baskets (rather than hot plates or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location within the students' line of sight and reach.
  - All of the available vegetable options were given creative or descriptive names.
  - Daily vegetable options are included in all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely encourage students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other drinks in all refrigerators.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on signs or signs throughout service and dining areas.
  - A reimbursable meal may be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining room décor, and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily ads are used to promote and market menu options.

Menus will be posted on the district website or individual school websites and will include nutrient content and ingredients. To review the menus, visit the next link.

- Menus will be created/reviewed by a registered dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The district's child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes for breakfast and at least 20 minutes for lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold level criteria).
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available at their children's school.
- The District will implement at least four of the following five Farm to School activities (meets Healthy Schools Program Gold level criteria; check/circle the four activities the District plans to implement):
  - Local and/or regional products are incorporated into the school feeding program;
  - Agriculture and nutrition messages are reinforced throughout the learning environment; and
  - The school uses special promotions or events, such as tastings, that highlight local/regional products.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA Professional Standards for Child](#)

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

**Nutrition Professionals.** These school nutrition staff will refer to the Site [USDA School Nutrition Standards Professional Standards website](#) to seek training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students during the school day\* and on all school campuses\* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during meals.

- All water sources and containers will be regularly maintained to ensure good standards of hygiene and health safety. Such sources and containers may include water fountains, water jugs, hydration stations, water jets, and other methods of providing drinking water.
- Each cafeteria offers an on-site hydration station in addition to water fountains/hydration stations scattered throughout the school campus.
- Students will be allowed to bring and carry (approved) water bottles filled with water only throughout the day.

### **Competitive Food and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. Foods and beverages sold and served outside of school meal programs (for example, “competitive” foods and beverages) will meet USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aims to improve the health and well-being of students, increase the consumption of healthy foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacking in Schools, are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available in [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside of reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where food and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and food or snack carts.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including ideas for food-free celebrations. Healthy party ideas are available at [Alliance for a Healthier Generation](#).
2. Snacks in the classroom brought by parents. The District will provide parents with a [list of foods and drinks that comply with Smart Snacks](#) nutrition standards.

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

### ***Fundraising***

Foods and beverages that meet or exceed USDA Smart Snacks in Schools nutrition standards may be sold through fundraising events on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas, examples of the [Alliance for a Healthier Generation](#).

### ***Nutritional 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 in schools, classrooms, gyms and cafeterias. Nutrition promotion also includes the marketing and advertising of nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive, multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage options for all students across the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implement at least ten or more evidence-based healthy food promotion techniques across school feeding programs using [Smarter Dining Techniques](#); and
- Ensure that 100% of foods and beverages promoted to students meet USDA Smart Snacks in School nutrition standards. Additional promotional techniques that the District and individual schools may use are available at <https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>.

### ***Nutrition Education***

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

- It is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- It is part of not only health education classes, but is also integrated into other instructional classes through subjects such as mathematics, science, language arts, social studies, and electives;
- Includes fun, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, tastings, visits to farms and school gardens;

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

- 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 to school feeding 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.

### ***Essential Healthy Eating Topics in Health Education***

The District will include in the health education curriculum a minimum of 12 of the following essential healthy eating topics:

- Relationship between healthy eating and personal health and disease prevention
- Dietary guidance [My Plate](#)
- Reading and Using FDA Nutrition Facts Labels
- Eat a variety of foods every day.
- Balance food intake and physical activity
- Eat more fruits, vegetables and whole grain products
- Choose foods low in fat, saturated fat and cholesterol and that do not contain transfat
- Choose foods and drinks with few added sugars
- Eat more foods rich in calcium
- Preparation of healthy meals and snacks
- Risks of Unhealthy Weight Control Practices
- Accept differences in body size
- Security food
- Importance of water consumption
- Importance of having breakfast
- Make healthy choices when eating at restaurants
- Eating disorders
- [Dietary Guidelines for Americans](#)
- Reduce sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to Develop a Plan and Track Progress toward Achieving a Personal Healthy Eating Goal
- Resist peer pressure related to unhealthy eating behavior
- Influence, support or advocate for the healthy eating behavior of others

### ***Food and Beverage 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 during the school day and minimize commercial distractions. The District strives to teach students how to make informed decisions about nutrition, health, and physical activity. These efforts will be weakened if students are subject to advertising on District property that contains messages inconsistent with the health information the District is conveying through nutrition education and health promotion efforts. It is the District's intent to protect and promote the health of students by permitting advertising and marketing of only those foods and beverages permitted for sale on the school campus, consistent with the District's wellness policy.

All 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 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.<sup>15</sup> This term includes, but is not limited to, the following:

- Brand names, trademarks, logos or labels, except when placed on a physically present food or beverage product or its packaging.
- Screens, like on the outside of vending machines
- Corporate branding, logo, name, or trademark on school equipment such as marquees, message boards, scoreboards, or backboards (Note: Immediate replacement of these items is not required; however, districts will replace or upgrade scoreboards or other durable equipment when existing contracts are fulfilled.) for renewal or to the extent financially possible over time so that the items comply with the marketing policy).
- Corporate branding, logo, name or trademark on cups used to dispense beverages, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, student assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school correspondence.
- Free product samples, taste tests or coupons for a product, or free samples that display advertising for a product.

As the District/School Nutrition Services/Department of Athletics/PTA/PTO reviews existing contracts and considers For new contracts, equipment and product purchase (and replacement) decisions must reflect applicable marketing guidelines established by the District's wellness policy.

#### **IV. Physical activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of student physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy between all components: quality physical education as a foundation; physical activity before, during and after school; and staff involvement and family and community involvement. The District is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not a substitute for, physical education (discussed in the "Physical Education" subsection).

---

15

Physical activity during the school day (including, but not limited to, recess, breaks for physical activity in the classroom, or physical education) **will not be retained as** punishment for any reason. The district will provide teachers and other school personnel with alternative ways to discipline students.

To the extent possible, the District will ensure that its grounds and facilities are safe and that equipment is available for students to be active. The District will carry out necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate sequential physical education curriculum, consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits as well as incorporate essential health education concepts (discussed in the “*Essential topics of physical activity in health education*” subsection). The curriculum will support the essential components of physical education.

All students will have the same opportunity to participate in physical education classes. The District will make appropriate accommodations to allow equal participation for all students and will adapt physical education classes and equipment as necessary.

All students in primary **school** will receive a minimum of 200 minutes of physical education instruction every 10 school days, excluding lunch and recess.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments (through the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criteria-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*
- *All physical education teachers at Bellevue Union will be required to participate in professional development in education at least once a year.*
- *All physical education classes at Bellevue Union are taught by licensed teachers who are certified or endorsed to teach physical education.*
- *No waivers, exemptions or substitutions are granted for physical education classes.*

### ***Essential Physical Activity Topics in Health Education***

Health education will be mandatory in all grades (primary). The District will include in the health education curriculum a minimum of 12 of the following essential physical activity topics:

- The physical, psychological or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic diseases
- Health-related fitness, i.e. cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

- Differences between physical activity, exercise and fitness
- Phases of an exercise session i.e. warm up, training and cool down
- Overcome barriers to physical activity
- Decrease in sedentary activities, such as watching television.
- Opportunities for physical activity in the community.
- Prevention of injuries during physical activity
- Weather-related safety, such as avoiding heat stroke, hypothermia, and sunburn while physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Develop an individualized physical activity and fitness plan.
- Track progress toward achieving goals in an individualized physical activity plan
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support or advocate for others to participate in physical activity
- How to resist peer pressure that discourages physical activity.

### **Recess**

All elementary schools will offer at least **40 minutes of recess** every day during the school year. If recess before lunch is offered, schools will have appropriate handwashing facilities and/or hand sanitizing mechanisms located inside or outside the cafeteria to ensure proper hygiene before eating and students are required to use these mechanisms before eating. Hand washing time, as well as time to put away coats/hats/gloves, will be included in the recess transition period/time frame before students enter the cafeteria.

**Outdoor recreation** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct recess **indoors**, Teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent possible.

Recess will complement, not replace, physical education class. Recess leaders or teachers will encourage students to be active and serve as role models by being physically active alongside students whenever possible.

### **Physical activity breaks in the classroom**

The District recognizes that students are more attentive and ready to learn if they are provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends that teachers provide short breaks (3 to 5 minutes) for student physical activity during and between school hours at least three days a week. These physical activity breaks will supplement, not replace, physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools and technology with ideas for physical activity breaks in the classroom. Resources and ideas are available through [Nemours KidsHealth](#) and the [Action for Healthy Kids](#).

### **Active Academics**

Teachers will incorporate kinesthetic and movement learning approaches into “core” subject instruction when possible (e.g., science, mathematics, language arts, social studies, and others) and will do their part to limit sedentary behavior during the school day.

The District will support classroom teachers who incorporate physical activity and employ kinesthetic learning approaches in core subjects by providing annual professional development opportunities and resources, including information on core activities, activity options, as well as available reference material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside students whenever possible.

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activities either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by offering extracurricular and pre-recess sports.

## **V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities throughout the school environment, not just in the cafeteria, other food and beverage locations, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so that all efforts are complementary, not duplicative, and work toward the same set of goals and objectives that promote student well-being, optimal development, and strength. educational results.

District schools are encouraged to coordinate content across all curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by school or District curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated and complemented by the wellness policy, including, but not limited to, ensuring DWC/SWC participation.

All school-sponsored events are encouraged to adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### **Community Partnerships**

The District will continue to develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of the implementation of this wellness policy. Existing and new community partnerships and

sponsorships will be assessed to ensure they are consistent with the wellbeing policy and its objectives.

### ***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the broader community the benefits and approaches to healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

As described in the “Community Engagement, Outreach and Communications” subsection, The District will use electronic mechanisms (e.g., email or notices on the district website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents, or sending information to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The DWC will work closely with the Human Resources team to support staff wellness. The Human Resources team will distribute appropriate materials that improve staff well-being and promote positive life choices.

District schools will implement strategies to support staff in actively promoting and modeling physical activity and healthy eating behaviors. The District encourages staff member participation in health promotion programs and will support healthy eating/weight management programs for staff members that are accessible and free or low-cost.

### ***Professional Learning***

Where feasible, the District will provide annual professional learning opportunities and resources for staff to increase knowledge and skills on promoting healthy behaviors in the classroom and school (e.g., increasing use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into the district's ongoing reform or academic improvement plans/efforts.

### ***Non-Discrimination Statement***

In accordance with federal civil rights law and the civil rights rules and policies of the U.S. Department of Agriculture (USDA), USDA, its agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or retaliation or reprisal for prior civil rights activities in any program or activity conducted or funded by USDA.

Individuals with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech difficulties may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be available in languages other than English.

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

*Updated 9/2016 to Reflect the USDA Final Rule*

To file a discrimination program complaint, complete the [USDA Program Discrimination Complaint Form](https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs), (AD-3027) found online at [t:https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs](https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested on the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) Mail: US Department of Agriculture  
Office of the Under Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, DC 20250-9410
- 2) Fax: (202) 690-7442; o (833) 256-1665
- 3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

*Glossary:*

**Extended School Day** - time during, before and after school which includes activities such as clubs, intramural sports, band and choir practice, theater rehearsals and more.

**School campus** - areas owned or leased by the school and used at any time for school-related activities, including outside the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups and water bottles), or parking lots.

**School Day** – the time between midnight the night before and 30 minutes after the end of the instructional day.

**Triennial** – Recurring every three years.

