

Raisin City Elementary School District
Board Policy
BP 5030
Student Wellness Policy

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity to all the students in the district. The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. Students shall have a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast, when provided. In order to reinforce the district's nutrition education program, the food available on school premise shall:

- 1. Be carefully selected to contribute to students' nutritional well-being and the prevention of disease.*
- 2. Meet nutritional standards specified in law and administrative regulation.*
- 3. Be prepared in ways that will appeal to students while retaining nutritive quality and to foster lifelong healthful eating habits.*
- 4. Be served at reasonable prices.*

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/Guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455 and reduced meals.

Carlos Rivas, Food Service Director, is the designated administrator responsible for monitoring the LSWP.

Child Nutrition and Physical Activity Advisory Committee

The superintendent or designees shall encourage parents/guardians, student's, food service employees, the physical education teacher, board members, school administrators, health professionals and members of the public, to participate in the development of implementation and periodic review and update of the student's wellness policy.

In developing such policies on nutrition and physical activity, the Committee shall hold at least one public hearing and shall ensure that the policies address all the issues and goals specified in

Comprehensive Health and Nutrition Education

The Governing Board believes that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach personal responsibility for one's own lifelong health, to respect and promote the health of others, the process of growth and development and informed use of the health-related information, products and services.

The district shall provide a planned, sequential health education curriculum for students that is research based and age appropriate. The content of health instruction shall be offered in according to law, Board policy, administrative regulation and state curriculum frameworks. Positive prevention plus materials is a program used by the district to inform the students about health and sex education.

The Board intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.

The district's health education program shall include instruction to aid students in making decisions in matters of personal, family and community health, including the following topics: (Education Code 51890).

- 1. The use of health care services: The district contracts with Fresno County Office of Education for health care services.*
- 2. Mental and emotional health development: The district contracts with Fresno County Office of Education for all mental, health and psychological services needed.*
- 3. Use and misuse of drugs, including tobacco and alcohol: Each year at the end of October we participated in ribbon week in our district.*
- 4. Family health and child development, including the legal and financial aspects and responsibilities of marriage and parenthood: Our district complies with the healthy Youth Act. Once per year the nurse practitioner from Fresno County Office of Education provides a sexual and health course to all the 7th grade students as per Education Code 51933.*
- 5. Oral health, vision and hearing: Students are evaluated by a nurse practitioner from Fresno County Office of Education. We participate in the Big Smiles Organization which provides dental care to all students.*
- 6. Nutrition, which may include related topics such as obesity and diabetes prevention, we participate in Parenting Parents which is an organization that provides guidelines as it pertains to positive nutrition in the home. We also participate with the Parent Service Center form Fresno County Office of Education. We hold a parent meeting monthly and*

- provide them with information on nutrition and other related topics.*
- 7. Exercise, rest and posture: Our district's physical education teacher provides instruction on physical education to all students.*
 - 8. Environmental health and safety: Our district has an emergency response plan in place. We conduct bus evacuations, duck and cover exercise, fire drills, and lock down procedures.*

Nutrition Education and Promotion Goals

The District aims to teach, encourage, and support healthy eating by students. Schools may provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health*
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects*
- includes enjoyable, developmentally-appropriate, culturally- relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens*
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices*
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)*
- links with school meal programs, other school foods, and nutrition- related community services*
- teaches media literacy with an emphasis on food marketing*
- includes training for teachers and other staff.*

Physical Education and Goals

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages student's lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self image, physical education activities should teach students how to cooperate in the achievement of common goals.

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Physical education staff shall appropriately limit the amount or type of physical exercise required

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of students during air pollution episodes, hot weather or other inclement conditions.

- *K-2nd Focus is on building fundamental locomotor skills with an introduction to cooperation skills.*
- *3rd-5th grade focus is to refine fundamental locomotor skills, begin to emphasize and participate more often in corporation activities and introduce team and recreational sports necessary to participate.*
- *6th-8th grade focus is to refine cooperation skills, perform various exercises and physical activities specifically to improve health and fitness levels, and to provide instruction on team/individual sport and recreational activity skills.*

Elementary grades participate in kinesthetic activities to help improve their fundamental local motor skills. Activities such as tag game, hula hoops, jump ropes, etc. are implemented.

Upper elementary middle school students begin to focus on traditional team sports such as football, soccer, basketball, etc. Also specific aerobic exercises and resistance exercise are emphasized and practiced daily.

Games and activities are modified to meet the needs of students with physical disabilities, such as modified movements, equipment, or game rules.

During air pollution, hot weather, rainy days, students either relocate to an indoor setting or the intensity of activities are reduced.

Physical Education Code 51222

- *K-5th grades receive 5 days of 40 minute periods in 2 school weeks. That calculates to 200 minutes within 10 days.*
- *6th-8th grades do 8 days of 40 minute periods in 2 school weeks. That calculates to 320 minutes within 10 days.*

Every October we hold a schoolwide jog-a-thon. Students solicit pledges supporting the laps they complete. The funds raised are deposited into the student body account and used to support fieldtrips, special events, supplies, etc.

Physical Performance Testing: Education Code 60800

Summative physical performance testing is implemented through guidelines and criteria set by the Cooper Institute FitnessGram program. Summative Tests are performed during April or May.

Education Code 60800

Printouts of student fitness scores are provided to each student. Each student is also orally informed.

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Exemptions

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

- 1. The student is ill or injured and a modified program to his/her needs cannot be provided. (Education Code 51241).*
- 2. The student is enrolled for one-half time or less. (Education Code 51241).*

Food and Beverages Sold to Students

All food and beverages sold on the school campus during the school day must meet federal meal regulations and [USDA Smart Snacks in School](#) nutrition standards and [California Competitive Foods rules](#).

When the California Department of Education determines that funds are appropriated pursuant to Education Code 49431, the Superintendent or designee shall ensure that elementary schools instead comply with the nutritional standards of Education Code 49431. Under these circumstances, an elementary school may permit the sale of food items that do not meet the standards of Education Code 49431 only if the items are sold by students of the school and the sale of food items takes place off school premises or takes place from midnight to 30 minutes after the end of the school day. (Education Code 49431).

Beginning July 1, 2014 the sale of beverages shall comply with the nutritional standards of Education Code 49431.5, Except that sales not meeting these standards may be permitted when: (Education Code 49431.5).

- 1. For a school fundraising event conducted by students at an elementary school, the sale of beverages takes place off school premises or takes place at least one-half hour after the end of the school day.*
- 2. For a middle school, the sale occurs during a school-sponsored event and takes place at the location of the event from midnight to 30 minutes after the end of the school day.*

The Superintendent or designee shall not permit the sale of food by student organizations in a school with any grades k-8 that is participating in the National School Breakfast or Lunch Program, except when all of the following conditions are met: (5 CCR 15500).

- 1. The student organization may sell one food item per sale.*
- 2. The specific nutritious food item is approved by the Superintendent or designee.*
- 3. The food sales do not begin until after the close of the regularly scheduled midday food service period.*
- 4. The sales during the regular school day are not of food items prepared on the premises.*
- 5. There are no more than four such sales per year per school.*
- 6. The food sold is a dessert-type food, such as pastry, ice cream or fruit.*
- 7. The food sold is*

not one sold in the districts food service program at that school during that school day.

In middle school a student organization may be approved to sell food items during or after the school day if all of the following conditions are met: (5CCR 15501).

- 1. Only one student organization conducts food sales on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organization may conduct the sale of any food items.*
- 2. The specific nutritious food items are approved by the Superintendent or designee.*
- 3. The sales during the regular school day are not of food items prepared on the premises.*
- 4. The food items sold are not those sold in the district's food service program at that school during that school day.*

Other Foods And Beverages Available To Students

School staff shall encourage parents/guardians or other volunteers to support the district education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. A list of allowable foods and beverages will be distributed to staff and all student households. Class parties or celebrations shall be held after the lunch period. Foods and beverages available to students, not sold, are encouraged to meet the USDA Smart Snacks in schools nutritional requirements.

Marketing and Promotion

All foods marketed and advertised on campus during the school day must meet the USDA Smart Snacks in Schools nutrition standards. To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means. All foods marketed and advertised on campus during the school day must meet the USDA Smart Snacks in Schools nutrition standards.

The Governing Board desires to promote positive relationships between the school and the community in order to enhance community support and involvement in the district. The Superintendent or designee may approve the following if they are in compliance with this Wellness Policy:

- 1. Professional development shall be regularly offered to the physical education teacher, coaches and food services staff as appropriate to enhance their health knowledge and skills.*
- 2. The superintendent or designee may disseminate health information and/or the district student wellness policy.*
- 3. Our student wellness policy is posted on our website.*

The Board recognizes that a safe, positive, school climate is also conducive to the students physical and mental health thus prohibits the harassment of all students including bullying on the basis of weight or health condition. CF 5121.2-Bullying 5145.3-Nondiscrimination/Harassment.

Criteria for Approval

The Superintendent, principal or designee shall not accept for distribution any materials or advertisements that promote the use or sale of materials or services that are illegal or inconsistent with school objectives.

Schools may establish additional criteria pertaining to the content of advertisements in school publications and yearbooks. Such criteria may limit advertisements to those that contain congratulatory or commemorative messages, curriculum-related content, advertisements for products or services of interest to the students, non-controversial content, and/or other deemed appropriate by the school publication staff and advisor in accordance with law and Board Policy.

Other Recommendations

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

Citizen Advisory Committee

The Board shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public in the process of developing the district wide wellness policy. (42 USC 1751)

The Board may utilize existing school health councils or other committees or may establish an advisory committee or working groups including representatives of the above groups, to develop policy recommendations.

The counsel or committee shall examine related research laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes. A student comment box is provided in the cafeteria to all students. This allows the students to provide input on all menu items served for breakfast and lunch. We alter our menus based on student responses.

The council or committee shall provide a yearly report to the superintendent or designee regarding the status of its work. Following the adoption of the Wellness Policy, prior to the beginning of the 2006-07 school year, the committee shall prepare a Wellness Plan to address nutrition and physical activity throughout the district pursuant to the adopted Wellness Policy.

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Items to be included in the plan shall be:

- 1. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity. We hold a monthly parent education strategy meeting.*
- 2. Ways the district will measure the implementation of the policy. The superintendent will appoint one person to ensure that the policy is implemented and to report to the district level person responsible for the policy. The district level person will be appointed by the superintendent.*
- 3. Guidelines for age-appropriate, skill-building nutrition at each grade level that is focused on behavior change.*
- 4. Priorities for implementing the recommended strategies.*
- 5. Process for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure the success and frequency of the reports. The evaluation will be completed in June 2020.*

Triennial Assessment of the Local School Wellness Policy

The superintendent shall designate the assistant principal to ensure that our school site complies with this policy. (42 USC 1758b).

The Superintendent or designee shall assess the implementation and effectiveness of this policy once every **three** years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture and a description of the progress made in attaining the goals of the wellness policy. (49 USC 1758B)

The assessment will be shared publicly, such as on the district website.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432).

Each School also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. (Education Code 49432).

Nutritional Standards

For schools participating in the National School Lunch and School Breakfast Programs, meals shall also meet the nutritional standards, as well as the nutrient and calorie levels for students of

each age or grade group, required by 7 CFR 210.10 and 220.8. District guidelines for reimbursable school meals shall not be less restrictive than the federal **and state** regulations and guidance issues pursuant to 42 USC 1758 (f) (1), 1766 (a) and 1779 (a) and (b) as they apply to schools.

However, when the California Department of Education determines that funds are appropriated pursuant to Education Code 49431, the Superintendent or designee shall ensure that elementary schools instead comply with the following nutritional standards following SB 19 standards: (Education Code 49431).

- 1. The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal. Compliant milk is available for sale daily at breakfast and lunch.*
- 2. Not more than 30 percent of the total calories of the food item, excluding nuts or seeds, is from fat.*
- 3. Not more than 10 percent of the food item's total calories are from saturated fat.*
- 4. Not more than 35 percent of the total weight of the food items, excluding fruits or vegetables, is composed of sugar.*
- 5. No foods containing trans-fats are used in our district.*
- 6. Education Code 38086 requires all California schools to make free drinking water available during school meal times and during the after school snack program.*

Beginning July 1, 2014, for elementary schools, the following nutritional standards shall apply to all beverages provided in the district's food services program: (Education Code 49431.5)

- Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk and 100 percent fruit juices.*

Free and Reduced Price Meals

The Governing Board recognizes that adequate nutrition is essential to child development and learning, and realizes that some families may be unable to provide breakfast and lunch for their children. In accordance with law, including the CA State Meal Mandate and Universal Meals, the district shall provide nutritionally adequate free meals for all students. Additionally, the district participates in the USDA Community Eligibility Program (CEP) allowing all students to eat free of charge.

All records related to eligibility for the USDA School Meals Program shall be confidential except as provided by law (Education Code 49557).

In accordance with the law, the Board authorizes designated employees to use individual records pertaining to student eligibility for any free and reduced price meal program for the purpose of: (Education Code 49558).

- 1. Disaggregation of academic achievement data*

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The Board further authorizes the release of information on the school lunch program application to the local agency that determines Medi-Cal program eligibility, provided that the student is approved for free meals and the parent/guardian consents to the sharing of information as provide by: (Education Code 49557.2).

The district currently participates in the Community Eligibility Program, allowing all students to eat free of charge. In the event the district no longer participates in CEP, the district's plan for students receiving free or reduced price meals shall ensure the following: (Education Code 49557)

- 1. The names of the students shall not be published, posted, or announced in any manner, or used for any purposes other than the National School Lunch and School Breakfast programs, unless otherwise provided by law.*
- 2. There shall be no overt identification of any of the students by the use of meal cards or by any other means.*
- 3. The student shall not be required to work for their meals or for their milk. 4. The student shall not be required to use a separate dining area, go through a separate entrance, or consume their meals or milk at a different time.*

When more than one lunch, breakfast, or type of milk is offered, the student shall have the same choice of meals or milk as available to those students who pay full price. (Education Code 49557;7 CFR 245.8).

Confidentiality/Release of Records

The Governing Board designates an employee (Director of Special Programs) to use individual records pertaining to student participation in the free or reduced price meal program for the purpose of disaggregation of academic achievement data or for the identification of students in any program improvement school choice an supplemental educational services pursuant to 20 USC 6316.

In using the records for such purposes, the following conditions shall be satisfied: (Education Code 49558)

- 1. No individual indicators of participation in the free or reduced price meal program shall be maintained in the permanent records of any student if not otherwise allowed by law.*
- 2. Information regarding individual student participation in the free or reduced price meal program shall not be publicly released.*
- 3. All other confidentiality provisions required by law shall be met.*
- 4. Information collected regarding individual students certified to participate in the free or reduced price meal program shall be destroyed when no longer needed for its intended purpose. Records must be retained for 3 years plus the current year.*

5. *The base year of Provision 2 records, shall be retained for the duration of the provision.*

Involvement of Health Professionals

Health care professionals also shall be involved in the development and implementation of the district's health education plan and in course evaluation. Such professionals shall represent, at the district's option, the varied fields of health care, including voluntary collaborations with managed health care and health care providers; local public and private health, safety and community service agencies; and other appropriate community resources. (Education Code 51913).

Health care professionals, health care service plans, health care providers and other entities participating in a voluntary initiative with the district are prohibited from communicating about a product or service in a way that intended or encourage persons to purchase or use the product or service. However, the following activities may be allowed: (Education Code 51890).

1. *Health care or health education information provide in a brochure or pamphlet that contains the logo or name of a health care service plans or health care organization, if provided in coordination with the voluntary initiative.*
2. *Outreach, application assistance and enrollment activities relating to federal, state or county sponsored health care insurance.*

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter

all of the information requested in 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:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

This institution is an equal opportunity provider.

CLASSROOM PARTY POLICY

In an effort to protect the health and well-being of your student's and adhere to our district wellness policy the following policy will be implemented:

All foods donated for classroom parties must be commercially prepared. No homemade food will be allowed for parties, birthdays, and celebrations. These foods are limited to cakes, cupcakes, cookies, baked chips, pretzels, popcorn, and crackers.

All beverages must be 100% juice. No fruit punch, sodas, or other beverages with added sugar or artificial sweeteners will be allowed.

Pizza Parties:

Pizza must be commercially prepared. When the pizza arrives at school, the pizza must be taken to the office. The office will contact the cafeteria staff who will bring their thermometer to temp the pizza. Should the temperature be less than 135 degrees, the cafeteria staff will heat the pizza to the appropriate temperature, before it is taken to the classroom.

The following foods will not be permitted. These foods are listed on the hazardous food list. They are as follows (with the exception of pizza):

Raw and cooked meat, or foods containing meat such as casseroles, curries and lasagna. Dairy products such as milk, custard and dairy-based desserts.

Seafood

Processed or cut fruit and vegetables, such as salads.

Cooked rice, pasta, and beans.