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# WELLNESS POLICY

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2025-2026

845 CRINELLA DRIVE  
PETALUMA, CALIFORNIA

OLD ADOBE UNION SCHOOL DISTRICT

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BOARD APPROVED

DATE 3/26/26 

# OLD ADOBE UNION SCHOOL DISTRICT

## **Preamble**

Old Adobe Union School District (herein referred to as the District) is committed to the optimal development of every 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 every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities - do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

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

- Students in the District 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 nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

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

## **I. School Wellness Committee Committee Role and Membership**

Old Adobe Union School District will convene a representative district wellness committee (herein referred to as the Wellness Committee or work within an existing school health committee) that will establish goals and

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

The Wellness Committee membership will include, but not limited to: parents and caregivers; students; Food Service Coordinator; physical education teachers; school health professionals (e.g., health education teachers, school health services staff and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal).

**Leadership**

The Food Services Coordinator will convene the Wellness Committee and facilitate development of and updates to the Wellness Policy, and will ensure each school’s compliance with the policy.

The names, titles, and contact information of these individual are:

Name	Title/Relationship to the School or District	Email Address	Role on Committee
Eric Alvarez	District CBO	<a href="mailto:Ealvarez@oldadobe.org">Ealvarez@oldadobe.org</a>	District Employee
Cindy Friberg	District Co-Superintendent	<a href="mailto:Cfriberg@oldadobe.org">Cfriberg@oldadobe.org</a>	District Employee
Eric Chrisco	Classified Staff	<a href="mailto:Echrisco@oldadobe.org">Echrisco@oldadobe.org</a>	Classified Staff
Tracy Dugar	Classified Staff	tdugar@oldadobe.org	Classified Staff
M. Hayes	Student Family Member – OA		Student Parent
R. Lucchesi	Student Family Member – LV		Student Parent

**II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation Plan**

The District 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 be found on the school website.

**Recordkeeping**

The District will retain records to document compliance with the requirements of the Wellness Policy in the superintendent’s office. Documentation maintained in this location will include but will 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 Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school Wellness Policy;
- Documentation demonstrating the most recent assessment on 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 of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide-communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to Wellness Policy implementation. Annually, the District will also publicize the name and contact information of the individuals leading and coordinating the committee.

### **Triennial Progress Assessments**

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

- The extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy;
- The extent to which the District's Wellness Policy compares to the Alliance for a Healthier Generation model Wellness Policy; and
- A description of the progress made in attaining the goals of the District's Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is the Food Services Coordinator.

The Wellness Committee will monitor schools' compliance with this Wellness Policy.

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

### **Revisions and Updating the Policy**

The Wellness Committee 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; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### **Community Involvement, Outreach and Communications**

The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. The District will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means appropriate for that district.

The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, 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, or 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 accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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.

### **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 and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

- White milk is placed in front of other beverages in all coolers.
- Alternative entree options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Weekly announcements are used to promote and market menu options.
- Menus will be posted on the District website or individual school websites.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.
- 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 in their children's school.

### **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 nutrition professionals. The school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

**Food Allergies** – A number of students in the District are allergic, and in some cases, seriously allergic to peanuts, tree nuts, dairy products, wheat, and eggs. While we have plans in place to address the needs of these students, it's important that our entire district be aware of what causes allergies and what we can do to prevent allergic reactions, which for some children, can be a life-threatening incident.

### **The following messages should be communicated to families and students at each school site:**

- Never take food allergies lightly. Joking about it and teasing kids who have food allergies are inappropriate behaviors and can have serious consequences.
- Don't share your food. This advice runs counter to the environment of "sharing" we like to enjoy. However, sharing food can be very dangerous to students who have food allergies.
- Wash hands after eating. Washing hands after you eat is very important. Touching certain foods can cause an allergic reaction in some students.
- Ask friends if they are allergic to foods and help them avoid it.
- Limit the number of allergens on our campuses. Please voluntarily refrain from sending items for snack, lunch, or for class celebrations that contain peanut or tree nut products. For a list of food items that are nut free, please check [www.snacksafely.com](http://www.snacksafely.com).

## **Water**

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

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- The District will endeavor to reduce the use of single use plastic water bottles by ongoing communication encouraging personal water bottle use to be filled at water filling stations and hydration stations.

## **Competitive Foods and Beverages**

Competitive foods and beverages are defined as foods and beverages sold and served outside of the school meal program. All foods offered on the school campus will meet or exceed the USDA and state Smart Snacks in School nutrition standards including through:

- Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
- Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

## **Fundraising**

Non-compliant foods and beverages may be sold through fundraisers, on the school campus, no sooner than 30 minutes after the end of the instructional day. The District will make available to parents and teachers a list of healthy fundraising ideas. While AB 841 allows advertising of infrequent school fundraising events involving food or beverages that do not meet the state and/or federal competitive food requirements, the federal rule is stricter and does not allow this practice. Therefore, because the District participates in the NSLP and SBP, the advertising on school campus during the school day of fundraising events which involve any foods or beverages that do not comply with the state and/or federal competitive food requirements, including infrequent school fundraising events, will NOT be allowed.

Compliant competitive foods may be sold to students through fundraisers, on the school campus, during the school day. Competitive foods that are compliant are defined as those foods and beverages that meet both the California and Federal Smart Snack in Schools requirements. In addition, the fundraising organization must maintain records in order to ensure and document compliance with the nutrition requirements for the foods and beverages sold to students at these venues, during the school day, as required by this section. At a minimum, records must include receipts, nutrition labels and/or product specifications for the competitive foods available for sale to students. These records must be made available to the Superintendent or designee upon request. Failure to maintain accurate and compliant record-keeping or the sale of non-compliant foods during the school

day may result in the restricting of the fundraising organization to the non-compliant food and beverage rules stated in the preceding paragraph.

### **Food and Beverage Marketing/Advertising**

The District will follow the USDA ruling stating that regardless where or when food or beverage items are purchased, distributed, or consumed, if they do not meet the Smart Snacks in Schools requirements they cannot be marketed or advertised on school campuses during the school day. An example of unallowable marketing would be a poster displayed or flyer distributed to students on school campus during the school day, that markets a pizza night fundraiser. Regardless if the pizza night occurs off school campus and/or outside of the school day, the poster or flyer cannot be posted or distributed for this event unless all items allowed for sale for this fundraiser meet the Smart Snack in Schools requirements - regardless of, how, or where these items are being sold.

### **Nutrition Promotion**

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

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

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### **Nutrition Education**

The district's nutrition education shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

## **IV. Physical Activity**

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

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be

provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

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

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student wellbeing, optimal development and strong education outcomes.

**Community Partnerships** – The District will investigate and/or continue to create relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this Wellness Policy implementation.

**Community Health Promotion and Family Engagement** – The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

**Positive School Climate and Social Emotional Wellness**- The District recognizes that students and staff have the right to a safe and supportive school environment free from physical and psychological harm. The District is committed to creating a positive learning environment that teaches strategies for violence and bully prevention, and emphasizes high expectations for student conduct, responsible behavior, and respect for others, in accordance with current Board Policies.

In support of making wellness more accessible, the District will:

- Endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.
- Endeavor to implement a district-wide Social and Emotional Learning curriculum to support the development of SEL skills, including coping skills and other wellness skills for students.
- Identify and address potential risks to social, emotional, and mental well-being of its students and staff and provide support to foster a positive school climate at every school and nurture learning, achievement, and growth of character.
- Provide informational resources for students and families to support the access to health services including mental health services, health centers, and community agencies.
- The District shall make available wellness tools and activities through the website resource page where families can also find additional community resources.
- Establish a discipline policy that is sensitive, predictable, and respectful.
- Provide staff with training on the prevalence and impact of trauma on student learning.

**Digital Wellness**-The District shall endeavor to develop age-appropriate digital wellness education that helps students build healthy, balanced relationships with technology. Through classroom learning and ongoing conversations, students develop skills around responsible use, digital citizenship, emotional well-being, and positive online interactions. To support learning beyond the school day, the district will endeavor to provide a

- Provide staff with training on the prevalence and impact of trauma on student learning.

**Digital Wellness**-The District shall endeavor to develop age-appropriate digital wellness education that helps students build healthy, balanced relationships with technology. Through classroom learning and ongoing conversations, students develop skills around responsible use, digital citizenship, emotional well-being, and positive online interactions. To support learning beyond the school day, the district will endeavor to provide a Digital Wellness Toolkit for students and families with practical strategies, shared language, and easy-to-use resources to help set boundaries, navigate screen time, and strengthen real-world connections.

**Staff Wellness and Health Promotion** – Staff wellness items will continue to be reviewed and shared.

**Glossary:**

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

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of 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 to 30 minutes after the end of the instructional day.

**Triennial** - recurring every three years.

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, audiotope, 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](mailto:Program.Intake@usda.gov).

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