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Farmersville
Unified School District

Farmersville Unified School District Wellness Policy

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Farmersville Unified School District Wellness Policy

Preamble

Farmersville Unified School District (hereinafter 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 goals and 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.
- Farmersville USD I BP 5145.3 Students- Non-Discrimination/Harassment: The Governing Board desires to provide a safe school environment that allows all students equal access and opportunities in the district's academic, extracurricular, and other educational support programs, services, and activities. The Board prohibits, at any district school or school activity, unlawful discrimination, including discriminatory harassment, intimidation, and bullying, targeted at any student by anyone, based on the student's actual or perceived race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics.

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

- The District will coordinate the wellness policy with other aspects of school management, including the District's Local Control Accountability Plan, when appropriate.
- The District will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

District Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) as per Board Policy 5030, and assign a Superintendent Designee to schedule meetings a at least four times per year as required to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, school health services staff, and other allied health personnel who provide school health services, and mental health and social services staff, school administrators, school board members; health professionals (i.e. dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education Coordinators (SNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC, facilitate the development and updates to the Wellness Policy, and ensure each school’s compliance with the policy.

The designated official for oversight is:

Eduardo Ochoa
Assistant Superintendent
eochoa@farmersville.k12.ca.us

District Wellness Policy Committee Members

Name	Title / Relationship to School / District	Email address	Role on Committee
Eduardo Ochoa	Assistant Superintendent	eochoa@farmersville.k12.ca.us	Designated Official for Committee
Angelica Rogers	District Nurse	arogers@farmersville.k12.ca.us	District designee
Erika Mendoza	Director of Food Service	emendoza@farmersville.k12.ca.us	District designee
Elizabeth Dominguez	Asst. Superintendent Secretary	edomingu@farmersville.k12.ca.us	Provides Support
Alma Espinoza	After School Liaison	alespinoza@farmersville.k12.ca.us	Provides Support
Jesus Zavala	Principal - Hester	jzavala@farmersville.k12.ca.us	Provides Support
Trista Waymire	Vice. Principal - FJHS	twaymire@farmersville.k12.ca.us	Provides Support
Mercedes Rosales	Counselor - FJHS	mrosales@farmersville.k12.ca.us	Provides Support
Emiliano Moran	Counselor - FJHS	emoran@farmersville.k12.ca.us	Provides Support
Stephen Ford	PE Teacher, FJHS	sford@farmersville.k12.ca.us	Provide Support
Rosalinda Campos	PE Teacher, Snowden	rcampos@farmersville.k12.ca.us	Provides Support
Lilia Casillas	Special Education Director	lcasillas@farmersville.k12.ca.us	Provides Support
Teresa Spicer	Nutrition Program Supervisor/ UCCE	trspicer@ucanr.edu	Provides Support
Irene Padasas	Community Nutrition & Health Advisor/ UCCE	iopadasas@ucanr.edu	Provides Support
Alejandra Santillan	Student	N/A	Provides Support
Juan Corona	Student	N/A	Provides Support
Adrian Mejia	Student	N/A	Provides Support
Jayden Lopez	Student	N/A	Provides Support
Jael Mendoza	Parent	jmendoza@farmersville.k12.ca.us	Provides Support
Gabriela Olguin	Parent	olguin82@gmail.com	Provides Support

* Each school designates the principal as the School Wellness Policy Coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain an implementation plan 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 and the progress reports can be found at: <https://www.farmersville.k12.ca.us/domain/132>. The plan, along with the progress toward its goals and objectives, will be reviewed annually by the District's Wellness Committee before being approved by the school board.

Recordkeeping

The District will retain records documenting compliance with the requirements of the wellness policy at the Farmersville Unified School District Office, located at 571 E. Citrus Drive, Farmersville, CA 93223.

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 school 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 districtwide communications, including during the Aeries Data Confirmation process and Welcome Back events at each school. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the District Wellness 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 comply with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's 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 overseeing the wellness policy and wellness triennial assessment is Eduardo Ochoa, Assistant Superintendent. Mr. Ochoa may be contacted at 571 E. Citrus Dr., Farmersville, CA 93223 or by telephone at (559) 592-2010 or by email at eochoa@farmersville.k12.ca.us.

The DWC, in collaboration with individual schools and wellness school coordinators, 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 DWC will update or modify the wellness policy based on the results of the annual School Health Index, Triennial assessment results, and/or as District priority changes including: community needs change; wellness goals are met; new health science curriculum changes, wellness information, and technology changes emerge; 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 review.**

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 DWC and others can participate in the development, implementation, periodic review, and update of the wellness policy through a variety of means appropriate for the District, including but not limited to surveys, public forums, and wellness committee input. The District will also inform parents of improvements to school meals and compliance with school meal standards; the 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, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community and 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 in August, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

II. Nutrition Standards and Meal Programs

School Meals

The Farmersville Unified School District is committed to serving nutritious, appealing meals that support student health and academic success. School meals include a variety of fruits, vegetables, whole-grain products, and fat-free or low-fat milk, and they are prepared in accordance with established calorie, sodium, and saturated fat standards. Meals are designed to support healthy growth, help prevent childhood obesity, model lifelong healthy eating behaviors, and accommodate cultural preferences and documented special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO). The District also operates additional nutrition-related initiatives such as Smarter Lunchroom strategies, Harvest of the Month promotions, mobile meal service models, and Grab 'n' Go breakfast and lunch options to increase access and reduce food waste.

All schools within the District are committed to offering school meals that meet or exceed the most current USDA meal pattern requirements and California Universal Meals mandate. The District will ensure meals:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed the most current USDA meal pattern requirements under the National School Lunch Program (NSLP), School Breakfast Program (SBP), and California Universal Meals mandate.

The District will also promote healthy food and beverage choices through implementation of multiple evidence-based Smarter Lunchroom strategies, which may include:

<https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

- Displaying whole fruit in attractive bowls or baskets
- Offering sliced or cut fruit daily
- Placing fruit in visible and accessible locations
- Using creative or descriptive names for vegetable offerings
- Including vegetable options in grab-and-go meals
- Training staff to encourage students to select fruits and vegetables
- Positioning white milk prominently in coolers
- Highlighting alternative entrée options through signage
- Ensuring reimbursable meals can be assembled in all service areas
- Conducting student surveys and taste tests to inform menu development
- Displaying student artwork in dining areas
- Using announcements or other communication methods to promote menu options

Additional Nutrition Program Standards

The District shall ensure the following program standards are maintained:

- Menus shall be posted on the District website or individual school websites to promote transparency and family access to meal information.
- School meals shall be administered by qualified child nutrition professionals who meet USDA Professional Standards requirements.
- The District shall accommodate students with special dietary needs in accordance with federal and state regulations.
- Students shall be provided a minimum of 10 minutes to consume breakfast and a minimum of 15 minutes to consume lunch, counted from the time they are seated with their meal.
- Lunch periods shall be scheduled at reasonable and appropriate times of day.
- When feasible, lunch periods may follow recess to support healthy eating behaviors and student readiness to learn.
- Participation in federal child nutrition programs shall be promoted to students and families to ensure awareness of available meal services.

The District has implemented the following Farm to School activities (meets Healthy Schools Program Gold-level criteria below:

The District supports Farm to School activities that promote agricultural literacy and healthy eating habits. Activities may include:

- Incorporating local and regional products into the school meal program
- Reinforcing agriculture and nutrition education throughout the learning environment
- Maintaining school gardens at the elementary school and junior high school sites
- Hosting field trips to agricultural sites (e.g., SciCon, County Fair, Pumpkin Patch)

- Conducting produce tastings and special nutrition promotion events that encourage fruit and vegetable consumption.

The District will conduct at least two nutrition promotions or produce-tasting events per school year. It will review Farm to School participation annually as part of the Local Wellness Policy assessment process.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education and training requirements established under the USDA Professional Standards for School Nutrition Professionals.

Training requirements shall be assigned based on each employee's position, job responsibilities, and program oversight duties in accordance with federal guidelines. The District shall ensure that required annual training hours are completed and documented for each staff member.

Training opportunities will be aligned with assigned program responsibilities to support regulatory compliance, food safety, menu planning, meal pattern requirements, and operational excellence.

Water

- To promote hydration, free, safe, and unflavored drinking water shall be available to all students throughout the school day and during meal service at every school campus.
- The District has installed updated drinking fountains and hydration stations at all school sites to ensure adequate and equitable access to drinking water for students.
- Drinking water shall be available where school meals are served during mealtimes. All water sources and hydration stations will be maintained regularly to ensure sanitation, functionality, and compliance with health and safety standards.
- Students are permitted to bring and carry approved refillable water bottles containing only water throughout the school day.

Competitive Foods 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 and comply with all federal and state regulations. All foods and beverages sold to students on the school campus during the school day (defined as midnight through 30 minutes after the end of the instructional day) must meet USDA Smart Snacks in School nutrition standards and applicable California Education Code requirements.

All foods and beverages sold to students outside of the reimbursable school meal programs, including a la carte sales, vending machines, student stores, fundraisers, booster sales, and other campus activities, shall meet or exceed the USDA Smart Snacks in School nutrition standards and applicable California Education Code requirements.

The District shall utilize the USDA Smart Snacks standards and, when applicable, the Smart Snacks Product Calculator to verify compliance. Before any sale, all competitive food and beverage items must be reviewed for compliance with Smart Snacks standards. Documentation of compliance must be maintained in accordance with District procedures.

Unauthorized sale of food or beverages by students during the school day is prohibited.

The Nutrition Services Department shall serve as the designated authority for reviewing Smart Snacks compliance and providing guidance to school sites and student organizations.

Information regarding Smart Snacks standards is available through the United States Department of Agriculture (USDA) at: <https://www.fns.usda.gov/school-meals/smart-snacks-school> and/or <https://foodplanner.healthiergeneration.org>. Compliance applies to all entities, including school sites, student organizations, booster clubs, parent organizations, and expanded learning programs.

Athletic concessions may operate beginning 30 minutes after the end of the standard school day and are excluded from Smart Snacks requirements during that time, in accordance with state law.

The Nutrition Services Department shall serve as the designated authority for reviewing and approving competitive food compliance and providing guidance to school sites and organizations.

Birthday Recognitions

Birthday recognitions during the school day shall emphasize non-food items.

If food items are provided:

- Items must be commercially prepared and pre-packaged.
- Students may not bring homemade food for distribution in the classroom.
- All food and beverage items must meet USDA Smart Snacks in School nutrition standards and applicable California Education Code requirements.
- Beverages, if permitted, must comply with Smart Snacks beverage standards and allowable portion sizes.
- Items must be individually portioned and labeled.
- All food and beverages must be checked in through the school front office before distribution.

Carbonated beverages, energy drinks, and other non-compliant beverages shall not be delivered to or distributed on campus during the school day.

Fundraising

All foods and beverages sold to students on the school campus during the school day (defined as midnight through 30 minutes after the end of the instructional day) must meet USDA Smart Snacks in School nutrition standards and applicable California Education Code requirements.

Before any sale, all fundraising items must be reviewed and approved for compliance with the Smart Snacks standards. Documentation verifying compliance shall be maintained in accordance with District procedures.

Fundraisers conducted outside of the defined school day are not subject to Smart Snacks requirements but must comply with District policies and applicable state law.

Unauthorized student-to-student sale of food or beverages during the school day is prohibited.

Schools are encouraged to prioritize non-food fundraisers or activities that promote student wellness.

Nutrition Promotion

The District shall promote healthy food and beverage choices for all students throughout the school campus in a manner consistent with federal and state regulations.

Nutrition promotion efforts shall:

- Utilize evidence-based strategies to encourage the selection and consumption of fruits, vegetables, whole grains, and reimbursable meals;
- Support increased participation in school meal programs;
- Provide consistent nutrition messaging across classrooms, cafeterias, and school activities; and
- Ensure that all foods and beverages marketed or promoted to students during the school day meet USDA Smart Snacks in School nutrition standards.

The District shall implement multiple evidence-based Smarter Lunchroom strategies within school meal programs to positively influence student food choices.

Information regarding USDA Smart Snacks in School standards is available through the United States Department of Agriculture at: <https://www.fns.usda.gov/school-meals/smart-snacks-school>

Additional guidance regarding Smarter Lunchroom strategies is available through the California Department of Education at: <https://www.cde.ca.gov/ls/nu/he/smarterlunchrooms.asp>

Nutrition Education

The District shall provide nutrition education that supports lifelong healthy eating behaviors and aligns with state academic standards.

The District Wellness Committee and District Curriculum Committee shall review evidence-based curriculum that teaches, models, encourages, and supports healthy eating for all students.

Nutrition education shall:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Be integrated into health education and other appropriate subject areas, including science and related coursework;
- Include developmentally appropriate, culturally relevant, and participatory activities such as cooking demonstrations, taste tests, farm visits, and school garden activities;
- Promote the consumption of fruits, vegetables, whole grains, low-fat and fat-free dairy products, and healthy food preparation methods;
- Reinforce the relationship between nutrition and physical activity;
- Connect classroom instruction with school meal programs, cafeteria promotion activities, and Farm to School initiatives;
- Address media literacy with emphasis on food and beverage marketing influences; and
- Support professional development opportunities for teachers and staff, when appropriate.

In elementary schools, nutrition education shall be included at each grade level as part of a sequential, comprehensive, standards-based health education curriculum.

Health education teachers shall provide students opportunities to practice and apply skills taught through the curriculum.

Essential Healthy Eating Topics in Health Education

The District shall include age-appropriate healthy eating topics within the health education curriculum. Instruction shall address a variety of evidence-based nutrition concepts consistent with the Dietary Guidelines for Americans and state academic standards.

Information regarding the current Dietary Guidelines for Americans is available at: <https://www.dietaryguidelines.gov>

Topics may include, but are not limited to:

- Relationship between healthy eating and personal health and disease prevention
- Reading and understanding Nutrition Facts labels
- MyPlate guidance in alignment with the Dietary Guidelines for Americans
- Eating a variety of foods daily
- Balancing food intake with physical activity
- Increasing consumption of fruits, vegetables, and whole grains
- Choosing foods and beverages lower in saturated fat, added sugars, and sodium
- Importance of calcium-rich foods
- Preparing healthy meals and snacks
- Food safety practices
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating away from home
- Risks of unhealthy weight control practices and eating disorders
- Accepting body diversity and promoting positive body image
- Social and media influences on food choices
- Identifying reliable nutrition information sources
- Goal setting and tracking progress toward healthy eating behaviors
- Advocating for healthy dietary choices within school and community settings

Food and Beverage Marketing and Sales in Schools

The District shall ensure that food and beverage marketing, advertising, and sales on the school campus during the school day are consistent with federal and state nutrition standards and protect the integrity of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

The school day is defined as midnight through 30 minutes after the end of the instructional day.

Protection of the School Meal Program

The District shall protect the integrity of the NSLP and SBP by ensuring that food and beverage sales during the school day do not directly compete with or interfere with reimbursable meal service.

Food vendors, student organizations, ASB groups, booster clubs, parent organizations, or external entities shall not sell or distribute food or beverages during designated meal service periods unless:

- The items meet USDA Smart Snacks in School nutrition standards;
- The sale has received prior administrative approval; **and**
- The activity does not interfere with participation in the reimbursable meal program.

Events involving outside food vendors must occur outside of scheduled meal service periods and must receive prior District approval.

Unauthorized food sales during meal service are prohibited.

Marketing Standards

Only foods and beverages that meet or exceed USDA Smart Snacks in School nutrition standards may be marketed or promoted to students during the school day.

The District shall protect and promote student health by limiting commercial advertising that conflicts with nutrition education and wellness efforts.

Definition of Food and Beverage Marketing

Food and beverage marketing includes advertising and promotional messages intended to increase sales of food or beverage products. Marketing may include, but is not limited to:

- Brand names, trademarks, logos, or tags (except when placed on a physically present compliant product or its packaging)
- Corporate branding on school equipment such as marquees, scoreboards, vending machines, coolers, menu boards, or food service equipment
- Advertisements in school publications, school mailings, or electronic communications
- Promotional materials distributed on campus
- Free product samples, coupons, or branded promotional giveaways

The District shall review existing contracts and future purchasing decisions to ensure compliance with applicable food and beverage marketing standards. Replacement of non-compliant durable equipment shall occur as contracts expire or equipment is updated, consistent with fiscal responsibility.

III. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family and community engagement; and the district's commitment to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in CATCH program training to address all CSPAP areas successfully.

Requirements for Elementary Physical Education

Education Code Section 51223 requires all elementary students to receive a minimum of 200 minutes of physical education instruction every 10 school days.

Requirements for Middle and High School Physical Education

- All students in grades 7-12 must receive a minimum of 400 minutes of physical education instruction every 10 school days. (*Education Code* Section 51222)
- Local school boards may exempt students from any two years of physical education in grades 10-12 in accordance with *Education Code* 51241. Any criteria related to physical fitness assessment shall align with current state guidance.
- Students who are exempted shall be provided with appropriate alternative course options consistent with district graduation requirements.
- High school physical education programs shall provide instruction aligned to California standards and include a balanced range of content areas, including: the effects of physical activity on health, mechanics of body movement, aquatics, individual and dual sports, gymnastics/tumbling, team sports, rhythms/dance, and combatives. These content areas may be delivered across courses and over time as part of a comprehensive physical education program.

In accordance with Title 5 Section 14030, the district adopts educational specifications to guide school facility planning, including considerations that support the delivery of physical education and student physical activity.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment or used as a disciplinary consequence (this does not include participation on sports teams that have specific academic requirements). The District will provide teachers and other school staff with a list of alternative and appropriate ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The District will conduct necessary Williams and Facility Inspection reports and repairs as needed.

- Where feasible and as approved by the Board, the District may enter into joint-use agreements for indoor and outdoor physical activity facilities and spaces to be open to students, their families, and/or the community outside of school hours.
- The District will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

Physical Education

The District will provide students with physical education through 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. It will help students develop skills to maintain lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

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

All **elementary students** will receive a minimum of 200 minutes of physical education every 10 school days, consistent with California Education Code.

All **secondary students** will complete the equivalent of two academic years of physical education in junior high school and again in high school.

The District's physical education program will promote student physical fitness through individualized fitness and activity assessments aligned with current state requirements. It will utilize criterion-based reporting to communicate student progress.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
- All physical education teachers will receive ongoing professional development opportunities.
- All physical education classes will be taught by appropriately credentialed teachers (meets Healthy Schools Program Gold-level criteria).
- Waivers, exemptions, or substitutions for physical education shall only be granted in accordance with California Education Code.

Essential Physical Activity Topics in Health Education

Health education will be required in elementary grades, and the district will require high school students to take and pass at least one health education course; junior high school students will be required to complete a science course (health curriculum standards included). The District will include in the health education curriculum a minimum of three of the following essential topics on physical activity:

- 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 disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness*
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- 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 engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **15 minutes of recess** every day during the school year. Recess is offered before lunch; schools have appropriate hand-washing facilities and/or hand-sanitizing stations located just inside/outside the cafeteria to ensure proper hygiene before eating, and students are encouraged to use these stations prior to eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.

Outdoor recess will be offered when weather is suitable for outdoor play (except when outdoor temperatures are considered “extreme”, during inclement weather days, or when air quality is reported to be “Red” or “Orange”).

If the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and more ready to learn when provided with periodic breaks, during which they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or stretch throughout the day or on most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least 3 days per week. These physical activity breaks will complement, not substitute

for, physical education class, recess, and class transition periods. Physical activity breaks can include using playground stencils to reinforce movement linked to academic subjects.

The District will provide resources and links to tools and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the [Alliance for a Healthier Generation](#).

Active Academics

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

The District will support classroom teachers incorporating physical activity, such as the Coordinated Approach to Child Health (CATCH), and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities, training, and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

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

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Student participation in the Expanded Learning Program provides students with opportunities for additional physical activity. The program utilizes a research-based program called SPARKS to provide primary students K-6 with structured play activities, and after-school intramurals and athletic programs in grades 7-12 provide students with supervised sports / athletic programs that include optimum physical activity.

Active Transport

The District will support active transport to and from school, such as walking or biking. The Governing Board recognizes that walking, bicycling, and other forms of active transportation to school promote physical activity (BP 5121.2). The District will encourage this behavior by engaging in the activities below, including but not limited to:

- Designating safe or preferred routes to school
- Promoting activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Securing storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Providing instruction on walking/bicycling safety provided to students
- Promoting the safe routes program to students, staff, and parents via newsletters and websites
- Use of crossing guards
- Use of crosswalks on streets leading to schools
- Use of walking or bicycling
- Monitoring the number of children walking, biking, or using buses to and from school
- Creating and distributing maps of school environments (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.) during Back-to-School or Open House events.

IV. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the school environment, not just in the cafeteria, other food and beverage venues, or 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 toward the same set of goals and objectives that promote student well-being, optimal development, and strong educational outcomes.

The District Superintendent and Wellness Committee encourage schools to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts and physical activity in other content areas with consultation provided by the school through the District's Curriculum Council.

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

School-sponsored events will 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 Superintendent and Wellness Committee will continue to develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers, cooperative extensions, and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and goals.

The district will create a strong network with local sports leagues to help promote an active lifestyle outside of school.

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 such as series-based nutrition education classes.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (email or displaying notices on the district's website), as well as non-electronic mechanisms (presentations to parents or sending information home 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 have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources (bilingual resources), and performs other functions to support staff wellness in coordination with human resources staff. The subcommittee leader's name is Angelica Rogers, the District Nurse who collaborates with Human Resources staff to provide wellness activities and communication for staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. These strategies include actions staff members can take advantage of, which include: worksite newsletters, Health Screenings, Flu shots, and TB testing. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The District utilizes a healthy meeting policy for all events with available food options, created by the DWC or one that currently exists, that optimizes healthy food options with a variety of choices and selections for a variety of dietary needs. The Superintendent's Designee and the DWC committee provide oversight for the Wellness Policy.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and/or resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. These include cross-curricular teaching that incorporates understanding healthy nutritional choices into the curriculum when appropriate. Professional learning will help District staff understand the connections between academics and health and how health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

FUSD Wellness Plan Goals

The District Wellness Committee will meet at various times throughout the year to monitor the implementation and progress of the wellness plan. To support these efforts, the DWC has developed multiple goals on the implementation of the actions outlined in this plan as well as the impact of the Wellness Plan's efforts on students, staff, and the community. These goals will be updated annually. The Wellness Plan goals include:

Goal #1: By May 2027 and annually thereafter, Farmersville Unified School District will administer a *Student Voice: School Meals Survey* to all students in grades 4–12 twice each school year (January and May). The District will achieve a minimum survey participation rate of 60% of enrolled students in grades 4–12. Survey results will be reviewed by the District Wellness Committee within 60 days of each administration and used to identify at least two actionable improvements to school meal programs, menus, meal service, or cafeteria experiences for implementation during the following school semester.

Goal #2: Beginning with the 2026–2027 school year and annually thereafter, Farmersville Unified School District will communicate the District Wellness Policy and nutrition guidelines to families at least twice annually (August and June) using a minimum of three communication methods, such as student handbooks, parent orientation meetings, school or district websites, social media, school menus, posters, videos, newsletters, or physical education and health classes. Additionally, the District will offer one six-session family nutrition and cooking education series each school year and host at least two nutrition engagement events, such as Lunch on the Lawn, featuring nutrition education, healthy recipes, and student taste-testing opportunities.

Goal #3: By June 30, 2027, Farmersville Unified School District will strengthen and fully implement District Wellness Policy standards that reduce student access to high-sugar and low-nutrient foods during the school day by achieving a 90% reduction in non-compliant foods and beverages available on campus and ensuring that all competitive foods, classroom celebrations, rewards, and school-day fundraisers align with USDA Smart Snacks in School Standards and District nutrition guidelines. The District will support implementation through policy updates, staff training, family education, and ongoing monitoring.

- **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.

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APPENDIX A

School Level Contacts

Hester Elementary

School Address: **477 E. Ash St., Farmersville, CA 93223**

Jesus Zavala, Principal

Email Address: jzavala@farmersville.k12.ca.us

Snowden Elementary

School Address: **301 S. Farmersville Blvd., Farmersville, CA 93223**

Carlos Nevarez, Principal

Email Address: cnevarez@farmersville.k12.ca.us

Freedom Elementary

School Address: **575 E. Citrus Drive, Farmersville, CA 93223**

Cindy Monroy, Principal

Email Address: cmonroy@farmersville.k12.ca.us

Farmersville Junior High School

School Address: **650 N. Virginia Ave., Farmersville, CA 93223**

Chris Sanchez, Principal

Email Address: csanchez@farmersville.k12.ca.us

APPENDIX A (Continuation)

School Level Contacts

Farmersville High School

School Address: **631 W. Walnut Ave., Farmersville, CA 93223**

Jose Garza, Principal

Email Address: jgarza@farmersville.k12.ca.us

Deep Creek Academy

School Address: **281 S. Farmersville Blvd., Farmersville, CA 93223**

Arturo Villarreal, Principal

Email Address: avillarreal@farmersville.k12.ca.us

Reference Links

USDA nutrition standards: fns.usda.gov

Smarter Lunchroom techniques: <http://smarterlunchrooms.org/ideas>

USDA's professional standards for child nutrition professionals: fns.usda.gov

USDA's Professional Standards for School Nutrition Standards:
<http://professionalstandards.nal.usda.gov>

Alliance for a Healthier Generation:
https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/

The Dietary Guidelines for Americans
<https://www.myplate.gov/>