

2022 Wellness Policy

2022 CURTIS CREEK SCHOOL DISTRICT WELLNESS POLICY

The Curtis Creek School District is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating, physical activity and general cleanliness and infection control measures. Therefore, it is the policy of the Curtis Creek School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition, health, and physical activity policies.
- All students in grade TK-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Non-Program competitive foods and beverages sold or served at school will meet the nutrition recommendations of the U S. Dietary Guidelines for Americans. Additionally, Non-Program competitive food is not encouraged but if apparent will always be served after lunch.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and at least 20 minutes for students to eat.
- To the maximum extent practical, the school will participate in relevant federal school meal programs (including the School Breakfast Program and National School Lunch Program.
- The school will provide nutrition, health and physical education to foster lifelong habits of healthy eating, cleanliness and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The school will measure improvement in the health and fitness of its students, which may include the performance of fitness testing, lunch contents and physical activity participation.

TO ACHIEVE THESE POLICY GOALS:

The Curtis Creek School Site Council will function as the School Wellness Committee to monitor, review, and as necessary, make recommendations for school nutrition, health and physical activity policies. The council also will serve as a resource for implementing those policies in conjunction with a Center of Excellence (COE). The Wellness Committee will consist of a group of individuals representing the school and community, including parents, the manager of school food services, a school administrator, classified and certificated employees. The Wellness Committee will meet at least annually in meetings open to the public. The district will develop and annually update an action plan for the execution of this LWP. The plan will outline who is responsible for overseeing each component, as well as actions and a timeline for the completion of activities and goals.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

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

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve low-fat and fat-free milk and nutritionally-equivalent non dairy alternatives (to be defined by USDA)
- Ensure all grains are whole grain rich products
- Provide access to free drinking water during meal times

Curtis Creek School will engage students and parents in selecting foods, through new entrees, sold through the school meal programs in order to identify new, healthful and appealing food choices. To gather and engage parents and students in this selection it can be done through the newsletter, emails, school notification center, classroom , staff and school surveys . In addition, Curtis Creek School District will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, posted in office, staff rooms and classrooms or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Curtis Creek School will operate the School Breakfast Program
- Curtis Creek School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, such as serving breakfast in the classroom, "grab and go" breakfast, or breakfast during morning break or recess
- Curtis Creek School will notify parents and students of the availability of the School Breakfast Program

Free and Reduced-priced Meals

Curtis Creek School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Curtis Creek School District will utilize biometric identification and payment systems; provide meals to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab and go" or classroom breakfast, as practicable. Every effort will be made to facilitate the participation of eligible students in the free and reduced-price meal program. Applications will be distributed to every family member during the annual pre-registration in August. Those who begin later in the school year will be provided information upon enrollment. The district will coordinate the NSLP application process for MediCal Express Enrollment and Direct through a memorandum of understanding with the Tuolumne County Health and Welfare Department.

Meal Times and Scheduling

- Will provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Recess will follow lunch to provide extra eating time for students who need more time.
- Should schedule meal periods at appropriate times, e.g., lunch will be scheduled between 11 AM and 1 PM Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will provide students access to hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of Food Service Staff
Qualified nutrition professionals who have met the Curtis Creek School District's job description requirements will administer the school meal programs. The school district will provide ongoing opportunity for professional development for all nutrition professionals in the district. Staff development programs will include appropriate certification and/or training programs for all employees connected with our foods service, according to their levels of responsibility.

Sharing of Food and Beverages
As part of the health curriculum, Curtis Creek School District will educate students on the dangers of sharing their foods, beverages, or any medications with their peers, especially given concerns about allergies and other restrictions on some children's diets. No non-program competitive foods and beverages will be sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraising, school stores, etc.) as per California SB677.

Snacks
Snacks served during the school day or in after-school programs will make a positive contribution to the children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Nutritional snacks, with all appropriate NSLP nutrition and food components, will be provided to all students. Snacks will be in alignment with Smart Snack Standards.

Rewards
Curtis Creek School District will refrain from using snack foods or beverages, especially candy, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. Alternative rewards are recommended aligned with the PBIS adopted school rules and program to “Be Safe, Be Responsible and Be Respectful” in accordance with the health and wellness policy. Other means of rewards could be such as praise, stickers, character cards, Red Bucks , Mighty Mustangs, special P.E. time, games, movies, special activities, etc.

Celebrations
Curtis Creek School District will limit celebrations that involve food during the school day to no more than one party per class per month, including holiday parties. Each party should include no more than one food or beverage that does not meet nutrition

standards for foods and beverages (i.e., soda and cake). The Food Service Manager will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances or performances)

Curtis Creek School District will endeavor to offer healthy choices, such as fresh fruits and vegetables, nuts, seeds, jerky, whole grains like popcorn and beverages such as 100% juice, water or milk. Students in grades 6-8 may be offered food and beverages that do not meet the nutritional standards of the National School Lunch Program at after school evening events throughout the year.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Curtis Creek School District aims to teach, encourage, and support healthy eating by students. Curtis Creek School District will endeavor to 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 Social Emotional Climate and overall wellness
- Links with school meal programs, other school foods, and nutrition-related community services
- Includes training for teachers and other staff

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically

active lifestyle and to reduce time spent on sedentary activities, such as watching television
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will incorporate short physical activity breaks between and within lessons or classes, as appropriate.

Communications with Parents

Curtis Creek School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Curtis Creek School District may offer healthy eating education for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Curtis Creek School District will endeavor to encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. Curtis Creek School District will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
Curtis Creek School District will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, the school district will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing for brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Schools shall not promote brands or logos inconsistent with healthy nutrition or lifestyle in any building or on equipment. Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curriculum, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable)

include: pricing structures that promote healthy options; sales of fruit for fundraising; and coupons for discount gym memberships.

Staff Wellness

Curtis Creek School District highly values the health and well-being of every staff member. We will strive to implement at least one staff wellness event per year, i.e. staff games such as softball, volleyball, rhythm and movement, fitness challenge teams, etc.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity. K-3 grade 200 minutes and 4-8 grade 400 minutes every two weeks during the school year. All physical education will be supervised by a classroom teacher who has been trained in physical education activities. An appropriate alternative activity shall be provided for students with disabilities that restrict physical exertion. When a student is injured or ill, a temporary exemption from physical education or a modified program shall be provided.

Daily Recess

All elementary school students will have at least 40 minutes a day of supervised recess, outdoors, except in inclement weather, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Curtis Creek School District discourages extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

Curtis Creek School District will offer extracurricular physical activity programs. Curtis Creek School District will offer a range of activities that meet the needs, interests, and abilities of all students, all genders, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment
The district will discourage the use of physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (e.g. physical education) as punishment. The district will strive to maintain the message that physical activity is a positive aspect of wellness.

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

Use of School Facilities Outside of School Hours
School spaces and facilities should be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations when supervision and custodial service is available. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review
Monitoring
The superintendent will ensure compliance with established nutrition, physical activity, and wellness policies and will report on the district's compliance to the school board in the School Accountability Report Card. An initial assessment of compliance will be conducted as the policy is implemented. The district will establish implementation priorities and outcome measurements annually, and include, in its report to the school board, progress and next steps on its annual initiatives. The Wellness Committee, a component of the School Site Council, and district staff will be included in this process. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendents.

Policy Review

The School Wellness Policy will be reviewed at least every three years and amended to comply with local, state and federal law. Current nutrition and wellness information will be integrated into policy revisions.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. 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 agency (state or local) CCSD Wellness Policy, 7 where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at: http://www.ascr.usda.gov/complaint_filing_cust.html 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 Washington, D.C. 20250-9410
(2) Fax: 202-690-7442
(3) E-mail: program.intake@usda.gov

This institution is an equal opportunity provider.