

Central Union High School District
District Wellness Plan

Approved May 6, 2016
Revised February 7, 2017

The Board of Trustees 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.

Nutrition Education
(WellSAT Section 1)

1. Nutrition education shall be provided as part of the health education program in grades 9-12 and, as appropriate, shall be integrated into core academic subjects and offered through before and after school programs.
2. Students will receive nutrition education that is interactive and teaches the skills they need to know about healthy eating behaviors.
3. Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
4. Students will receive consistent nutrition messages throughout our school campuses, classrooms, cafeterias, homes, community and media.
5. Nutrition will be integrated into the health education or core curricula.
6. Staff who provide nutrition education will have appropriate training.
7. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
8. The District will provide information on nutrition and fitness through health and physical education classes.
9. To encourage consistent health messages between the home and school environment, the District may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications.
10. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Standards for USDA Child Nutrition Programs and School Meals
(WellSAT Section 2)

1. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations.
2. In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in the National School Lunch and School Breakfast Programs.
3. A variety of fresh fruits and vegetables will be offered daily to all students participating in the National School Lunch and Breakfast Programs.
4. Lunch will be served at appropriate intervals from others meals, in accordance with current federal and state standards
5. The District will provide a clean, safe meal environment with adequate time for students to eat.
6. The District will advertize and promote the availability school meals through newsletters, signage and website posts.
7. Menus, including nutrient content, will be posted in each eating area and on District and School websites.
8. The District will make free drinking water available during mealtimes in all eating areas.
9. In accordance with state and federal laws, the district shall provide nutritionally adequate free or reduced price meals to students whose families meet federal eligibility criteria.
10. Applications for free and reduced price meals and information on how to apply for benefits will be disseminated to every enrolled student at the beginning of the school year. During the school year, applications will be available at the District's administrative office, in each school office, in each nutrition services office and on line posted to both school and administrative level websites.
11. Once received by the appropriate nutrition services personnel, applications will be processed promptly within state and federal mandated timeframes. Once approved or denied families will be notified immediately.
12. The District will do everything possible to prevent overt identification of low-income students and ensure that those students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced-price meals and snacks

Nutrition Standards for Competitive and Other Foods and Beverages
(WellSAT Section 3)

1. The Wellness Advisory Committee will include in the District Wellness Plan guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC1751 Note)
2. The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.
3. Food and beverage items sold on campus outside the federal reimbursable meal programs shall meet local, state and federal nutrition standards.
4. The District encourages school organizations to use healthy food items or non-food items for fundraising purposes. The District discourages the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
5. Parents, guardians, teachers, staff and community members are encouraged to support the District Wellness Plan by considering nutritional snacks and/or choices when refreshments are donated or served at occasional parties, activities and meetings during the day.
6. School staff shall encourage parents/guardians or other volunteers to support the district's health education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.
7. The District encourages fundraising efforts to be supportive of good health habits.
8. The District encourages that food not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
9. Home-prepared products will not be allowed to be sold on campus due to food borne illnesses.
10. Prepackaged foods manufactured outside the United States will not be allowed to be sold on campus.

Food Restrictions

See **ATTACHMENT A** for details regarding competitive foods, competitive beverages and applicable time-frames related to **all** foods sold on campus.

Physical Education and Physical Activity **(WellSAT Section 4)**

1. The District will promote health education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1751Note)

The District's comprehensive, standards-based physical education curriculum will identify the progression of skill development. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.

2. The district's health education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The physical education curriculum will be aligned with established California State Physical Education Standards.
3. Quality Physical Education should reflect an instructional philosophy that emphasizes:
 - a) Providing intensive instruction in the motor and self-management skills needed to enjoy a wide variety of physical activity experiences, including competitive and noncompetitive activities.
 - b) Keeping all students active for most of the period.
 - c) Building students' confidence in their physical abilities.
 - d) Influencing moral development by providing students with opportunities to assume leadership, cooperate with others, and accept responsibility for their own behavior.
 - e) To have fun!
4. The importance of making physical education fun was illustrated by a national survey of students in grades 4-12, which found that enjoyment of physical education class was one of the most powerful factors associated with participation in physical activity outside of school.

5. All students in grades 9-12 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, school athletic programs, extracurricular programs, before and/or after school programs, and other structured and unstructured activities.
6. All freshmen, sophomore and students not successfully completing 2 years or 20 semester units of physical education shall receive a minimum 400 minutes every 10 school days (ED code: 51222) of physical education instruction throughout the school year. All high school students will be given the opportunity through regular physical education classes, as well as elective physical education class such as, weight training, dance, sports conditioning etc. to receive a minimum 400 minutes every 10 school days of physical education instruction for all high school students through the entire school year.
7. Physical education classes have a student/teacher ratio that is limited to a maximum of forty one (41) students per class. Modified Physical education classes will be limited to a maximum of thirty (30) students per physical education teacher.
8. Physical education is required to be taught by a certified/licensed teacher who is authorized to each physical education.
9. The District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
10. All students shall be required to take physical education class until the successful completion of 2 years or 20 semester units in a physical education class.
11. Schools will not allow students to be exempted for required physical education. Schools may not allow students to substitute other school or community activities for required physical education class time or credit.
12. Each school is required to develop a comprehensive written physical activity plan to be included in the annual school improvement plan. Schools are required to develop and implement a comprehensive school physical activity program that provides physical activity throughout the school day and addresses the needs of students, staff and the school community (i.e. Law Enforcement Academy, Safe Route to School Program)
13. Each school shall partner with local government and community based agencies to support active transport to school to implement a comprehensive active transport program (i.e. Athletic transportations for all sports, Safe Routes to School).
14. Schools shall provide physical activity opportunities for all students before and/or after school, through clubs, sports teams and intramurals.

15. Each school is required to develop a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day
16. All schools are encouraged to develop comprehensive school physical activity programs that address family community engagement in physical and provide a wide variety of offerings.
17. The District will provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content.
18. All schools will develop joint use agreements with the community partners in order to provide expanded physical activity opportunities for all students and community members.
19. The District encourages staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.
20. The Central Union High School District will:
 - a) Encourage active participation in physical education elective classes and extra-curricular activities.
 - b) Discourage the denial of student participation in physical activities as a form of punishment.
 - c) Support a reward system for students who are actively involved in one or more extra-curricular activities.
 - d) Encourage student wellbeing by providing pamphlets, posters and speakers which support nutrition and fitness throughout the school environment.
 - e) Develop strategies for parents, teachers, school administrators, students and food services professionals to serve as role models in being physically active and practicing healthy eating.
21. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Wellness Promotion and Marketing **(WellSAT Section 5)**

1. The Wellness Advisory Committee will draft the District Wellness Plan that includes all elements of Board Policy 5030 and 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.
2. Specifically, this plan establishes goals and procedures to ensure that:
 - a) 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;
 - b) Students receive quality health education that helps them develop lifelong healthy eating behaviors;
 - c) Students have opportunities to be physically active before, during, and after school;
 - d) Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
 - e) The community is engaged in supporting the work of the District in creating continuity between school and other settings for students to practice lifelong healthy habits; and
 - f) The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the plan and its established goals and objectives.
3. This plan applies to all students, staff, and schools in the District.
4. The District Wellness Plan will be presented to the Board of Trustees for review.

Implementation, Evaluation and Communication **WellSAT (Sections 6)**

1. The Assistant Superintendent, Business and Support Services will convene a representative Wellness Advisory Committee that meets no less than four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, annual review and update of the District Wellness Plan.
2. The Wellness Advisory Committee membership will represent all schools and include (to the extent possible): parents/guardians, students; representatives of the school nutrition program; physical education teachers; school health professionals; public health professionals; school administrators; the Assistant Superintendent, Business and Support Services; a school board member(s) and the general public.

3. The Assistant Superintendent, Business and Support Services will ensure that all sites and services within the District comply with applicable state and federal regulations and the District's Wellness Plan.
4. Principals will ensure the appropriate delivery of nutrition education, physical activity programs and other school-based activities consistent with the District's Wellness Plan and applicable guidelines and regulations.
5. The Nutrition Services Director will ensure the operation of the District's nutrition service programs is in compliance with state and federal regulations and standards.
6. The WellSAT School Assessment Tool will be used to assess and evaluate compliance with current wellness policy requirements.
7. The Assistant Superintendent, Business and Support Services shall report to the Board every year on the implementation and evaluation of the District Wellness Plan including the latest WellSAT Scorecard.
8. Each school shall post the District Wellness Plan and the most current Implementation and Evaluation Report in public view within all school cafeterias, in other central eating areas and on the school website. (Education Code 49432)
9. The Assistant Superintendent, Business and Support Services shall post the District Wellness Plan and the most current WellSAT Scorecard on the District's website.
10. A current list of wellness committee members will be maintained by the Assistant Superintendent, Business and Support Services. This list will be made available to District personnel and the public upon request. The committee members, names and contact information will be posted on the District's website.

Professional Standards

1. The District will adhere to the United States Department of Education's minimum hiring standards for the position of Nutrition Services Director.
2. The District will provide annual training for school nutrition staff that meets or exceeds the United States Department of Agriculture's minimum professional standards requirement for school nutrition professionals. Current annual and continuing education and training standards are:

Director	2015-2016 - 8 hours	Current - 12 hours
Supervisors/Managers	2015-2016 - 6 hours	Current - 10 hours
Other Staff ≥20 Hr/Week	2015-2016 - 4 hours	Current - 6 hours
Other Staff < 20 Hrs/Week		Current - 4 hours

Note: If hired January 1 or later, an employee must only complete half of the above required training hours.

3. Training must meet United States Department of Agriculture standards. Records documenting all trainings must be maintained for a three year period plus the current year.

SEE ATTACHMENT "A"

Central Union High School District Wellness Plan

ATTACHMENT “A”

Quick Reference Card – Competitive Foods

QUICK REFERENCE CARDS

NON-CHARTER PUBLIC SCHOOLS

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.
Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
 - Be a combination food containing at least ¼ cup fruit or vegetable.
- AND must meet the following nutrition standards:**
- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
 - < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
 - ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
 - < 0.5 grams trans fat per serving (no exceptions), and
 - ≤ 200 milligrams sodium per item/container (no exceptions), and
 - ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

"Entrée" foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, and
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
 - Be a combination food containing at least ¼ cup fruit or vegetable
- AND meet the following nutrition standards:**

- ≤ 35% calories from fat, and
- < 10% calories from saturated fat, and
- ≤ 35% sugar by weight, and
- < 0.5 grams trans fat per serving, and
- ≤ 480 milligrams sodium, and
- ≤ 350 calories

* A whole grain item contains:

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

California Department of Education, Nutrition Services Division

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.
A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice and
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. ≤ 28 grams of total sugar per 8 fl. oz., and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND all of the following:

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by the governing board of the school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

