

Comprehensive Student Wellness

Rescue Union ESD

Administrative Regulations

AR 5030

District/School Health Council

The school district will create a district health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies and may consist of a group of individuals representing each school and the community, including parents, students, Food Service Program Supervisor, administrators, teachers, health professionals, and interested members of the public.

Nutrition and Physical Activity and Other School-Based Activities that Promote Student Wellness

Nutrition Education and Promotion

Rescue Union School District aims to teach, encourage, and support healthy eating by students. Schools engage in nutrition promotion and provide nutrition education as part of health education that:

- Is offered at each grade level as part of sequential, comprehensive health education instruction, based on the Health Framework for California Public Schools, and be designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes assessment of students' knowledge and skills;
- Is part of health education classes and classroom instruction in other subjects as appropriate;
- Coordinates nutrition education with nutrition services, physical education, health services, counseling, healthy school environment and other components of coordinated school health so students receive consistent information and reinforcement from multiple sources;
- Provides staff members involved in nutrition education with adequate professional development that focuses on teaching strategies that promote healthy behaviors;
- Advises and involves family members and the community in supporting and reinforcing nutrition education;
- Prepares students to participate as advisors and/or advocates for a school environment that promotes health eating and physical activity behaviors.

Physical Education and Physical Activity Opportunities

Rescue Union School District provides all students in kindergarten through grade 8 the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

- **Physical Education** – Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle.
- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education instruction a **minimum of 200 minutes every 10 school days** for students in grades 1-5; and **400 minutes every 10 school days** for students in grades 6-8.

- Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.
- Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being is a component of the program.
- Annual administration of the Physical Fitness Test (PFT) is given to all students statewide in grades five and seven and results are sent to parents and guardians.
- In addition to the required PFT, assessment of student learning and accurate reporting of progress is an ongoing process in physical education.
- **Daily Recess** – All elementary school students will have at least **20 minutes** a day of supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity, including facilities, space and equipment.
- When activities such as mandatory school-wide testing or other long periods of inactivity make it necessary for students to remain in doors for long periods of time, students are given periodic breaks during which they are encouraged to stand and be moderately active as needed.
- **Physical Activity Opportunities Before and After School** – Schools offer extracurricular physical activity programs such as special activities (e.g., jump-roping contests) or intramural programs that offer students a range of activities that meet their needs, interests, and abilities.
- After-school childcare and enrichment programs provide and encourage daily periods of moderate to vigorous physical activity for participants.
- **Safe Routes to School** – The district assesses and makes needed improvement to make it safer and easier for students to walk and bike to school. When appropriate, the district works together with local public works, public safety, and/or law enforcement in those efforts.
- **Physical Activity and Punishment** – School personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- **Other School-based Activities** – Parent/guardian outreach and advisories emphasize the relationship between student health and academic performance and the need for consistent health messages between home and school.
- Consistent health education and advisories for parents include but are not limited to nutrition and physical activity through school newsletters, informational handouts, parents meetings and district website.

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

Individual food items sold or served outside the federal reimbursable meal programs meet local, state and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

Elementary Schools

Foods

The only foods that may be sold or served during breakfast and lunch periods are food that is sold or served as a full meal through a federal reimbursable meal program.

With the exception of fruit and vegetables, which may be sold or served as individual food items provided they meet the 35/10/35 as described below.

Beverages

The only beverages that may be sold or served outside of the federal reimbursable meal program are:

- Water, with no added sweeteners
- Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than **8** ounce serving size.
- Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than **6** ounce serving size
- Vegetable juice, at least 50 percent vegetable juice and no larger than **6** ounce serving size.

Middle Schools

Foods

The only foods that may be sold or served must meet the following requirements:

- Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs, and cheese)
- Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
- Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables)
- Portion size of a la carte foods shall not exceed the portion size of food served through the federal reimbursable meal programs
- Snack items (e.g., cookies, candies, chips) shall not exceed 200 calories per package

Beverages

The only beverages that may be sold or served are:

- Water, with no added sweeteners
- Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than **12** ounce serving size.
- Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than **8** ounce serving size
- Vegetable juice, at least 50 percent vegetable juice and no larger than **8** ounce serving size.

Food/beverage marketing in schools – Any foods or beverages that do not meet the above criteria are not advertised or promoted at schools through signage, vending machines, logos, scoreboards or school supplies.

School-sponsored events – Healthy food and beverage products are offered and promoted at school-sponsored events.

Celebrations – Schools limit celebrations that involve food during the school day and recommend that any food provided at celebrations meets the guidelines above.

Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs

Healthy School Meals and Snacks

All meals

- Schools participate in all available federal school nutrition programs, including the National School Lunch Program, School Breakfast Program, After School Snack Program, and Summer Food Service Program.
- The district superintendent or designee and the district nutrition committee will revisit provisions dealing with school meals and report to the school board every five years or as needed to ensure that school meals meet or exceed all federal, state and local requirements.

Meals served through the Child Nutrition Program will

- Be appealing and attractive to children of various ages and backgrounds;
- Be served in clean and pleasant settings;
- Meet or exceed nutrition requirements by local state, and federal statutes and regulations;
- Offer fresh fruit and vegetable daily in each meal, with a variety of choices, that, when practical, should be from local sources. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week;
- Include only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives;
- Include whole grains in at least half of the grains served;
- Include only food items, except for fruits and vegetables, that contain no more than 35 percent of their weight in sugar;
- Plan to reduce food items that contain trans fatty acids;
- Meet target levels for sodium, fiber, and cholesterol.
 - Breakfast 825 mg sodium 4 grams fiber 75 mg cholesterol
 - Lunch 1100 mg sodium 6 grams fiber 100 mg cholesterol

Schools will do everything possible to ensure that students receiving free and reduced meals are not stigmatized or otherwise treated differently because they avail themselves of meals and snacks.

Students are discouraged from sharing food and beverages, given current concerns about allergies and special diets.

Breakfast

- Schools will encourage participation by implementing, wherever feasible, classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, breakfast during morning break or recess, and other options
- Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation. Students will have at least 10 minutes to eat after sitting down
- Schools will promote the importance of healthy breakfast and the School Based Program to students and families.

Lunch

- Students will have at least 20 minutes to eat after sitting down
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in cafeterias to attract students
- Lunch will be served at appropriate intervals from other meals
- Students will be allowed to eat when engaged in scheduled mealtime activities

- In elementary schools, lunch will be scheduled after morning recess
- There will be access to hand washing before eating.

Before and After school Snack Program

- Before and after school snack programs will incorporate, or develop a plan to incorporate, fresh fruit and whole grain snacks daily.

Summer Food Service Program

- Schools with 50 percent or more students eligible for free and reduced price meals will sponsor the Summer Food Service Program or the Seamless Summer Waiver Option. If the school does not participate in these programs, then they should assure that some other neighborhood agency sponsors SFSP during summer school.
- After summer school, schools will refer children to other SFSP sites until school resumes.

Other concerns

- The school district will provide continuing professional development for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure implementation of the districtwide nutrition and physical activity wellness policies. In each school, the principal or designee will monitor the implementation in his/her school and will report annually on the school's implementation plan to the district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide implementation of the district's established nutrition and physical activity wellness policies, based on input from district schools. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity program elements and policies. The school results will be compiled at the district level to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.