

Student Wellness Policy

Alisal Union School District is committed to the optimal development of every student. The Governing Board recognizes the link between students' health and learning and for all students to have the opportunity to achieve personal, academic, developmental and social success.

The Board shall assign a committee to provide for a complete food service program in grades K-6 in accordance with Federal and State nutrition standards and regulations including the Healthy, Hunger- Free Kids Act of 2010. Furthermore, the program shall coordinate and align district efforts to support students' wellness through structured physical activities, activity coordination, nutrition education and services in a safe and healthy school environment.

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.

Table of Contents

School Wellness Committee/Nutrition Council

Nutrition

Physical Activity

Policy Implementation, Monitoring, and Community

Engagement References

DISTRICT WELLNESS COMMITTEE

The Governing Board will convene a wellness committee representing the District that meets at least once a year to assist in further developing this wellness policy. Topics will include but are not limited to: developing goals, nutritional updates, health and safety programs, implementation, annual review and updates.

Committee membership will represent all school levels and shall be open to the community to join such as, but not limited to: parents, teachers/administrators, health professionals, school staff, students and community leaders.

To become a member in the wellness committee please contact Alisal Union School District Food Service Department at 831-753-5776.

NUTRITION

School Meals

Alisal Union School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; Meals are to be moderate in sodium, low in saturated fat, with zero grams *trans*-fat per serving (nutrition label or manufacturer’s specification), and are to meet the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. Nutrition information for meals and snacks can be found on the District’s Food Service webpage.

All school meals follow the below meal patterns for breakfast and lunch as directed by USDA standards:

Breakfast Meal Pattern

Calories	400-500
Fruit	1 cup per day
Grains	1 oz. per day
Milk	1 cup per day
Sodium	≤ 540 mg (Target 1) to change to ≤ 485mg in 2017
Saturated Fat	< 10% of calories

Lunch Meal Pattern

Calories	600-650
Saturated Fat	< 10% of calories
Sodium	≤ 1,230 mg (Target 1) to change to ≤ 935 mg in 2017
Grains	One serving per day
Meat/Meat Alternative	One serving per day

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Under these program guidelines, students shall receive three of the five offered food components where one of the three components must be a 1/2 cup of fruit and/or vegetables component. Additional guidelines for the program stipulate for meals not to leave premises and students may not share their meal with others.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and across every school campus. The District will make drinking water available where school meals are served during mealtimes. Federal Law (Section 203 of the Healthy, Hunger-Free Kids Act of 2010 [HHFKA]), Federal Policy (USDA Policy Memorandum SP 28-2011 Revised, and Federal Regulation 7 *CFR* 210.10[a] [1] [i])

Nutrition Education, Promotion and Marketing

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

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

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks. or the District Food Service webpage.

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;

BP 5030 Students

- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education for parents, teachers and other staff.

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimize commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Allergens/Dietary Restrictions

The CDE Medical Statement form or a written medical statement (i.e. prescription) is required for each child that has a disability, dietary restriction or allergy and must be completed and signed by a licensed physician, a physician assistant, or a nurse practitioner. This written medical statement must clearly identify the child's:

- Disability, dietary restriction or allergy
- Major life activity or bodily function affected
- Diet prescription or request
- Food or foods to be omitted from his or her diet
- Food or choice of foods that must be substituted in his or her meals

Home Meals for Students

Students may bring their own meals to be consumed at school, however, the following guidelines must adhere: (1) food and/or beverages may not be shared with other students unless they have the same household address, (2) meals must be consumed during meal dedicated times and areas, and (3) meals should have nutritional value similar to the guidelines in this policy.

Competitive Foods

Competitive foods that are not approved by the board to meet USDA and Smart Snack in School Standards are prohibited in all District campuses. A competitive food is a food or beverage in which the following five criteria must be met in order to have a competitive food sale: (1) sold by exchange of monies (2) to a student, (3) on the school campus, (4) during the school day (midnight before 30 minutes after end of school day), and (5) outside of the federal reimbursable meal programs (7 *CFR* 210.11[a][2]). If all five criteria are not met, it is not a competitive food sale and the competitive food rules do not apply.

Celebrations, Rewards

At the discretion of each school authority, group celebrations and rewards may only take place after the school site scheduled lunch, however if food and/or beverage are to be offered, they should meet or exceed the same nutrition standards mandated by the USDA. All food rewards shall meet the nutrition standards during the school day.

Each snack food item served to students should meet the following standards:

Food

- No deep, par or flash fried foods from the entity preparing the food item
- No deep, par or flash fried foods as part of the manufacturing process unless an acceptable oil is used, such as canola, safflower, sunflower, corn, olive, soybean, peanut or a blend of these oils, typically liquid at room temperature and known for their positive cardiovascular benefit
- No artificial trans-fat >0.5grams per food item
- No more than 35 percent of its total calories from fat
- No more than 10 percent of total calories from saturated fat
- No more than 35 percent of the total weight from sugar, including naturally occurring and added sugar
- Whole Grain Rich Product

Note: The above standards do not apply to individually packaged portions of nuts, nut butters, seeds, eggs, individually packaged cheese, fruit, vegetables that have not been deep-fried, and legumes.

Beverages

Only the following beverages may be served to students as part of the snack:

- Fruit-based drinks composed of 100 percent fruit juice and with no added sweetener
- Vegetable-based drinks composed of 100 percent vegetable juice and have no added sweeteners
- Drinking water with no added sweetener
- Unflavored or flavored fat-free milk or unflavored 1 percent milk

In an effort to comply with regulations, Alisal Union School District Food Service Department may cater such celebrations and rewards at cost.

Fundraisers

The board encourages fundraisers to be non-food related items or promote healthy eating habits in such activities. Regardless of activity, fundraisers must comply with the competitive foods policy stated in this policy. For a list of ideas for healthy fundraisers visit: <https://www.fundraising.com/ideas/healthy-fundraisers>

PHYSICAL ACTIVITY

Alisal Union School District will provide students with a structured physical activities, using an age- appropriate, sequential physical activities consistent with national and state standards for physical education. The structured physical activities will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical activities programs. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt a structured physical activities and equipment as necessary. *All students in grade kinder through six will receive a structured physical activities (such as Play-Works) and shall meet the three goals and standards for a minimum of 200 minutes every 10 school days throughout the school year. Structured Physical activities during the school day (including but not limited to classroom organized physical activity breaks, or physical education) will not be withheld as punishment.*

All elementary schools will offer at least 20 minutes total of recess on all or most days during the school year. In the event that the school or district must conduct indoor recess due to weather, teachers and staff will follow indoor recess practices that promote physical activity for students, to the extent practicable.

POLICY IMPLEMENTATION, MONITORING, AND COMMUNITY ENGAGEMENT

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

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities. This policy shall be posted in public view within all school cafeterias or central eating areas, school main office and via the Alisal Union School District website.

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.

Board Adopted Revision: June 7, 2017

BP 5030 Students

The Governing Board establishes and maintains an infrastructure for management, oversight, implementation, communication about, monitoring and annual reviews of the policy and its established goals and objectives with the community involvement.

REFERENCES

Education Code

33350-33354 CDE responsibilities re: physical education
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education
CODE OF REGULATIONS, TITLE 5
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program, especially:
1758b Local wellness policy
1771-1791 Child Nutrition Act, especially:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.23 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781
Healthy, Hunger-Free Kids Act of 2010
Alisal Union School District School District Board Policy
<http://smarterlunchrooms.org/ideas>

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(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; or

(3) email: program.intake@usda.gov.

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