

# Introduction

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

Community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Escalon Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Escalon Unified 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 and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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 adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]).
- Schools will provide nutrition education and physical education to the best of their ability to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

## TO ACHIEVE THESE POLICY GOALS:

### I. Coordinated School Health Advisory Committee

The Escalon Unified School District and/or individual schools within the district will implement, monitor, review and, as necessary, revise school Nutrition and Physical Activity policies. The council also will serve as a resource to school sites for implementing school health policies. (The Coordinated School Health Advisory Committee consists of a group of individuals representing all eight components of Coordinated School Health Programs from within the school and community including parents and students.

### II. 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 fresh fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA),
- serve only nutrition standards for food and beverage as established by SB12 and SB965; and

Schools will engage students in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students. Such information will be made available on the Escalon Unified School District Web Site, <http://escalonusd.org>

**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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-price Meals.** Schools 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.

**Meal Times and Scheduling.** Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- schools will be encouraged to schedule lunch periods to follow recess periods (in elementary schools);

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually** (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk.

**Middle/Junior High and High School.** In middle/junior high and high school, the school food service program will approve and provide all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**

- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA); electrolyte replacement beverages

- **Foods**

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat
  - will have no more than 35% of its *weight* from added sugars;
  - lower sodium food and beverage choices will be sold
- During meal periods, a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

- **Portion Sizes**

- Limit portion sizes of foods and beverages sold individually to single serving sizes. Supersize portions will be discouraged.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities such as Jump Rope for Heart (American Heart Association), jog-a-thon, and shoot out (basketball).

If schools choose to sell food and beverage items during the school day as a fundraising project, the following California regulations shall be followed (California Code of Regulations Title 5, Sections 15500 and 15501):

**Food Sales in Elementary Schools**

No sales of competitive foods are allowed by student organizations except under the following conditions:

- A student organization may not sell more than one food item per sale when the following conditions are met:
  - The specific nutritious food item is approved by the Food Service Manager,
  - Food sales do not begin until after the close of the regularly scheduled midday food service period,
  - Sales during the regular school day are not of food items prepared on the premises,
  - There are no more than four such food sales per year,
  - The food item sold is not one sold in the food service program at that school during that school day.
  - Student, Parent or School Groups will sell compliant food or beverages as fundraisers only after the last lunch period.

**Food Sales in Middle/Junior and High Schools**

- A student organization may sell food items ~~during or~~ after the regular school day if the following conditions are met:
  - Only one organization each school day sells no more than three types of food items.
  - Any one organization may conduct no more than four sales per year, and the sales shall be held on the same four days for any and all organizations.
  - Food sold is not prepared on the premises.
  - The food items sold are not those sold by the food service program that day.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. 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. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Schools will not use foods or beverages that do not meet the nutrition standards and foods will not be withheld as a punishment. A list of non food items as rewards will be made available.

**Celebrations & Events.** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include foods or beverages that meet the nutrition standards for items sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

Celebrations should occur after the last lunch period.

Schools should encourage parents to arrange with the district food service department for catering class parties/celebrations to ensure food safety and maximize the ability of the district food service department to serve healthy and appealing meals.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Escalon Unified School District aims to teach, encourage, and support healthy eating by students. Schools should 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 encouraged to occur in classroom instruction subjects such as math, science, language arts, social sciences, physical education 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 school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- 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 (*i.e.*, at least 60 minutes per day) (see item IV Physical Activity Opportunities on Physical Education page 6) 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 encouraged to be incorporated into other subject

lessons; and

- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. In partnership with community health agencies, the district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school 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 supports 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, schools 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 (above). School-based marketing of 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.

**Staff Wellness.** Escalon Unified School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Coordinated School Health Advisory Committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

## **IV. Physical Activity Opportunities and Physical Education**

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

Grades 1-5 will receive physical education instruction 200 minutes each 10 school days. Grades 6 – 8 will receive physical education instruction for 400 minutes each 10 school days. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (200 minutes each 10 school days for elementary school students and 400 minutes each 10 school days for middle and high school students) for the entire school year. All teachers will provide a standards based physical education program. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage 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.** All elementary, middle and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The middle school and high school as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity for punishment (*e.g.*, running laps, pushups). Teachers and other school and community personnel will not withhold opportunities for physical activity (*e.g.* physical education classes) as punishment.

**Safe Routes to School.** The school district will assess and, 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. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

## **V. Monitoring and Policy Review**

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service program 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.

The Coordinated School Health Program Advisory Committee will develop a summary report every two years on district-wide compliance with the district's established school health / wellness policies, based on input from schools within the district. 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 environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

As part of an ongoing process, the school district will review our nutrition and physical activity policies;

provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.