

LAGUNA BEACH UNIFIED SCHOOL DISTRICT

Board Policy No. 5042:

STUDENT WELLNESS POLICY

A. In accordance with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004, and Education Code section 8990 *et seq.*, this student wellness policy sets forth goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. It also establishes nutrition standards for all foods that are available on campus during the school day, with the objective of promoting student health and reducing childhood obesity.

B. The District's Food Services Supervisor has the operational responsibility for ensuring that the District meets the local wellness policy.

C. Nutrition Education Goals

The District adopts a comprehensive approach to nutrition education to promote healthy eating behaviors. Nutrition education will be offered in the cafeteria as well as in the classroom, with coordination between the food service staff and teachers, and the school health program. Students will receive consistent nutrition messages throughout the school. All instructional staff will be encouraged to integrate nutritional themes into daily lessons, where appropriate, and to emphasize the health benefits of good nutrition. These nutritional themes include but are not limited to:

- Knowledge of the Food Guide Pyramid
- Healthy heart choices
- Dietary Guidelines for Americans
- Diet and disease
- Understanding calories
- Healthy snacks
- Healthy diet
- Understanding food labels
- Major nutrients
- Multicultural influences
- Impact of serving sizes
- Food safety and sanitation
- Identifying and limiting low nutrient density foods

The District will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families. This information may be provided in handouts, postings on the District website, school newsletters, presentations that focus on nutritional value and healthy lifestyles, and any other appropriate means for reaching parents.

Nutrition and physical education opportunities will be provided to all school staff to encourage staff to improve their own personal health and wellness, to effectively deliver nutrition education, to improve morale, to create positive role modeling, and to build the commitment of staff to promote the health of students. These opportunities may include distribution of materials, presentations and workshops that focus on nutrition, healthy lifestyles, fitness activities and other appropriate wellness related topics.

D. Physical Activity and Life-long Fitness Goals

The District will provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. This will be accomplished through the following implementation strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. At a minimum, students should have 60 minutes of physical activity on most, preferably all, days of the school week.
3. Physical activity opportunities will be offered before school, during school or after school. This will be accomplished through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum. Various after-school programs will be offered including intramurals, interscholastic athletics, and physical activity clubs.
4. Staff will log student fitness and/or activity beginning in elementary school.
5. Beginning in middle school and continuing through high school, students will be administered health related fitness assessments (e.g., FitnessGram, Physical Best or President's Council). Students shall receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans, and logging activities identified to achieve goals. Students will be assisted to interpret their personal attainments and compare them to national physical activity recommendations.
6. Information will be provided to families to help them incorporate physical activity into their children's lives. This information may be provided in handouts, postings on the District website, school newsletters, presentations that focus on nutritional value and healthy lifestyles, and any other appropriate means for reaching parents.

E. Promoting Wellness Through Other School Based Activities

District schools will strive to provide consistent wellness messages and an environment conducive to healthy eating and being physically active. This will be accomplished by the following:

1. A clean, safe and enjoyable meal environment will be provided for students.
2. Adequate time will be provided for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
3. Students shall not be required to remain in the classroom during the noon meal period.
4. The use of food as a reward or punishment for individual student performance or misconduct is discouraged.
5. The denial of student participation in recess or other physical activity is prohibited unless it would result in a danger to the student's health.
6. On-going professional training and development for food service staff and teachers will be provided in the areas of nutrition and physical education.

7. Access to physical activity facilities will be provided whenever possible to students outside school hours.
8. After-school programs will encourage physical activity where appropriate.
9. Wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
10. Schools will organize local wellness committees comprised of families, teachers, administrators, and students to suggest means and methods for improving nutrition and physical activity in the school environment.

F. Nutrition Guidelines for All Foods on Campus

Schools will encourage and provide opportunities for students to consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars and salt. This will be accomplished through the following:

1. All foods made available on campus, including snacks, should comply with the current USDA Dietary Guidelines for Americans.
2. Pursuant to the Pupil Nutrition, Health, and Achievement Act of 2001 (Ed. Code § 49431 as amended), and commencing on July 1, 2007, the only food that may be sold to elementary students are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that have not been deep fried, and legumes.

An individually sold dairy or whole grain food item may be sold to elementary students if it meets all of the following:

- Fat content shall not exceed 35% of total calories;
- Saturated fat content shall not exceed 10% of total calories;
- Sugar content shall not exceed 35% of total weight (including naturally occurring and added sugar);
- Calories shall not exceed 175 calories per individual item.

Non-compliant food items may only be sold to elementary school students as part of a fundraising event if the items are sold by students either off campus or one-half hour or more after the end of the school day.

3. Pursuant to the Pupil Nutrition, Health, and Achievement Act of 2001 (Ed. Code § 49431.2), and commencing on July 1, 2007, entree items sold to junior or high school students, except food sold as part of a USDA meal program, shall contain no more than 400 calories per entree, no more than 4 grams of fat per 100 calories, and shall be categorized as entree items in the School Breakfast Program or National School Lunch Program.

Snacks sold to junior or high school students, except food sold as part of a USDA meal program, shall meet all of the following:

- Fat content shall not exceed 35% of total calories. This requirement does not apply to nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that have not been deep fried, and legumes.
- Saturated fat content shall not exceed 10% of total calories. This requirement does not apply to eggs or individually sold cheese items.
- Sugar content shall not exceed 35% of total weight (including naturally occurring and added sugar). This requirement does not apply to fruits or vegetables that have not been deep fried.
- Calories shall not exceed 250 calories per individual item.

Non-compliant food items may only be sold to junior and high school students as part of a fundraising event if the items are sold either off campus, on campus and one-half hour or more after the end of the school day, or during a school sponsored pupil activity after the end of the school day.

4. The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 and Part 220.
5. Pursuant to the requirements of the Childhood Obesity Prevention Act (Education Code § 49431.5) only the following beverages will be sold to elementary school students: water (with no added sweeteners), milk (2% fat milk, 1% fat milk, nonfat milk, soy milk, rice milk and other similar nondairy milk), 100% fruit juices, fruit-based drinks composed of no less than 50% fruit juice and no added sweeteners, and vegetable-based drinks composed of no less than 50% vegetable juice and no added sweeteners.

Non-compliant beverages may only be sold to elementary school students as part of a fundraising event if the beverages are sold by students either off campus or one-half hour or more after the end of the school day.

6. Pursuant to the requirements of the Childhood Obesity Prevention Act (Education Code § 49431.5) only the following beverages will be sold to students at middle schools during the school day: fruit-based drinks composed of no less than 50% fruit juice and no added sweeteners, vegetable-based drinks composed of no less than 50% vegetable juice and no added sweeteners, water (with no added sweeteners), milk (2% fat milk, 1% fat milk, nonfat milk, soy milk, rice milk and other similar nondairy milk), and electrolyte replacement beverages containing no more than 42 grams of added sweetener per 20-ounce serving.

Non-compliant beverages may only be sold to middle school students at a school event at least one half hour after the end of the school day or through vending machines not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of the school day.

7. Pursuant to the requirements of the Childhood Obesity Prevention Act (Education Code § 49431.5), and commencing on July 1, 2007, at least 50 percent of all beverages sold to pupils at high schools from one half hour before the start of the school day until one half hour after the end of the school day shall be the following: fruit-based drinks composed of no less than 50% fruit juice and no added sweeteners, vegetable-based drinks composed of no less than 50% vegetable juice and no added sweeteners, water (with no added sweeteners), milk (2% fat milk, 1% fat milk, nonfat milk, soy milk, rice milk and other similar nondairy milk), and electrolyte replacement beverages containing no more than 42 grams of added sweetener per 20-ounce serving.

Commencing on July 1, 2009, all beverages sold to students during the school day shall meet these requirements.

8. Food providers will offer students a variety of age appropriate healthy food and beverage selections for elementary, middle and high schools. As defined by the U.S. Food and Drug Administration, a “healthy” food must be low in fat (<3 g per serving), low in saturated fat (<1 g per serving), contain limited amounts of cholesterol (<60 mg per serving for a single-item food), and contain limited amounts of salt (<360 mg per serving). In addition, single-item foods that are not raw fruits or vegetables must provide 10% of the daily value of one or more of the following: vitamin A, vitamin C, iron, calcium, protein, and fiber.
9. Nutrition information for products offered in snack bars, a la carte, vending and school stores will be readily available near the point of purchase.
10. Families, teachers, students and school officials will be offered the opportunity to participate in choosing food selections for their local schools.
11. Advertising of foods or beverages must be consistent with the District’s established nutrition standards and must reinforce health and wellness goals.

G. Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR Part 210 and Part 220.

Legal Reference:

Child Nutrition and WIC Reauthorization Act of 2004, § 204

Child Nutrition Act, 42 U.S.C. 1779

National School Lunch Act, 42 U.S.C.1758(f)(1), 1766(a)

Childhood Obesity Prevention Act, Education Code § 49431.5

Pupil Nutrition, Health, and Achievement Act of 2001, Education Code § 49430, *et seq.*

Title 5, C.C.R. sections 304 and 352

Date Policy Adopted By The Board: October 24, 2006