

Orange County Department of Education
Alternative Community and Correctional Educational Schools and Services
Wellness Policy on Physical Activity, Nutrition and Related Programs

Preamble

Whereas, children require access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Orange County Department of Education - Alternative Community and Correctional Educational Schools and Services 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 Orange County Department of Education - Alternative Community and Correctional Educational Schools and Services:

- Will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing county wide nutrition and physical activity policies.

- Will support all students in grades K-12 with opportunities that encourage physical activity on a regular basis.
- Will serve foods and beverages that meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans*
- Will assure qualified child nutrition professionals oversee the provision of a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students which accommodate the religious, ethnic, and cultural diversity of the student body in meal planning in clean, safe, and pleasant settings with adequate time for students to eat.
- Will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Programs) to the maximum extent practicable
- Will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education, school meal programs, and related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

Orange County Department of Education - Alternative Community and Correctional Educational Schools and Services (OCDE-ACCESS) will continue the existing *Coordinated ACCESS School Health (CASH)* council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The CASH Council consists of representatives from OCDE-ACCESS Health and Nutrition Services, teachers, After School Program, and Administrators along with Community Partners, parents, and members of the public.

II. Nutritional Quality of Foods and Beverages on Campus

Meals provided through the National School Meal Program will be:

- Supported by student and parent materials showing the nutritional content of food items including serving sizes meeting minimum established regulatory requirements
- Adapted for students with special medical needs requiring specific dietary guidelines
- Presented in appealing and attractive ways to students
- Served in clean and pleasant settings
- Varied with fruits and vegetables
- Supplied with only low fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensured that half of the served grains are whole grain
- Marketed to students and parents through taste-tests and surveys for new entrees in selecting foods; newsletter articles, take-home materials, etc. to encourage and educate regarding importance of providing healthy breakfasts risks of sharing food or beverages as related to communicable diseases, allergies, dietary medical restrictions, etc.

Food and Beverages Consumed Individually Outside the School Meal Program

- Water without added caloric sweeteners
- A choice of at least two fruits and/or non fried vegetables
- Snacks from the preferred food list with suggest guidelines at sites and in limited fundraising efforts

III. Nutrition and Physical Activity Promotion and Food Marketing

- Integrate health education, including importance of physical activity and healthy food throughout core curriculum in an organized fashion to include, but not limited to: current statistics regarding obesity rates; personal health; food selection; etc.
- Connect nutrition, hydration and physically active life styles effects on learning; sense of well-being; mental health
- Endow students/parents/staff with independent decision making tools regarding physical activity and food selection choices
- Conduct teacher training sessions to support integrated health curriculum and modeling of physically active and nutritious life styles
- Provide printed media to parents at enrollment, back to school events, in homework assignments, etc. regarding portion sizes; healthy weight and current obesity trends; food labels; blood pressure; diabetes, food pyramid; incorporating physical activity into ones daily life.....
- Incorporate short physical activity breaks between lessons or classes, as appropriate

IV. Physical Activity Opportunities and Physical Education

- Provide an average of 60-90 minutes per week of physical activity and education along with credits for a variety of activities (see attached sample of format used at Los Pinos High School)
- Present a minimum of 2-4 hours per academic school year of Physical Education in-services for all ACCESS staff such as the C.A.T.C.H. Program
- Encourage after-school and enrichment programs to ensure provision of space, equipment, and activities of moderate to vigorous physical activity for all participants

- Assure that physical activity will not be used for or withheld as a means of behavior modification or punishment

V. Monitoring and Policy Review (yet to be discussed by administrative staff)

Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42USC1751 Note, added by P.L. 108-265, Section 204) mandates each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 SC 1771-1791, including the School Breakfast Program) to adopt a district wide school wellness policy by the beginning of the school year after July 2006.