

STUDENT WELLNESS

AR 5030(a)

A. Purpose

To provide a comprehensive program promoting healthy eating and physical activity for district students.

B. General

The Placentia-Yorba Linda Unified School District Board of Education recognizes the important connection between a healthy diet and a student's ability to effectively learn. The Board also recognizes the school's role in creating an environment that fosters healthy nutrition and quality physical activity.

C. Nutrition Education

PYLUSD will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity that promote and protect children's health, well-being and academic success.

1. Appropriate nutrition education may be integrated into other areas of the curriculum such as math, science, language arts, and social studies. Nutrition education may be offered before and after school.
2. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program designed to promote healthy eating habits.
3. The district shall provide consistent health education information to families through school/district newsletters, information handouts, parent meetings, the school/district web site, and other venues that teach parents and children about health and nutrition. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
4. Staff wellness programs should support employee efforts to improve their personal health and fitness so they can serve as role models and promote the health of others including students.

6. School staff shall encourage parents/guardians and volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Foods or beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party. Class parties at elementary school sites shall be held after the lunch period when possible.
7. It is recommended that candy not be used as a reward for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

D. Physical Activity

1. Quality physical activity may be integrated where possible across curricula and throughout the school day. Movement may be made a part of science, math, social studies, and language arts.
2. Time allotted for physical activity shall be consistent with national and state standards.
3. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
4. A daily recess period shall be provided where physical activity is encouraged.
5. Physical education shall include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
6. The school shall provide a physical and social environment that encourages safe and enjoyable physical activity for students of all abilities and interests. Each child shall be recognized and guided toward his/her personal best.
7. The physical well being for all students will be routinely encouraged in all grade levels. In addition, in grades 5, 7, and 9, students will be assessed for physical fitness mandated by state law.

E. Procedures

1. PYLUSD shall maintain a local wellness committee comprised of students, parents, teachers, school administrators, a school nurse and other health professionals. The committee will plan and make recommendations to improve nutrition and physical activity in the school environment.
2. Food Services and other interested departments shall work with student advisory committees to open a line of communication regarding healthy eating.
3. All foods and beverages sold during school hours shall meet nutritional standards and other guidelines set by the federal and state governments and the school district.
4. The Food Service department shall take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food Services shall offer a popular variety of age appropriate healthy food and beverage selections for elementary, middle, and high schools.
5. Nutrition information for products offered in snack bars, a la carte, and vending machines shall be readily available.
6. The sale of soft drinks and candy are not allowed during the school day.
7. Advertising of foods or beverages of minimal nutritional value will be discouraged. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

F. Campus Food

All campus food sold or provided by students, staff, or parent booster organizations through cafeteria, vending machines, student stores, or classroom parties must follow the California guidelines identified in SB 12 which are listed below.

1. All food items sold or provided will follow the 35%-10%-35% guidelines:
 - 35% or less of its total calories from fat
 - 10% or less of its total calories from saturated fat
 - 35% or less of its total calories from sugar by weight

2. Snack foods and side dishes must meet the USDA and California state standards for minimal nutritional value.
3. Vending machines shall not be stocked with peanut products.
4. Any school sponsored fundraising activities involving food or beverage items during the school day will follow the nutritional guidelines listed in Section F. School-sponsored fundraising activities that sell or serve food or beverages will not occur more than four times per year. Site and district administrators will encourage parent groups, students, and staff to utilize available resources for non-food fundraising options.

G. Eating Environment

1. All schools shall maintain pleasant eating areas for students with adequate time for unhurried eating while fostering good manners and respect for fellow students and their environment.
2. Lunch periods shall be scheduled as near the middle of the school day as possible.
3. Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.

H. Food Service Operations

1. The Food Service program shall aim to be financially self-supporting. Therefore, food sold or served by students, staff, or parent booster organizations should not reduce student participation in the food service program.
2. The Food Service program shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn effectively.

I. Food Safety – Food Security

1. All foods sold on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food illness in schools.
2. For the safety and security of the food and facility, access to the food service operations shall be limited to food service staff and authorized personnel.
3. When schools become aware of a student with severe food allergies, a plan to mitigate exposure to those foods will be developed by the administrator, school nurse, food services, and the parents of the student.

J. Program Implementation and Evaluation

At the discretion of the Superintendent or designee each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (ED Code: 49432).

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the wellness committee, partners/guardians, students and other vested partners.

The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy (43 USC 1751Note).

K. Annual Review

1. The Wellness Committee shall review established district wide nutrition, nutrition education, and physical activity in accord with the wellness policy and report to the Superintendent periodically.
2. The district shall revise and update the wellness policy as needed.