

TUSTIN UNIFIED SCHOOL DISTRICT

LOCAL WELLNESS

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In order to enact and monitor the Tustin Unified School District Local Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Wellness Council that will provide an ongoing review and evaluation of the Tustin Unified School District Local Wellness Policy and these administrative rules.

The Superintendent shall appoint a member of the administrative staff of the District to organize the Wellness Council and invite appropriate District stakeholders to become members of the Wellness Council. Regular members of the Wellness Council shall include Director of Elementary Education, Director of Secondary Education, and Director of Nutrition Services or their designated staff member. Additional members of the Wellness Council may include representatives from the following areas:

- Administration.
- School Board member
- Counseling/psychological/and social services.
- Food services.
- Health education.
- School nurses
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Tustin Unified School District Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent of Schools
300 S. C St
Tustin, CA. 92780
(714) 730-7301

Students, staff, and community will be informed about the Local Wellness Policy annually.

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NUTRITION EDUCATION

- Tustin Unified School District will follow health education curriculum standards and guidelines as stated by the California State Department of Education. Schools will link nutrition education activities with the coordinated school health program.
- Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable. Resources will be available to teachers through the district's website. (Appendix A)
- Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions; taste testing, field trips and school gardens.

PHYSICAL EDUCATION

- Physical education courses will be based on the California Content Standards and have an environment where students learn, practice and are assessed on developmentally appropriate motor skills, fitness, social skills and knowledge of these skills. Physical education includes the instruction of individual activities as well as competitive and noncompetitive team sports to encourage life-long physical activity. Physical education classes will be part of the master schedule in all grade levels and have access to the playground to implement these activities.
- Teachers are encouraged to integrate physical activity into core curriculum areas such as math, science, social studies, and language arts as applicable.
- The District will offer and promote professional development for elementary teachers in physical education through different organizations. (OCDE, etc.)
- State-certified physical education instructors will teach levels Kindergarten through grade 12 physical education classes when appropriate or feasible.
- Physical education classes will have a student/teacher ratio similar to other classes when appropriate or feasible.
- An adequate amount of physical education equipment will be made available for all students to participate.
- Time allotted for physical activity will be consistent with California Education Code and content standards for Physical Education. **CA Education Code 51222.** (a) All pupils grade 7 through 12, except pupils excused or exempted pursuant to Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each 10 schooldays. Any pupil may be excused from physical education classes during one of grades 10, 11, or 12 for not to exceed 24 clock hours in order to participate in automobile driver training.

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CA Education Code 51223. Notwithstanding the provisions of Sections 51210 and 51222, instruction in physical education in an elementary school maintaining any of grades 1 to 8 shall be for a total period of time of not less than 200 minutes each 10 school days, exclusive of recesses and the lunch period.

- Provide a daily recess period, which is not diminished or used as punishment or a reward if no other options exist.
- Physical Education lesson plans will take into consideration the importance of balancing nutrition and physical activity to promote a healthy lifestyle and long term health awareness. School menus will include information on the amount of physical activity needed to burn calories. In addition, equipment, structured activities, and guidance will be provided during recess and lunch to increase physical activity.
- Information will be provided to families to help them incorporate physical activity into their student's lives through a variety of programs and information. (Monthly publication on PE, Walk to School Day and 100 Mile Club Fitness Logs)

OTHER SCHOOL BASED ACTIVITIES

- Local wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, assemblies, parties, and celebrations).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children health insurance programs.
- All school generated advertising and marketing relay and encourage positive healthy foods and physical activity messages.

Nutrition Guidelines for All Foods on Campus during School Hours

- All food and beverage items sold outside of the National School Breakfast and Lunch Program will comply with current State and Federal legislation. (Appendix B)
Including:
 - Vending machines
 - Cafeteria a la carte
 - Student stores
 - Student incentives given by PTO/PTA, teachers, and administrators
 - Food fairs
 - After school programs
 - Fundraisers (Appendix D)
- Nutrition Services will comply with the current USDA Dietary Guidelines for Americans and all current State and Federal legislation for all foods and beverages sold within the National School Breakfast and Lunch Program.
- Principals and teachers will encourage parents to bring healthy food choices for classroom parties and other celebrations. (Appendix C)
- Nutrition information for products offered in snack bars, a la carte, vending and school carts is readily available on the food item or near the point of purchase.

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- Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.
- Families, teachers, students, and school officials will follow the **California Code 15500 and 15501** regarding competitive food sales. USDA defines *competitive foods* as foods offered at school, other than meals served through USDA school meal programs – school lunch, school breakfast, and after-school snack programs.

Section 15500 - Food Sales in Elementary Schools

In K-8 schools, no sales of competitive foods are allowed by student organizations except under the following conditions:

- Only one food item per sale.
- Food sales begin after the close of the regularly scheduled midday food service period.
- Food items are not prepared on the premises.
- Only four sales per year are allowed.
- The food item must be a non-entree type item.
- The food item is not in the food service program at that school during the day.
- The food item meets the nutritional guidelines set forth by the Wellness Policy and State and Federal laws.

Section 15501 - Food Sales in High Schools and Junior High Schools

In Middle and High schools, no sales of competitive foods are allowed by student organizations except under the following conditions:

- The food item meets the nutritional guidelines set forth by the Wellness Policy and State and Federal laws.
- Student organizations may be approved to sell food at any time during the school day provided that:
 - 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.

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Nutrition Guidelines for All Foods on Campus Outside of School Hours

- Fundraising (Appendix D)
 - When planning fundraising events, the local wellness policy goals are considered by the organizations that are planning the fundraising events.
 - Fundraising organizations are encouraged to raise funds by selling foods that comply with the current nutritional legislation and organizing events that promote physical activity.
- Concession Stands for school functions should include some healthy food and beverage choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Eating Environment

- Students will be provided adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Elementary grade students have a minimum of 15 minutes to eat before being released to lunch recess. A pilot program of providing recess before lunch will occur at some elementary schools. Providing recess before lunch has shown to increase consumption of fruits and vegetables because students are less distracted and ready to eat.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas provide a safe and clean environment and enough space for seating of all students.
- Drinking water is available for students at meals.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting, however, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- Employ a Food Service Director, who is properly qualified, certified and/or credentialed according to professional standards, to administer the school food service program and satisfy reporting requirements.

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IMPLEMENTATION AND MEASUREMENT

- The principal of each campus shall be responsible for implementation of the local wellness policy and shall appoint a School Wellness Team to meet through the school year, to monitor and evaluate the status of compliance with the Board approved policy.
- The School Wellness Team shall consist of a minimum of 2 staff and 1 parent for Elementary schools and 3 staff and 2 parents for Middle and High Schools.
- The School Wellness Teams are responsible for the following:
 - The School Wellness Team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.
 - The School Wellness Team will meet a minimum of 4 times during the school year.
 - The School Wellness Team will evaluate and monitor their schools using the provided summary worksheets and report their summaries to the Wellness Committee every November and April. (Appendix E)
- The Wellness Committee shall hear reports from each School Wellness Team every November and April.
- Every December and May, the Wellness Committee will recommend to the District Superintendent any revisions to the policy it deems necessary.
- The Wellness Committee shall report to the Superintendent and School Board in December and May, on the progress of the wellness policy and the status of compliance by the campuses.

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References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics.
www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204].
<http://thomas.loc.gov/bss>
3. Public Act 094-0199. www.ilga.gov/legislation/publicacts/fulltext.asp?Name=094-0199
4. Fund-raising.com Idea Bank. Web site www.fund-raising.com/ideabank.html

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

Health Framework for California Public School. Kindergarten Through Grade Twelve, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit. Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action. Team Nutrition, Food and Nutrition Services, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division:

<http://www.cde.ca.gov/ls/nu> California Department of Health Services:

<http://www.mch.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.Californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

National Alliance for Nutrition and Activity:

<http://www.cspinet.org/nutritionpolicy/nana.html> National Association of State Boards of Education: <http://www.boards@nasbe.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

School Nutrition Association: <http://www.asfsa.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture:

http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html