

Health and Nutrition

The Board of Education recognizes the link between student health and learning, and works to provide a comprehensive program promoting healthy eating and physical activity in our students. TUSD educators understand the importance of positive approaches to health education. Curriculum based on the most current state framework helps students build strong relationships with their families and communities while strengthening their resiliency and personal decision making skills for healthy living. Health education in the Tustin Unified school District includes improved choices about nutrition and physical activity for life. The following California State Framework and resources are provided for teachers and parents to ensure students have the knowledge and skills necessary to make nutritious and enjoyable food choices.

STANDARDS AND FRAMEWORK

The recently updated Framework includes an important change for teachers as it gives greater guidance on what should be taught at each grade level. At the end of chapter 3, “Health Education”, the Grade–Level Emphasis Chart suggests specific topics to address at each grade. Resources for teaching each of these topics are available in a variety of settings outlined below. K—12 grade level nutrition content standards are available at the following website:

<http://www.cde.ca.gov/re/pn/fd/documents/health-framework-2003.pdf>

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1. The new USDA food pyramid replaces the old “one size fits all” food pyramid. This website offers customized eating plans to fit your age, weight and body shape. Students can explore this website to learn about the food groups and to find out additional healthy eating tips.

<http://www.mypyramid.gov/>

2. The Dairy Council of California is a proactive organization that helps parents, teachers and students know what is best to eat and why. Site resources include lesson plans and interactive activities that correlate with the state framework. All resources are free to the public.

<http://www.dairycouncilofca.org/index.asp>

3. This is an interactive website that assists students, teachers, and parents to design healthy meals and evaluate the meals they are now eating. The website offers basic nutrition information and recipes which emphasize healthy eating for children of all ages.

<http://www.mealsmatter.org/>

4. A service of the National Agricultural Library and the U.S. Department of Agriculture, this website provides easy access to the best food and nutrition information from across the federal government. This website also serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators and health professionals.

<http://www.nutrition.gov/>

5. As getting an appropriate amount of sleep is key to a healthy lifestyle, this website is dedicated to improving public health and safety by achieving an understanding of sleep and sleep disorders, and by supporting sleep related education, research and advocacy.

<http://www.nationalsleepfoundation.org/>

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6. Nutrition Explorations provides nutrition education information and resources for teachers, school, and parents. Lesson plans and student activities are free to download. This site includes interactive games for the classroom and take home information for families.

<http://www.nutritionexplorations.org/>

7. This website is administered for the California Department of Education and the California Department of Health Services. It is an online library of research, school health law, health education library, assessment and planning tools, and conference and training opportunities. Materials can be borrowed for 4 weeks in their lending library program.

<http://www.californiahealthykids.org>

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Appendix B

SB 12

Definitions:

“Elementary School” – A public school maintaining any grade from kindergarten to grade 6, but no grade higher than grade 6.

“Middle School” – Any public school maintaining grades 7 or 8, 7 to 9, inclusive, or 7 to 10 inclusive.

“High School” – Any public school maintaining any of grades 10 to 12, inclusive.

“Full Meal” – Any combination of food items that meet USDA-approved School Breakfast Program (SBP) or National School Lunch Program (NSLP) meal pattern requirements.

“Added Sweetener” – Any additive other than 100% fruit juice that enhances the sweetness of a beverage.

“Sold” – the exchange of food for money, coupons or vouchers.

“Entrée” – A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pasta and pizza.

“Snack” – A food that is generally regarded as supplementing a meal, including, but not limited to, chips, crackers, onion rings, nachos, French fries, donuts, cookies, pastries, cinnamon rolls, and candy.

Elementary Schools:

Only full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.

Individually sold dairy items and whole grain food items may be sold to pupils at an elementary school, except food sold as part of a USDA meal program, if it meets all of the following standards:

- Not more than 35% of its total calories shall be from fat.
- Not more than 10% of its total calories shall be from saturated fat.
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar.
- Not more than 175 calories per individual food item.

Middle, Junior or High School:

Snacks sold to a pupil in middle, junior or high school, except food served as part of the USDA meal program, shall meet all of the following standards:

- Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes, exempt.
- Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale, exempt.
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. Fruits or vegetables that have not been deep fried, exempt.
- Not more than 250 calories per individual food item.

Entrée items sold to a pupil in middle, junior or high school, except food served as part of a USDA meal program, shall:

- Contain no more than 400 calories per entrée.
- Contain no more than 4 grams of fat per 100 calories contained in each entrée, and shall be categorized as entrée items in the SBP or NSLP.

A middle, junior or high school may permit the sale of food items that do not comply with the above regulations in any of the following circumstances:

- The sale of those items takes place off of and away from school premises.
- The sale of those items takes place on school premises at least one-half hour after the end of the school day.
- The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

Appendix B

SB 965 & SB 677

Definitions:

“Added Sweetener” – Any additive that enhances the sweetness of the beverage, including added sugar, but does not include the natural sugar of sugars that are contained within the fruit juice which is a component of the beverage.

“Sale of Beverages” – the exchange of a beverage for money, coupons or vouchers.

Elementary Schools:

Regardless of the time of day, only the following beverages may be sold to a pupil at an elementary school:

- Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener.
- Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
- Drinking water with no added sweetener.
- Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.

Middle, Junior or High School:

From one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a pupil at a middle, junior or high school:

- Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener.
- Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
- Drinking water with no added sweetener.
- Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

Appendix C

Guidelines for Food and Beverage offered to Students at School Functions

At any school function (parties, celebrations, receptions, festivals, meetings, etc) healthful food options should be available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, mangos, apples, etc.
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Cereal and low-fat milk
- Fruit leathers (all fruit no sugar added)
- Applesauce cups
- Frozen fruit juice pops with fruit juice or fruit as the first ingredient
- Trail mix (dried fruit and nuts)
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party Mix of variety of cereals, nuts, pretzels, etc
- Baked chips with salsa and low-fat dips
- Pretzels or reduced fat crackers
- Low-fat muffins, granola bars, and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits.
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Low fat frozen yogurt, ice cream, sherbets
- Fat-free or low-fat pudding or Jello cups
- Popcorn (low-fat)
- Rice/popcorn cake topped peanut butter
- Low-fat and skim milk and soy milk fortified products
- Pure ice cold water
- 100% fruit or vegetable juice

Appendix D

Ways to Raise Funds without Candy

Fundraising doesn't have to involve the selling of food items of limited nutritive value. Below are some proven ideas for raising funds adapted from Fundraising.com. Ideas with a * have the added benefit of providing additional opportunities for physical activity for the students. Other ideas promote community service.

1. *3-on-3 basketball tournament – Charge a team of 3-4 players \$40 for entrance and ask local businesses for prize donations. If you provide tee shirts for the event, you could raise the entrance fee.
2. *Car wash, for a donation – You could also sell other items at the car wash (have a small food stand available with coffee, juice, bagels, fruit, etc). One school raised \$1,300 in about five hours. Or, you could also hold a free car wash and ask for pledges in advance per car washed (for example, \$.10 per car).
3. *Spring yard work to local community members – One soccer team offered to rake yards and spread compost at a bargain rate. They had 10 players working 3.5 days each and each boy made \$240.00. Customers were asked to give a donation for the work and everyone exceeded expectations.
4. *Walk-a-thon – Each child could get sponsorship for each lap walked (up to 8 laps, \$1 per lap). One group raised \$1,200 with little effort.
5. *Basketball toss – A basketball team plays this between the 2nd and 3rd period of the basketball game. Bean bags are individually numbered and are sold for \$1.00. Everyone throws them on the court and the one closest to the center gets half of the money sold. In one season, they raised \$24,000. You could adapt this to other sports as well.
6. Talent show, recital, or lip-sync contest for students – You could ask local businesses to donate items for a raffle. Be sure to include those business' names in a program as an advertisement and/or thank you.
7. Administrative fun – Have money jars available for the students to place money into. The school secretary would count the amount in the jars on a daily basis and post the total. At set increments, (for example, \$100, \$200, \$500) the principal and/or vice principal would have to do stunts such as dress as a cheerleader, do cheers, act out a scene from a play, etc. One school earned over \$3,300 in one year.
8. Dinner fund-raiser with a live or silent auction – One private school did this and made over \$60,000 within five months to help pay for newly installed lockers.
9. School event planners – These were sold for \$7 each at school registration and included all event dates, such as football games, holidays, national tests, dances, and band events. Fifty percent of the sales were profit.

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Ways to Raise Funds without Candy

10. Bricks or tiles engraved donor names – Bricks or tiles can be ‘sold’ for \$50 each or more. One school raised \$520,000 with this idea.
11. G.S.T auction (goods, services, and talents) – Solicit local businesses (or parents or groups of school children) to donate anything they can offer. One school had a number of items available for auction including a week at a time share (airfare not included), a week at a cottage, hair care services, a lawn tractor, furniture, food and restaurant gift certificates. This school raised \$20000.
12. Raffle of gift baskets assembled by students – Choose a theme such as gardening, sports, or arts and crafts. Most items of the baskets were donated. Costs were limited but consisted mainly of supplies for the baskets such as fillers, ribbons, and the baskets themselves, totaling about \$400. This school made approximately \$3,500 with this fundraiser selling that at a carnival day.
13. Community job fair – In an urban area, a school could host a job fair. Ask local companies to rent a booth space for a free and solicit free advertisements from a local radio stations or newspapers. One school held a job fair, charged \$4 for admission and made \$24,000 in the two year they’ve held the fair.
14. Temporary tattoos – A university group sold these with their logo at home football and basketball games. In the first two months, they raised over \$10,000.
15. Sell seat cushions at sporting events – Sell advertisements on the cushions to 12-20 local businesses for \$50-100. You may even be able to give the cushions away.
16. Plant sale – Ask parents to donate plants for a sale. They can divide their perennials and share them with other families. A garden club makes about \$1,000-\$2,000 each year from a sale like this.
17. Raffle – One group sold 1,000 tickets at \$10 (or 3 for \$25) and the prize was a gift certificate for \$2,500 at an electronic store. They expected to make between \$5,000-\$7,500. Check your local laws governing raffles.
18. School rummage or clothing sale – Clothing sales can be very successful and are a good way for families to purchase affordable clothes as their families grow.
19. Holiday Grams – Kids buy and send pencil grams to their classmates. Other school supplies can be used.⁴

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Appendix E

_____ Wellness Team's Evaluation Team

Post-Assessment Action Steps – Nutrition Education

Instructions: For each policy statement that is not on target, list the specific action steps to be taken to reach implementation goals. Submit this form to the Wellness Council every April of the school year.

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

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Policy Statement:

Action Steps	Due Date

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_____ Wellness Team's Evaluation Team

Post-Assessment Action Steps – Physical Education

Instructions: For each policy statement that is not on target, list the specific action steps to be taken to reach implementation goals. Submit this form to the Wellness Council every April of the school year.

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

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Appendix E

_____ Wellness Team's Evaluation Team

Post-Assessment Action Steps – Other School Based Activities

Instructions: For each policy statement that is not on target, list the specific action steps to be taken to reach implementation goals. Submit this form to the Wellness Council every April of the school year.

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

Policy Statement:

Action Steps	Due Date

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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