

Alpaugh Unified School District

Wellness Plan

2021-2024

BP 5030



Board Approved: June 22, 2023

INTRODUCTION:

The Alpaugh Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating physical activity. Therefore, it is the policy of the Alpaugh Unified School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies
- All students in grades K-12 will have *daily* opportunities, support, and encouragement to be physically active on a *consistent* basis
- Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the *U.S. Dietary Guidelines for Americans and current law, State Education Code 49430-49431.7, CCR Section 15500-15501; 5 CCR Section 115575-15578; 7 CFR Sections 210.11-2220.12 Appendix B*
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program)
- ***All Students, K-12, will receive*** nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and seek to establish linkages between health education and school meal programs, and with related community services
- The provision of student physical and mental health services will facilitate optimal student learning opportunities
- A safe and healthy learning environment will be maintained to promote a positive learning climate
- Partnerships with community resources will integrate and improve overall community health Outcomes

TO ACHIEVE THESE POLICY GOALS:

School Health Advisory Committee

The Alpaugh Unified School District Coordinated School Health Advisory Committee and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The School Health Advisory Committee also will serve as resources to school sites for implementing those policies. The School Health Advisory Committee consists of a group of individuals representing the school and community, and should include parents, students, nutrition services department staff, members of the school board, school administrators, teachers, health professionals, and members of the public.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations under Healthy, Hunger Free Kids Act of 2010;
- offer a variety of fruits and vegetables (to the extent possible, schools will offer at least two nonfried vegetables and a fruit options each day and will offer five different fruit and five different vegetables subgroups over the course of a week. Schools are encouraged to source fresh fruit and vegetables from local farmers when participate);
- serve only low-fat (1%) and fat-free milk (as recommended by the Dietary Guidelines for Americans 2010) and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and **serve only** whole grain.

Schools will engage students and parents, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, district website, cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end,

schools will utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Food Safety

The food service program Director shall ensure that the district's food service program meets the applicable sanitation and safety requirements of the California Retail Food Code as set forth in the Health and Safety Code. All food preparation and service areas shall be inspected in accordance with the Health and Safety Code and applicable county regulations. The inspection report shall be made available to any interested person on request. A written food safety program for the storage, preparation, and service of school meals which complies with the national Hazard Analysis and Critical Control Point (HACCP) system.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. District staff is encouraged to inform students of the health risks in sharing foods and beverages.

Drinking Water

The district shall provide access to free, fresh drinking water during meal times in food service areas at all district schools in areas where reimbursable meals under the National School Lunch or Breakfast Program are served or consumed.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools based on current State and Federal Regulations. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Follow the guidelines of the Smart Snacks Law:

FOOD (EC Section 49430, 49431; 49431.7 BEVERAGES (EC Section 49431.5)

Restrictions apply to ALL foods sold to students by any entity. (Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.)

Complaint food can only be a fruit, non-fried vegetable, dairy food, nuts/seeds/legumes/eggs/cheese (allowable protein) and whole grain items provided they meet

the guidelines listed below and do not exceed 175 calories per individual food item. AND Must meet the following: Restrictions apply to ALL beverages sold to students by any entity. (Sold means the exchange

of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.) Complaint beverages that shall be sold are:

Fruit or vegetable juice

- > 50 % juice; No added sweeteners
- < 8 fl oz serving size Milk (cow's or goat's)
- < 35 % calories from fat (except nuts, nut butters, seed reduced-fat cheese, dried fruit+nuts/seed combo); **and**
- < 10 % calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo); **and**
- < 35% sugar by weight (except fruit*, nonfried veggies, dried fruit+nut/seed combo); **and**
- < 0.5 grams of trans fat per serving (no exceptions; and
- < 230 milligrams sodium (no exceptions) *Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.
- 1% or nonfat
- Contains vitamin A & D
- > 25% of the calcium Daily Value per 8 fl oz
- < 28 grams of total sugar per 8 fl oz
- < 8 fl oz serving size Non-diary milk:
- Nutritionally equivalent to milk (see 7 CFR 210.10 (d)(3) and must contain 8 fl oz, > 276 mg calcium, > 8 g protein, > 500 IU Vit A, > 100 IU Vit D, > 24 mg magnesium, > 222 mg phosphorus, > mg potassium, > 0.44 mg riboflavin, > 1.1 mcg Vit B12, < 28 grams of total sugar per 8 fl oz Water, With no added sweeteners

Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or on-campus fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards (based on current law): FOOD (EC Section 49430, 49431; 49431.7 BEVERAGES (EC Section 49431.5)

Restrictions apply to ALL foods sold to students by any entity. (Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.)

- < 35 % calories from fat (except nuts, nut butters, seed reduced-fat cheese, dried fruit+nuts/seed combo);
- < 10 % calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo);
- < 35% sugar by weight (except fruit*, nonfried veggies, dried fruit+nut/seed combo);
- < 0.5 grams of trans fat per serving (no exceptions; and
- < 230 milligrams sodium (no exceptions)

Restrictions apply to ALL beverages sold to students by any entity. (Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.)

Fruit or vegetable juice:

- > 50 % juice, (preferably 100%)
- No added sweeteners
- 1% Milk (cow's or goat's) (unflavored), or nonfat (flavored, unflavored), contains vitamin A & D
- > 25% of the calcium Daily Value per 8 fl oz
- < 28 grams of total sugar per 8 fl oz
- < 200 calories per item/container (no exceptions)

Entrée food items must be:

- Meat/meat alternate and whole grain rich food; or
- Fruit or non-fried vegetables and meat/meat alternate; or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks); and
- < 35% calories from fat, and
- < 10% calories from saturated fat, and
- < 35% sugar by weight, and
- < 0.5 grams trans fat per serving, and
- < 480 milligrams sodium, and
- < 350 calories

If exempt food(s) combine with nonexempt foods(s) or added fat/sugar they must meet ALL nutrient standards above. *Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-dairy milk:

- Nutritionally equivalent to milk (see 7 CFR 210.10 (d)(3), 220.8 (i)(3))
 - < 28 grams of total sugar per 8 fl oz
 - < 5 grams fat per 8 fl oz Water,
 - No added sweeteners
- No serving size Other Non-calorie Beverage (NOT ALLOWED IN MIDDLE SCHOOLS)
- Water as first ingredient
- < 16.8 grams added sweetener/8 fl oz
- < 5 calories/8 fl oz (or < 10 cal/20 fl oz)
- 10-150 mg K + /8 fl oz
- 10-90 mg K +/8 fl oz
- No added caffeine
- < 20 fl oz serving size

Other Low-calorie Beverage (NOT ALLOWED IN MIDDLE SCHOOLS)

- Water as first ingredient
- < 16.8 grams added sweetener/8 fl oz
- < 40 calories/8 fl oz
- 10-150 mg Na + /8 fl oz
- 10-90 mg K +/8 fl oz
- No added caffeine

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

Food based fundraising on campus is required to comply with current State and Federal law from midnight to ½ hour after school hours. To the extent possible to support children's health and school nutrition education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities. If schools choose to sell food and beverage items during the school day as a fundraising project, the following California regulations shall be followed (*California Code of Regulations Title 5, Sections 1500 and 15501*):

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Schools will encourage limited use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion

The Alpaugh Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide
- students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services.

Communications with Parents

- The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children
- The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the
- The district/school will provide opportunities for parents to share their healthy food practices with others in the school community at forums such as the district School Health Advisory Committee.
- The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and/or special events.
- The district/school will supply the nutrition requirements based on State Education Code 49430-

- 49431.7; 5 CCR Section 15500-15501; 5 CCR Section 15575-15578; 7 CFR Sections 210.11-210.12, Appendix B (or current law) to all parents at the start of the school year.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Physical Activity Opportunities and Physical Education Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent of 200 minutes each 10 school days for students in grades 1-6, and 400 minutes each 10 school days for students in grades 7-12) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. (EC 51210, 51222 and 51223)

Daily Recess

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The school district supports walking, bicycling, and other forms of active transportation to and from school, and encourages families to minimize driving. The school district will encourage students to use public transportation when available

and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Health Services/Counseling and Support Services

School health services will include: communicable disease surveillance, monitoring and reporting; emergency nursing care with professional assessment and intervention; health screenings with referral and follow-up services; health care case management and supervision; appropriate health care education and trainings for students, staff and parents; and collaboration with community resources. Counseling and support services will promote student mental, emotional and social health through counseling and guidance services, along with psychological testing and assessment, consultation, interventions and referral as needed.

Staff Wellness

The Alpaugh Unified School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Monitoring and Policy Review Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA meal program Administrative Review findings and any resulting changes. If the district has not received an Administrative Review from the state agency within the past three years, the district will request from the state agency that an Administrative Review be scheduled as soon as possible. The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and may also be distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.