

Garden Grove Unified School District
Wellness Policy



Garden Grove Unified School District

Board of Education

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STUDENT WELLNESS

Students

The Garden Grove Unified School District, along with parents/guardians, the community, and Governing Board, recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. By supporting healthy eating and physical activity, we will promote and protect our children's health, well-being, and ability to learn.

The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through district Wellness Committee, health education, physical education, child nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The Governing Board will adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

The district's nutrition education and physical education programs shall be based on research, consistent with expectations established in the state's curriculum frameworks and standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The district Wellness Committee, district Superintendent, and site administrators will ensure that the local school Wellness Policy is implemented, monitored, and revised through the use of implementation surveys and through reports to the Board every two years.

Wellness Committee

The Superintendent or designee shall appoint and sustain a district Wellness Committee. The committee will convene at least three times annually during the school year at hours convenient for public participation. Information regarding meeting times and updates will be available to the public.

The designated Wellness Committee Lead will pursue active participation within the committee by inviting teachers, parents, students, school and district level administrators, school board members, community-based organizations, health professionals and the general public to attend regular meetings via electronic media, press releases, SchoolMessenger, and Administrators' Weekly Bulletin.

NUTRITION EDUCATION, PHYSICAL EDUCATION, FOODS & BEVERAGES, AND OTHER SCHOOL ACTIVITIES

The Board shall adopt goals for nutrition, nutrition education and promotion, physical education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

Nutrition Education and Promotion

(New Section 204 of the Healthy-Hunger Free Kids Act of 2010)

Pursuant to the requirements of the Education Code (CA Ed/Code 51210.4), nutrition education is encouraged as part of the instructional program in grades K-12 as suitable, integrated into core academic subjects and offered throughout the school day.

Nutrition education programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services and to achieve the competence to use such information and services in ways that are health enhancing.

The district aims to teach, encourage, and support healthy eating for students, school staff, parents, and community at large while on the school site. Schools will provide nutrition education and engage in nutrition promotion that may include, but is not limited to, the following:

- Offering each grade level a sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health
- Integrating, as appropriate, into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences
- Providing developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trip to farms, community gardens, and/or other community locations promoting healthy lifestyles
- Participating in the Fresh Fruit and Vegetable Program, Harvest of the Month, and Farm to Preschool to the maximum extent possible to introduce different fruits and vegetables to students
- Promoting the consumption of water, fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, and sharing healthy food preparation methods. Emphasis will be placed on calorie balance between food intake and energy expenditure through physical activity and exercise
- Linking education and promotional activities with the Food Services Department and nutrition-related organizations and community services/organizations
- Incorporating lessons to help students acquire skills such as reading food labels and meal planning
- Promoting individual school site health and wellness fairs where nutrition and physical activity information and resources will be shared with the community
- Providing consistent messaging about healthy habits where we live, learn, work, and play
- Working with the school meal program to develop school gardens and use the cafeteria as a learning lab. Children will have the opportunity to learn about and visit local farms for field trips

School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to promotion of those consistent with California Nutrition Standards and guidelines set forth by the district.

The advertising of foods and beverages that are not available for sale in Garden Grove Unified School District schools will not be advertised on any school property.

Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

An effort will be made to remove advertising from the cafeteria. Existing vending machines and coolers with logos will be replaced when possible.

The healthiest choices such as salads and fruits will be prominently displayed in the cafeterias to encourage students to make healthy choices.

Physical Education

The Garden Grove Unified School District will provide all students with an opportunity to be physically active within developmentally appropriate physical education as part of the academic curriculum.

The physical education curriculum for grades K-12 will be aligned with established state and physical education requirements. All students in grades K-12 shall be required to take physical education class in accordance with state guidelines.

The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

Physical education activities shall promote positive self-image and teach students how to cooperate to reach common goals. The district will meet minimum requirements for physical education as specified in the California Education Code:

- All elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed/Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days. (CA Ed/Code 51223)
- All intermediate grade levels must provide 200 minutes of physical education every 10 days (CA Ed/Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days. (CA Ed/Code 51223)
- A full year of physical education is required in grade 9. Physical Education is also required in grade 10, but (CA Ed/Code 51241), allows the principal, under certain circumstances, to grant a 10th grade student exemption from courses in physical education for up to two years.

The district shall ensure schools do not allow students to substitute other school or community activities for required physical education class time or credit.

Students with disabilities and/or special healthcare needs will receive physical education services (modified or adapted). Exemptions include students who are ill or injured and a modified program cannot be provided or the student is enrolled for one-half of the school day or less.

The district shall also provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

Physical Activity

The district shall:

- Incorporate nutrition and physical activity into family events provided throughout the school year
- Encourage students to incorporate small bouts of activity into their daily schedules; for example, they are encouraged to walk to school, take the stairs, etc.
- Encourage physical activity opportunities to be provided at the school for family and community members
- Encourage each school to provide physical activity opportunities at the school to all students and staff
- Require each school to develop comprehensive written physical activity plan to be included in the annual school improvement plan
- Ensure that opportunities for physical activity and recess will not be used as a means for punishment (Example: running laps or jogging around a playground)
- Encourage teachers to find alternatives to withholding recess or other physical activities as a punishment. The administration believes that recess and other opportunities for physical activity are an essential part of the school day
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement of these rules and procedures
- Provide at least 20 minutes of active recess daily to all elementary school students
- Provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content. Other activities such as instructional strategies are allowed.

Joint Use Agreements

School facilities and open spaces including fields will be made available to students, staff, community members and community agencies during non-school hours through joint use agreements, deemed appropriate by the governing board.

- Encourage moderate to vigorous physical activities through structured activities such as run/walk programs intramurals, games, etc.
- Promote walking and bicycling. Assess routes and facilitate improvements to make it safer and easier for students to walk and bike to school
- Work together with local public works, public safety and police departments in those efforts

Foods and Beverages

Nutrition standards for all foods and beverages including those served in federally reimbursable meal programs, a la carte food sold by Food Services, food sold by student organizations, food sold by fundraisers and food offered to students will adhere to all laws and regulations of the federal, state, local governments and the GGUSD Wellness Policy. This includes any and all existing future regulations on food service and safety. These regulations will be in effect for services offered to students during the school day. A school day is defined as the midnight before to 30 minutes after the end of the school day.

The Food Services Department will provide and disseminate health information to parents/guardians, school staff, and students about the nutrition content of meals through District or school menus, newsletters, handouts, meetings and the District's website.

Nutrition Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issues pursuant to 42 USC 1751-1769, 1758b, and 1771-1791 and shall meet nutrition standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773).

Foods should:

- Be nutritious and appealing to students by appealing to their taste preferences
- Meet the nutritional guidelines and new meal pattern requirements mandated by the United States Department of Agriculture as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA)

Snacks

Snack: A food that is generally regarded as supplementing a meal. The Healthy Hunger-Free Kids Act of 2010 required USDA to establish nutrition standards for all foods in schools beyond the federally-supported meals programs. Snacks and meals in after school programs are served via the Child and Adult Care Food Program or Smart Snacks in School standards.

Allowable Snack- A food item that contains:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% sugar by weight
- Not more than 175 calories for elementary students

- Not more than 200 calories for middle and high school students
- Not more than 200 milligrams of sodium

Exempted snacks include: nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, legumes and vegetables that have not been deep fried.

School Beverages

Schools are encouraged to limit the sale of beverages to water, 100% juice and milk. Secondary school principals are encouraged to limit the sale of beverages to those that meet USDA Smart Snack standards for middle and high schools. Portion sizes of juice and milk vary by the grade of students. Allowable beverages that can be sold include:

- Plain or carbonated water in any portion size
- 100% fruit or vegetable juice
- Milk: low-fat unflavored milk or fat-free flavored milk or unflavored milk in portion sizes up to 8 ounces for elementary schools and 12 ounces for intermediate and high schools
- Low-calorie electrolyte beverages (high school only)

Free and Reduced-Price Meals

The district recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, the district shall provide nutritionally adequate free and reduced-price meals for students whose families meet federal eligibility criteria by participating in available federal nutrition programs to the extent possible.

The district will take steps required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals. Codes are assigned to meal status on student lists to prevent overt identification.

The district will specify how families are provided information about determining eligibility for free/reduced priced meals. Paper applications for free/reduced priced meals will be sent home to all families at the beginning of the school year and online applications will be available on the district website.

Meals Times and Scheduling

Schools shall:

- Participate in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program to the maximum extent possible
- Ensure adequate time to eat by including at least 20 minutes of “seat time” for lunch and/or at least 10 minutes of “seat time” for breakfast
- Promote Salad Bars
- Make available free, potable water for consumption in the place where meals are served during meal service at all district schools (Section 203, Healthy, Hunger-Free Kids Act, 2010 and AB 1413)

Fundraising Activities

Fundraising activities will strive to support healthy eating and wellness. Any foods or beverages sold as a fundraiser to students on school campus, during the school day, outside of the school meal program must comply with the state and federal competitive food or beverage restrictions. Fundraisers or sales of noncompliant foods or beverages are allowed when sold to adults, or off the school campus, or outside of the school day. (EC Sections 49431 (c) and 49431 (d); 7 CFR Part 210.11) Store bought foods are encouraged to ensure food safety.

Rewards

The district encourages non-food alternatives as rewards. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows.

Classroom and School Celebrations

Classroom celebrations will focus on activities rather than food. Foods are encouraged to meet smart snack standards. The district shall provide a list of allowable foods that meet these standards.

Field Trips

The National School Lunch Program regulations require all students be offered the option to take a complete school lunch meal with them when going on a field trip.

*Complete school lunch meal provided by the National School Lunch Program must follow the nutrition guidelines for the specific age group

Food Service and Vending Machines

District/schools are encouraged to make available health snacks/foods and beverages in vending machines, in cafeterias, and at meetings, workshops, and catered events.

OTHER SCHOOL HEALTH ACTIVITIES

Staff Wellness

Garden Grove Unified School District recognizes the link between employee health and well-being as vital to the work and the mission of the district. The district's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for Garden Grove Unified School District employees. The 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.

Staff should be encouraged to model healthy eating and drinking behaviors.

Teachers who consume snack or lunch alongside their students are encouraged to only eat healthy foods/beverages in their presence. The staff is provided with break/lunch periods and is not required to eat with students.

Student Wellness

The district shall:

- Provide all students a credentialed school nurse or a designated staffed member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified health supervisor
- Provide students access to credentialed school counselors and psychologists, as needed, who offer support and assistance in making healthy decisions, managing emotions, and coping skills
- Require schools to provide a safe and healthy school environment that supports health literacy and emotional safety

After School Program

The district shall:

- Require schools to provide physical activity opportunities for all students before and after school in elementary, intermediate, and high schools
- Require snacks be provided through federally reimbursable snack and meal programs meet federal guidelines

Implementation, Evaluation and Monitoring

Program Implementation and Evaluation References: Education Code (EC), sections 49431 (c), 49431.2 (d), and 49434

The Superintendent and Wellness Committee Lead shall recommend for Governing Board approval of specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to:

- An analysis of the nutrition content of meals served
- Student participation rates in school meal programs
- Summary of district/school events that supports positive healthy lifestyles
- Surveys and follow-ups to students and staff about the meal program and school activities
- Any sales of non-nutritious foods, and beverages in fundraisers or other venues outside the district's meal programs
- Feedback from food service personnel, school administrators, the school health committee, parents/guardians, students, and other appropriate persons

The Wellness Committee Lead will be responsible for ensuring that the wellness policy is implemented throughout all schools in the district by communicating regularly with policy school administrators and teachers. Primary operational responsibility for the wellness policy will be as follows:

1. The Food Services Director will ensure that all federal, state, and local laws and regulations regarding the child nutrition programs are strictly enforced.

2. School principals will ensure that nutrition guidelines for foods available at schools are followed, that competitive food sales during the school day meet or exceed state and federal regulations and that the district adopted course of study for K-12 physical education will be implemented and other district approved physical activity programs will be provided.
3. Each school site will designate at least one staff member to be a wellness liaison who will be responsible for working with the school administrator to ensure compliance within the school and for reporting progress to the district wellness committee. The District Wellness Committee will provide assistance with implementing the Wellness Policy at the school level as needed.

The site personnel responsible for compliance will conduct a qualitative assessment of policy implementation every two years using the Wellness School Assessment Tool-Implementation (Well SAT-I). The results of the assessment will be submitted to the district level lead of the Wellness Committee.

The Wellness Committee Lead will provide an annual report to the Board of Education evaluating the implementation of the policy. This information/report will be made public and will be shared with the principals, staff, students and parents/guardian through the following means of communication: district and school websites, e-mails, social media and district press releases.

The annual progress report will include a link to the district Wellness Policy, a summary of wellness activities implemented that school year, and contact information for the district Wellness Committee Lead. The report will include information on the next Wellness Committee meeting for those who want to participate.

The Superintendent or designee shall report to the Governing Board at least once each year for the first two years and thereafter every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity. As necessary, the wellness related policies shall be revised and/or modified to reflect state and federal laws and evaluation results.

The district Wellness Committee will review and update the policy every two years with consideration to the most current state and national recommendations as applicable to student wellness.

Nutrition education and information regarding the nutrition standards will be provided to parents/guardians in the form of handouts, the school website, e-mail and/or through any other appropriate means available to reach parents.

Posting Requirements

Reference: EC, Section 49432

Required communications on the Wellness Policy are to be posted on the Garden Grove Unified District website and available to the public at each school site. (Education Code 49432)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at the [Filing a Program Discrimination Complaint as a USDA Customer page](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: 202-690-7442; or

(3) email: program.intake@usda.gov

**Wellness Policy Committee Members
2018-2019**

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