

Santa Paula USD | AR 5030 Students

Student Wellness

General Goals

1. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
2. All students in grades 1-12 are encouraged to accept personal responsibility and develop healthy habits for life. This would include healthy eating, daily physical activity, using car seat and/or seat belt, wearing a helmet and protective gear as appropriate, good oral health, frequent hand washing, limiting screen time, and avoiding drugs including alcohol and tobacco,
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans (7CFR 210.10).
4. 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.
5. The Santa Paula Unified School District shall participate in the federal school nutrition programs, including the National School Lunch and School Breakfast Programs.
6. The Santa Paula Unified School District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity; the district will establish linkages between health education, school meal programs, and related community services.
7. The school district will maintain an environment that provides a sense of community and support.

GOALS FOR HEALTH AND NUTRITION EDUCATION, PHYSICAL ACTIVITY, AND SCHOOL CULTURE THAT PROMOTE STUDENT WELLNESS

Goals for Nutrition Education

The Santa Paula Unified School District aims to teach, encourage, and support healthy eating by students. Santa Paula Unified School District will seek to provide health and nutrition education and engage in nutrition education that:

1. Is part of not only health education classes, but also encouraged to occur in classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
2. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits, and school gardens;
3. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
5. Links with school meal programs, other school foods, and nutrition-related community services;
6. Includes resources for teachers and other staff.

Goals for Student Learning in Health Education

The goal of the comprehensive health program is to foster and promote health literacy among all students so they can apply that knowledge in their own personal behavior and environment (EC 51890). Students should be able to:

1. Demonstrate ways to enhance and maintain their physical and mental health and wellbeing, using research-based information, goal setting skills, and decision making skills.
2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness, based on concepts and self-management skills related to diet, physical activity, and safe food handling.
3. Understand and demonstrate how to play a positive role in promoting the nutrition related health of their families, peers, and the community through advocacy and interpersonal communication skills.
4. Understand and accept individual differences in growth and development and the relationship between the human body and nutrition
5. Identify information, products, and services that may be helpful or harmful to their health and demonstrate the ability to access valid nutrition information and health promoting products and services.
6. Explore the various food, agriculture, activity-related, health-related and nutrition related careers as vocational options.

Goals for Physical Education and Physical Activity

The Santa Paula Unified School District will provide all students the opportunity, support, and encouragement to be physically active on a regular basis through physical education and physical activity.

Daily Physical Education, K-12

The physical education minute requirements are (Education Code 33050):

- * Elementary grades 1-6, minimum of 200 minutes each ten days
- * Secondary grades 7-12, minimum of 400 minutes each ten days

All students in grades 1-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (Education Code 51210, 51222). Temporary exemptions will be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program (Education Code 51241).

All students will receive a standards-based physical education program as outlined in the California Department of Education's 2005 Physical Education Model Content Standards for California Public Schools: Kindergarten through Grade Twelve. It is the districts goal that students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity and that students will:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities;
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities;
3. Assess and maintain a level of physical fitness to improve health and performance;
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance;
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

Santa Paula Unified School District will assess physical fitness of students in all grades on an on-going basis and additionally will assess students in grades 5 ,7 and 9 on an annual basis (February, March, April, or May) using the State of California's physical fitness test (Education Code 60800). Students will be informed of their results upon completing the test, and results will be sent to parents/guardians,

As practical, the district will provide professional development that emphasizes standards based instruction, strategies for full student engagement and growth, and assessment to teachers who deliver physical education.

Daily Recess

Elementary students will have at least fifteen minutes a day of supervised recess, preferably outdoors, during which they will be verbally encouraged to participate in physical activity.

Santa Paula Unified School District will 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, school staff will give students periodic breaks during which they are encouraged to stand and be moderately active.

Student Safety During Physical Activity

Student safety is a priority at all times. Santa Paula Unified School District has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents.

Appropriate school personnel will be trained in emergency response procedures, basic first aid and CPR, and to administer medications that students are required to take during school hours.

School personnel will monitor and maintain equipment used for physical activities. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.

Students will have access to water. Students will be encouraged to practice sun safety, including wearing protective clothing and frequently applying sunscreen.

The school will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

Goals for a Positive School Culture

The Santa Paula Unified School District Board of Education desires a learning community that welcomes, supports, and encourages its members to lead healthy, life style.

The Board recognizes that it is not always possible to have nurses, psychologists, counselors on site to address health issues. However, it is the district's goal to develop a professional learning community that is responsive to its member's needs, one in which students, staff, and parents work as partners to meet challenges and solve problems.

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS AS PART OF THE SCHOOL'S MEAL PROGRAM

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

1. Be appealing and attractive to children
2. Be served in clean and pleasant settings
3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
4. Offer a variety of fruits and vegetables
5. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA)

Santa Paula Unified School District will seek to engage students and parents in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices. Santa Paula Unified School District will share information about the nutritional content of meals with parents and students via its website and in regular home/school communication.

Free and Reduced-Price Meals

Santa Paula Unified School District - Child Nutrition Services Department has been approved by the California Department of Education - Nutrition Services Division to participate in the program called Community Eligibility Provision (CEP). CEP is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows school districts to serve breakfast and lunch at no cost to all enrolled students without collecting household

applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).

In the absence of CEP, Santa Paula Unified School District 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. There will be no identifying lines or other system to separate paying and non paying students.

Meal Times and Scheduling

1. Students will have a reasonable amount of time, if possible twenty minutes after sitting down to finish their lunch and ten minutes after breakfast,
2. It is recommended there be a minimum of two hours between meals.
3. Meal time will be scheduled during the appropriate part of the day.
4. Lunch Meal time must be offered between 10:00 a.m. - 2:00 p.m. Monday - Friday.
5. Clubs and meetings will not be scheduled during meal time unless students are allowed to eat during the meeting.
6. Students will have access to hand washing or hand sanitizing before they eat meals and snacks.

Qualifications for School Food Service Staff

Qualified nutrition professionals will administer the school meal program. Food service personnel at the school site will receive professional development that will include appropriate certification and/or training programs according to their levels of responsibility.

Sharing of Foods and Beverages

Santa Paula Unified School District personnel will discourage students from sharing foods and beverages with each other because of possible allergic reactions, disease transmissions, and dietary restrictions.

NUTRITION AND FOOD SAFETY GUIDELINES FOR FOODS AND BEVERAGES SOLD OR DONATED TO STUDENTS ON CAMPUS DURING THE SCHOOL DAY (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte, snacks, fundraisers, etc.)

Nutrition Guidelines for Foods and Beverages Sold or Donated Individually

Foods and beverages sold or donated individually will be limited to those that meet local, state, and federal guidelines and the criteria of Education Code 49431.5.

SOLD means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

Beverages:

1. Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener; (Grades K-12)
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener; (Grades K-12)
3. No more than 8 fl. oz. serving size (Grades K-5)
4. No more than 12 fl. oz. serving size (Grades 6-12)
5. Drinking water with no added sweetener and no serving size (Grades K-12)

6. All beverages must be caffeine-free (trace amounts are allowable). (Grades K-12)
7. One-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk;
8. For high school students only: an electrolyte replacement beverage must be either less than or equal to 5 calories per 8 fl oz. (no calorie) or less than or equal to 40 calories per 8 fl oz. (low calorie), Water as First Ingredient, less than or equal to 16.8 grams added sweetener per 8 fl oz., 10-150 mg sodium/8fl.oz., 10-90 mg potassium/8fl oz and No added caffeine. Maximum serving sizes are 20 fl oz. (no calorie) or 12 fl oz (low calorie). (Grades: 9-12)
9. For high school students only: Flavored water must be either less than or equal to 5 calories per 8 fluid oz (no calorie) OR less than or equal to 40 calories per 8 fluid oz. No added sweetener and No added caffeine is allowed. Maximum serving sizes are 20 fl oz. (no calorie) or 12 fl oz (low calorie). Grades: 9-12

In the event of a fundraising activity, the above criteria will not apply if:

1. The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school; or
2. The items are sold by pupils of the school and the sale of those items takes place from midnight to one half hour or more after the end of the school day

Commencing January 1, 2017, all food sold to a pupil from midnight to one-half hour after the end of the official school day shall be those mentioned below.

Elementary School Food Restrictions: (Grades K-6)

A food item that is sold individually will meet local, state, and federal requirements and the criteria set forth in Education Code 49431.

1. Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), OR be a combination food containing at least $\frac{1}{2}$ cup fruit or vegetable
2. Will not have more than 35% of its total calories be from fat (excluding nuts, nut butters, seeds, eggs, and cheese);
3. Will not have more than 10% of its total calories be from saturated fat (excluding eggs and cheese);
3. Will not have more than 35% of its total weight be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables);
4. Will have no more than 0.5 grams of trans fats per serving
5. Snack foods will not have more than 200 calories per individual food item and no more than 200 milligrams sodium per item/container (Grades K-12)
6. Paired Foods: must meet the standards set forth in the quick reference card
7. Whole Grain items must meet the standards set forth in the quick reference card
8. For Middle and High School: Entrée items must be intended as the main dish and (i.e., sandwiches, burritos, pasta, and pizza) shall not exceed 350 calories per food item and meet the other standards set forth in the quick reference card when being sold by Food Service if NOT on the menu the day of or day after or any other entity selling entrée item.

The school will encourage the use of foods low in sodium and limit foods with trans-fatty acids when possible. Whenever possible, the school will provide whole, fresh, unprocessed foods and ingredients.

In the event of a fundraising activity, the above criteria will not apply if:

1. The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises; or

2. The items are sold by pupils of the school and the sale of those items takes place from midnight to at least one-half hour after the end of the school day.

If a fundraising activity takes place during the school day, the following California regulations shall be followed (California Code of Regulations Title 5, Sections 15500 and

A student organization may not sell more than one food item per sale when the following conditions are met:

1. The specific nutritious food is pre-approved by the governing school board;
2. Only one food or beverage item per sale.
3. The sale must occur after the last lunch period has ended.
4. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.
5. The food or beverage item cannot be prepared on campus.
6. Each school is allowed four sales per year
7. For the Middle and High school: A student organization may be approved to sell food at any time during the school day, including the regularly scheduled food service periods, as provided: (1) only one such organization each school day selling no more than three types of food or beverage items such as chips, sandwiches, juices, etc (2) In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

Food Safety Guidelines for Foods and Beverages Sold or Donated Individually

1. It is the responsibility of every adult who is involved in handling, preparing, or serving food to ensure that all food is handled, prepared, and served in a manner that ensures no risk to students or adults,
2. The adults involved in food experience will affirm that all students handling food practice good personal hygiene.
3. Food that is prepared for consumption at staff events or other events intended for adults must not be served to students under any circumstances.
4. Safe food handling practices include as a minimum the following:
 - * Maintain foods at safe temperature - Keep hot food hot and cold food cold.
 - * Prevention of Cross-Contamination - Avoid raw food from coming in contact with cooked food. Clean and sanitize food preparation area and utensils. Wash hands after touching raw food and before touching prepared food.
 - * Practice Good Personal Hygiene - Wash hands with soap and water after using the restroom, before, during and after food preparation, after coughing or sneezing. Do not prepare food for others if you are ill,
5. Administrators and all staff who coordinate events where such food is served must obtain assurance from those who provide the food, that all items have been handled and prepared in compliance with safe food handling and preparation,
6. Prepackaged foods obtained from commercial sources are required
7. In accordance with US Food Code, California Health and Safety Code, and Hazard Analysis Critical Control Point (HACCP), it is not permissible to bring into a school kitchen any food item that is not procured from the district's authorized supplies.
8. Classroom trash receptacles need to be emptied on the same day as the food experience to prevent pest infestation.

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 food and beverages that meet the above stated nutritional guidelines.

Rewards

Santa Paula Unified School District will discourage the use of foods and beverages that do not meet the nutrition standards stated above as rewards to students. Food that is used for rewards shall be purchased from a reputable store. Prepackaged foods obtained from commercial sources are required. Food will not be withheld as a punishment.

Donated Foods and Beverages

Santa Paula Unified School District will discourage donated foods or beverages that do not meet the nutrition standards stated above. Prepackaged foods obtained from commercial sources are required*

Celebrations and Events Involving Food

Santa Paula Unified School District encourages the number of celebrations that involve food during the school day to be limited to 3 per school year. Meeting of the nutrition standards is encouraged. All food and beverage items brought into the school as part of the celebration must be prepackaged foods obtained from commercial sources. It is recommended that the purchased food item be pre-wrapped to prevent unnecessary handling of the food. Santa Paula Unified School District will encourage the use and sale of healthy food and beverage products at school-sponsored events. Students are required to wash their hands before they partake in the food celebration or event.

Food Prepared from Home

Santa Paula Unified School District believes that student safety is a priority at all times, therefore; the district does not allow foods or beverages made at home to be brought to school to be served to students during the school day. Food brought from home for an individual student breakfast and/or lunch is not covered by this policy; however, Santa Paula Unified School District will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

Food Experiences in Classrooms

Food experiences shall be used in conjunction with the classroom curriculum. Food or beverages prepared shall meet the above nutrition standards. Students and adults are required to wash their hands before participating in the food experience. Student safety is important and the adult should closely supervise the students' use of sharp objects or hot equipment. In addition, the adult needs to contact the food service staff at their site to learn how they can reduce the possibility of foodborne illness with the items they plan to use for the experience. The custodian will empty all trash receptacles in the classroom after the cooking experience to prevent pest infestation,

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, Santa Paula Unified School District 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, as stated above. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

COMMUNICATION WITH PARENTS

Santa Paula Unified School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Santa Paula Unified School District will support parents' efforts by sending home nutrition information, posting nutrition tips on school websites, and providing nutrient analysis of school menus. Santa Paula Unified School District will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages, The 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.

Santa Paula Unified School District 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, special events, or physical education homework.

Staff Wellness

Santa Paula Unified School District values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. Santa Paula Unified School District encourages all staff members to model a healthy lifestyle for its students.

MONITORING AND POLICY REVIEW

Monitoring

The superintendent/principal or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within the school food service program and will report on this matter to the superintendent/principal.

The Child Nutrition Services Director will measure implementation and compliance in the following ways:

Food and Beverage: To ensure that nutrition guidelines are met and/or healthy nutrition is encouraged:

1. Review of school menus;
2. Review of snack offerings to ensure that food and beverage guidelines are being followed;
3. Review the number of per class celebrations and the type of food and beverage requested by the teacher with the help of the Site Principal;
4. Review the number of school-wide celebrations in which food was involved;
5. Review school-sponsored events and fundraisers in which food was involved,
6. Review alternate ideas used for rewarding students other than food or beverage.

Any changes will be reported to the Superintendent &/or Site Principal,

Physical Activity and Physical Education

The Superintendent/Principal will measure implementation and compliance in the following ways:

1. Review daily schedule and include physical education in observations to ensure physical education time and instruction are taking place;
2. Review assessment results for Grades 5, 7 and 9;

Health and Nutrition Instruction

Review year long plans to ensure that health and nutrition education is part of the regular school program

Safe and Nurturing School Environment

1. Review the number of discipline referrals;
2. Review Healthy Kids and Safe School Surveys;
3. Review School Accountability Report Card.

Communication with Parents

Review the types of communication with parents regarding contents of the wellness policy (i.e., flyers, parent meetings, and website).

Policy Review

The Superintendent/Principal will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness and that it is based on the best available research in the area of student wellness. The Santa Paula Unified School District Board will always take final action on any recommendations for policy changes.

Non-Discrimination Statement:

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

This institution is an equal opportunity provider.

Regulation SANTA PAULA UNIFIED SCHOOL DISTRICT

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