

Victor Valley Union High School District

Wellness Policy

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Submitted by the District Wellness Committee

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Board of Education

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Introduction to the Victor Valley Union High School District Wellness Policy

Victor Valley Union High School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Therefore, this policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- VVUHSD will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring and reviewing District-wide nutrition, health, wellness and physical activity policies.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school starting at midnight and up to one half hour after the school day, including fundraisers, will meet the state and federal nutrition regulations that pertain to Nutrition Services (Healthy Hunger Free Kids Act 2010).
- 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; school sites will provide a clean, safe and pleasant setting in which to enjoy the meals, including adequate time (at least 20 minutes) and seating for all students to eat.
- The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks in content standards and, as appropriate, shall be integrated into other academic subjects.

This policy applies to all students, staff, and schools in the District.

Background on the Wellness Policy Committee

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies (*Appendix O: CDE Local School Wellness Policy Requirements*). The objectives of the HHFKA include enhancing existing Local School Wellness policy requirements by strengthening implementation and assessment of the policies, and expanding public input in both wellness policy development and reporting.

As a result of the new regulations, VVUHSD began the process of updating its existing Wellness Policy of 2015. As with the previous policy, VVUHSD formed a Wellness policy Committee. The committee was composed of community/district stakeholders within the District. The task of this committee was to update the existing Wellness Policy by incorporating new federal and state objectives.

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

Victor Valley Union High School District Wellness Policy

School Health, Safety and Environment

VVUHSD believes all students should be educated in learning environments that are safe, drug-free, and conducive to learning. VVUHSD believes schools play a critical role in promoting healthy and safe behaviors that encourage students to establish lifelong healthy habits. Improving student health and safety increases students' capacity to learn, reduces absenteeism and improves physical fitness and mental alertness.

VVUHSD will continue to provide and promote a safe environment during the school day and during all school related functions.

1. Physical Environment, Health & Safety

- Annual updated emergency plans are provided
- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites will monitor grounds/equipment and refer potential hazards for repair promptly.
- Staff will be informed of and follow district safety regulations.
- School sites will promote a drug-and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will enforce an "anti-bullying" policy and encourage social tolerance and respect for others.
- First Aid kits are made available at the school site.
- Annual "drug free" training is provided to all students.

2. Social/Psychological Health

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services the District will provide access or referrals to health service and mental health services at or near District school and/or may provide referrals to community resources.

3. Health Services

The Health Services program is a critical means to improving both education performance and well-being of the students.

- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
- Health Services will provide local community resources for health care, health insurance, and health education, including low-and no-cost resources to students, their families, and staff.
- District Nurses (or designee) will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff.
- Immunizations are provided at no cost to incoming 7th graders

- Grade level mandated screenings (vision, hearing, and scoliosis) shall be adhered to by the District Nurse (or designee).

4. Health Education

VVUHSD will encourage health education to students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

- District staff will strive to use a health education curriculum that is consistent with state standards for health education.
- Schools will be encouraged to provide education events to support and teach healthy choices.
- School assemblies will incorporate health and wellness awareness through guest speakers, fairs etc...

Nutrition

1. Nutrition Services

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (verified by Product Specifications); and to meet the nutrition needs of school children within their specified calorie requirements outlined in the Healthy Hunger Free Kids Act 2010 (HHFKA) (*Appendix E: Meal Pattern Requirements, Appendix F: Competitive Food Regulations Summary*)

The District recognizes the importance of promoting healthy food within the district. Therefore, all schools within the District participate in USDA Child Nutrition Programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP) At Risk Afterschool Supper Program and (as applicable) the Summer Food Service Program (SFSP). These programs follow the Healthy Hunger Free Kids Act 2010 (*Appendix E: Meal Pattern Requirements, Appendix F: Competitive Food Regulations Summary*)

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as **encourage participation** in school meal programs. This promotion will occur through at least these specific areas:

- Meals are accessible to all students;
- Students are provided at least 20 minutes to eat their lunch
- Meals are appealing and attractive to children;
- Meals are served in clean and pleasant settings;
- Meals meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- The District promotes healthy food and beverage choices:
 - Daily fruit and vegetable options are displayed in a location in the line of sight and reach of students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal
 - Student Nutrition Advisory Councils are established at all *sites* (*Appendix P: Student Nutrition Advisory Council (SNAC) Handbook*)
 - Student surveys and taste testing opportunities are used to inform menu development
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
 - Menus are posted on the District website and will include nutrient content and ingredients
 - All students shall have access to free, safe, fresh drinking water during meal times
 - Nutrition information for all programs (SBP, NSLP, Supper, Summer Meals) offered within the District will be provided to parents and students via the department website, in the cafeteria, on menus and through the districts "all call" method of communication
 - Clearly defined directions regarding the approval process for planning events, classroom rewards, fundraisers will be provided to district administration,

school site staff and ASB (*Appendix F: Competitive Food Regulations Summary, Appendix E: Meal Pattern Requirements, Appendix G: USDA Smart Snacks, Appendix H: California Project Lean – California School Food Standards Calculator, Appendix I: A+ Fundraisers for High Schools, Appendix J: VVUHSD Event/Fundraising Request form*)

- All foods and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines (*Appendix F: Competitive Food Regulations Summary*)

Nutrition Services employs well-prepared staff, efficiently serving appealing choices of compliant, nutritious foods at meal times.

- The department will provide professional development for Nutrition Services staff on the Wellness Policy requirements.
- Annual training on policies and procedures regarding the USDA and CDE requirements for the reimbursable meal program will be provided to all Nutrition Services Staff.
- Nutrition Services staff will be annually trained in food safety, Hazard Analysis Critical Control Point (HACCP).

2. Food and Nutrition Standards

- Each school ensures foods and beverages sold and served on school campus starting at midnight and up to one half hour after the school day will comply with the California Education code and California Code of Regulations (*Appendix F: Competitive Food Regulations Summary, Appendix E: Meal Pattern Requirements*)
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars following the Competitive Food Regulations Smart Snacks initiative within HHFKA 2010. (*Appendix F: Competitive Food Regulations, Appendix I: A+ Fundraisers for High Schools, Appendix G: USDA Smart Snacks information, Appendix H: California Project Lean – California School Food Standards Calculator*)
- Documentation of nutrition information for foods sold or served outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be provided to the Director Nutrition Services along with the District Event/Fundraising Form signed by event coordinator (*Appendix J: VVUHSD Event/Fundraising Request form, Appendix F: Competitive Food Regulations Summary*)
- No food outside the NSLP (reimbursable meal program) may be prepared on campus (with the exception of curriculum)(*Appendix F: Competitive Foods Regulations Summary*)
- Nutrition Standards (USDA and CDE policies) will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts (*Appendix F: Competitive Food Regulations, Appendix I: A+ Fundraisers for High Schools, Appendix G: USDA Smart Snacks information, Appendix H: California Project Lean – California School Food Standards Calculator*)
- Food Safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will:
 - Wash hands properly
 - Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 135 degrees

Fahrenheit – Temperatures must be documented and filed with event/fundraiser paperwork

- Clean and sanitize utensils and work surfaces
- Not handle food or utensils when sick
- Not handle food with bare hands, gloves must be worn
- To reinforce the school's nutrition standards, each school discourages the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means (*Appendix F: Competitive Food Regulations Summary*)
- Schools will encourage non-food rewards for recognition of classroom success and achievement (*Appendix K: Healthy Fundraisers*)
- Faculty lounges and other staff accessible locations will include vending machines that promote healthy choices.
- Homemade foods will not be allowed for students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.

3. Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students.

- Schools will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The school's nutrition education program shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge all students need to maintain a healthy lifestyle.
- Nutrition education shall be provided as part of the health education program in grades 7-12 and, as appropriate, shall be integrated into their academic subjects in the regular educational program.
- Nutrition education may be offered through before –and after—school programs.
- Utilize Dairy Council lesson plans introducing nutrition and physical fitness ideas.
- Utilize USDA's Team Nutrition website which provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more (*Appendix L: USDA's Team Nutrition*)
- Incorporate health and nutrition into physical education classes
- Coordinate assemblies to support refusal skills, positive self-esteem and healthy choices in lifestyles.
- Nutrition education events may be coordinated through the Student Nutrition Advisory Council (SNAC) (*Appendix P: Student Nutrition Advisory Council Handbook*)
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.
- Encourage incorporation of school gardens into schools district wide.

Physical Activity and Physical Education

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short-and long-term benefits of a physically active and healthy lifestyle.

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

1. Physical Education (PE) Standards

VVUHSD PE curriculum will follow the California State Physical Education K-12 Standards (*Appendix M: Physical Activity Regulations Summary*)

- All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.
- The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
- Students will participate in moderate to vigorous physical activity through PE or interscholastic activities per Education Code (*Appendix M: Physical Activity Regulations Summary*)
- Students in grades nine through twelve will be provided with the opportunity to participate in interscholastic activities.
- Physical fitness tests will be administered in seventh and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels.

Essential Physical Activity Topics in Health Education

VVUHSD will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement (Appendix N: Presidential Youth Program, Let’s Move Active Schools, Action For Healthy Kids, Society of Health and Physical Educators (Shape) America)

Teachers will serve as role models by being physically active alongside the students whenever feasible.

2. PE and Physical Activity Goals

VVUHSD students should be encouraged to participate in 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

VVUHSD recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. (Appendix N: Presidential Youth Program, Let’s Move Active Schools, Action For Healthy Kids, Society of Health and Physical Educators (Shape) America)

Schools shall provide all students, 7-12 grade with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.

- A comprehensive physical activity program encompasses a variety opportunities for students to maximize physical activity, including but not limited to : PE, health education that includes physical activity as a main component, special programs (In It to Thin It,

Jump for Heart, Mileage Club, Relay for Life, Walk and Jog-a-thons, athletic programs, and interscholastic activities).

- Current and scientifically accurate physical activity content is integrated into before-and after-school programs and classroom instruction.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill level.
- Schools will encourage family and community members to support programs outside of the school that promote a healthy active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.
- VVUHSD Superintendent and Board encourages VVUHSD Administration, faculty, staff to model healthy physical activity behaviors.
- The Superintendent (or designee) will develop a program highlighting (each month) one of our district athletes. Highlighting active students supports the concept of choosing a healthy lifestyle.

Staff, Family and Community Involvement

VVUHSD will integrate wellness activities across the entire school setting; Nutrition Services, other food and beverage venues, and physical activity facilities. VVUHSD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- The Superintendent and designee will encourage the development of a Student Nutrition Advisory Council (SNAC) (*Appendix P: Student Nutrition Advisory Council Handbook*) at each site. SNAC's will reach out to students, parents, community in an effort to promote the district's commitment to health and wellness for all staff and students.
- SNAC will assist with promotion of healthy behaviors through development of school wide events which tie into the districts overall health and wellness goals.
- SNAC will promote participation and support in the schools Nutrition Services program by reaching out to students, faculty and parents with opportunities for Nutrition Services menu tasting events, as well as providing information to ASB regarding proper processes for school fundraisers and events during the school day.
- VVUHSD staff shall model healthy behaviors
- An Employee Assistance Program (EAP) is available for VVUHSD staff
- Community-based partnerships are encouraged to promote a healthy lifestyle for students, and VVUHSD staff. Community partnerships can help promote these behaviors.
- The Superintendent (or designee) will develop opportunities for parents to participate in health and wellness classes through the parent center
- The Superintendent (or designee) will develop a community partnership with local fitness outlets to offer discounts to district staff
- The Superintendent (or designee) will develop programs/opportunities for staff to access school site weight rooms after school hours.
- The Superintendent (or designee) will develop an incentive program to reward district employees emulating healthy lifestyles
- The Superintendent (or designee) will provide staff development to all staff on the benefits of basic nutrition and exercise as well as the benefits of a healthy lifestyle to long term quality of life.

Implementation, Evaluation and Monitoring of the Wellness Policy

The Superintendent shall designate one person within the District and at each school site who is charged with operational responsibility to ensure each school site complies with this policy. Annual training on this policy will be provided by the Superintendent (or designee). Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the VVUHSD Wellness Policy. The Superintendent (or designee) shall assess the implementation and effectiveness of this policy every year in May. The evaluations (*Appendix A :School Site Annual Evaluation Form, Appendix B: Health Service Annual Evaluation Form, Appendix C: Parent and Volunteer Group Annual Evaluation Form, Appendix D : Student Nutrition Advisory Council Evaluation and ASB Officer Annual Evaluation Form*), shall include:

- The extent to which District schools are in compliance with this policy
- A description of the progress made in attaining the goals of the VVUHSD Wellness Policy

The Superintendent (or designee) shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate and science-based or research-validated. The District and Wellness Policy committee will meet twice a year and evaluate the policy to fit the goals and needs of the District. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness and to identify successes, as well as barriers to success.

The Superintendent (or designee) shall inform and update the public, including parents/guardians, students and others in the community about the content and implementation of this policy and the evaluation results.

In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practice, recognizing accomplishments and making policy adjustments as needed to focus District resources and efforts on actions that will most likely make a positive impact on student health and achievement.

Wellness Policy Committee Members
2014-2015

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Board of Education

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Life Fit

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George Mangum
Community Member
Heritage Victor Valley Medical Group

School Site Annual Evaluation Form

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the VVUHSD Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually by an administrator, teacher and a parent representative from each school site and returned to the Superintendent by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed etc).

If you have any questions regarding filling out this survey, you can contact Stephanie Gillenberg, Director Nutrition Services at ext 10288.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number/email: _____

| Overview | Needs Improvement | Meets | Exceeds |
|---|-------------------|-------|---------|
| 1. Your school promotes healthy lifestyle to your staff, students and parents. | | | |
| 2. The programs and/or activities provided by your school set our school at or above the standards of the VVUHSD Wellness Policy. | | | |

Additional comments on how your school site promotes health and wellness and response to any "Needs Improvement" indicator(s).

School Site Annual Evaluation Form

| School Health, Safety and Environment | Needs Improvement | Meets | Exceeds |
|--|--------------------------|--------------|----------------|
| 1. School site is monitored for potential hazards. | | | |
| 2. Students are taught campus safety rules. | | | |
| 3. An "anti-bullying" policy is enforced. Peer to peer counseling is encouraged and arranged as needed for students. | | | |
| 4. Health Services staff at your school site promote healthy habits and injury prevention for staff and students. | | | |
| 5. A drug-and substance-free environment is promoted. | | | |
| 6. Your school encourages events that promote and support a healthy lifestyle. | | | |
| 7. Grants and other resources are researched and implemented for training and materials for health curriculum, outside of standard funding given to your school. | | | |

Additional comments on your school site's school health, safety and environment:

School Site Annual Evaluation Form

| Nutrition | Needs Improvement | Meets | Exceeds |
|--|--------------------------|--------------|----------------|
| <i>Nutrition Services</i> | | | |
| 1. Nutrition Services staff are well-prepared and efficiently serve meals to your students. | | | |
| 2. Drinking water is available to students on campus. | | | |
| 3. Your site (ASB, faculty, staff) understand the approval process for fundraisers, events, classroom incentives. Site staff know where to locate the District Event/Fundraiser form. | | | |
| 4. Students have at least 20 minutes to eat their lunch | | | |
| 5. Students are offered a clean environment to eat meals. | | | |
| 6. Your site supports the nutrition services program by announcing the daily menu. | | | |
| <i>Nutrition Standards</i> | | | |
| 7. All foods and beverages sold and served on school campus, including fundraisers, from midnight and up to one half hour after the school day comply with the Healthy Hunger Free Kids Act 2010 (Appendix) and the Smart Snacks/Competitive Sales policy (Appendix) | | | |
| 8. Marketing and advertising of non-compliant foods and beverages is discouraged on school campus. | | | |
| 9. Non-food rewards are encouraged for student achievement. | | | |
| <i>Nutrition Education</i> | | | |
| 10. Nutrition Education is provided as part of a health education program and is integrated into other academic subjects. | | | |

Additional comments on foods and beverages available on campus and nutrition education:

School Site Annual Evaluation Form

| Physical Activity and Physical Education | Needs Improvement | Meets | Exceeds |
|---|--------------------------|--------------|----------------|
| 1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs. | | | |
| 2. The physical activity education curriculum at your school follows the California Education Code requirements. | | | |
| 3. Physical activity and the benefits of it are supported by your school site staff. | | | |
| 4. Physical education is delivered by well-prepared and well-supported staff. | | | |

Additional comments regarding your school site's physical activity and physical education:

| Staff, Family and Community Involvement | Needs Improvement | Meets | Exceeds |
|--|--------------------------|--------------|----------------|
| 1. Teachers and staff model healthy behaviors | | | |
| 2. SNAC program reaches out to community and parents with planned events for promoting nutrition and healthy lifestyles. | | | |

Additional comments on how your school site involves community, staff and teaches in student wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Health Services Annual Evaluation Form

The purpose of this evaluation is to determine if Health Services is meeting goals set forth in the VVUHSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually by the District Nurse for each school site and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "needs improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, you can contact Stephanie Gillenberg, Director Nutrition Services at ext 10288.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number/email: _____

| Health Services | Needs Improvement | Meets | Exceeds |
|--|-------------------|-------|---------|
| 1. The District Nurse reviews and supports the VVUHSD Wellness Policy. | | | |
| 2. The District Nurse review and supports the VVUHSD Board Policy and protocols related to Health Services. | | | |
| 3. The District Nurse reviews the policies and protocols related to Health Services as needed. | | | |
| 4. The District Nurse educates designated office staff regarding protocols to use for students with special needs, ie...diabetes | | | |

Please see next page for more questions

Health Services Annual Evaluation Form

| <i>Health Services continued</i> | Needs Improvement | Meets | Exceeds |
|---|--------------------------|--------------|----------------|
| 5. School site staff refer students and staff to District Nurse when they require information or assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation, and emotional wellness. | | | |
| 6. The District Nurse acts on referrals and opportunities to provide health information to staff and students regarding nutrition, respiratory management, tobacco cessation, disease prevention and detection, and emotional wellness. | | | |
| 7. The District Nurse provides screenings for students as indicated, notifying parents/guardians of failed screenings and follow up on referrals. | | | |
| 8. The District Nurse acts upon opportunities to provide voluntary health screenings to staff as requested. | | | |
| 9. The District Nurse maintains a current (updated at least annually) list of low/no cost health care resources and low/no cost health insurance information for identified families. | | | |
| 10. The District Nurse participates in community health information outreach activities. | | | |

Additional comments on how Health Services promotes health and wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Parent and Volunteer Annual Evaluation Form

The purpose of this evaluation is to determine if Parent and Volunteer groups on school campus are meeting the wellness goals set forth in the VVUHSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually for each school site and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "needs improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, you can contact Stephanie Gillenberg, Director Nutrition Services at ext 10288.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number/email: _____

| <i>Parent Volunteer Annual Evaluation Form</i> | Needs Improvement | Meets | Exceeds |
|--|--------------------------|--------------|----------------|
| 1. The parent/volunteer group at your school promotes health and wellness to students by incorporating physical activity into programs, fundraisers, events or other school-related functions. | | | |
| 2. Foods and beverages sold or served on campus from midnight and up to one half hour after the school day support healthy eating and meet the California Education Code and California Code of Regulations. | | | |
| 3. Food safety and sanitation standards are followed when foods are served at all school-related events (class rewards, fundraisers). | | | |
| 4. Efforts are made to coordinated with Nutrition Services whenever serving/selling food on campus during the school day and up to 30 minutes after school ends. | | | |
| 5. Parent/Volunteer group has received a review/summary training on the policies of the Nutrition Services, Child Nutrition Program. | | | |

Parent and Volunteer Annual Evaluation Form

Please list any fundraisers or other events that the Parent/Volunteer group hosts that promote healthy behaviors (related to nutrition, physical activity, etc.) to our students. Please share any best practices.

[illegible]

Additional comments on how the Parent/Volunteer group at your school promotes health and wellness:

[illegible]

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Student Nutrition Advisory Council (SNAC) and Associated Student Body (ASB) Officer Annual Evaluation Form

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the VVUHSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. For the questions below, please mark the answer that applies to your school as a whole. Questions specific to the Student Nutrition Advisory Council or ASB will be noted. This evaluation must be completed annually for each school site and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "needs improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, you can contact Stephanie Gillenberg, Director Nutrition Services at ext 10288.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number/email: _____

| <i>SNAC and ASB Evaluation Form</i> | Needs Improvement | Meets | Exceeds |
|---|--------------------------|--------------|----------------|
| 1. Your school promotes safety on campus. | | | |
| 2. Your school promotes a drug-and substance-free environment. | | | |
| 3. Food safety and sanitation standards are followed when foods are served at all school-related events (class rewards, fundraisers). | | | |
| 4. Your school enforces an "anti-bulling" policy on campus. | | | |
| 5. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc...). | | | |
| 6. Food and beverages served and sold on your school's campus from midnight and up to one half hour after the school day are healthy. | | | |
| 7. Food safety and sanitation standards are followed at all school related events (ie. Cafeteria, class rewards, fundraisers). | | | |

Student Nutrition Advisory Council (SNAC) and Associated Student Body (ASB) Officer Annual Evaluation Form

| <i>SNAC and ASB Evaluation Form continued</i> | Needs Improvement | Meets | Exceeds |
|---|--------------------------|--------------------------------|---------------------|
| 8. Classroom rewards or fundraisers serving/selling food follow all required Competitive Sales requirements as stated in the USDA Smart Snack rules. | | | |
| 9. ASB will refer to Nutrition Services for assistance with events serving foods and make every effort to support the Nutrition Services, breakfast and lunch program. | | | |
| 10. ASB/teachers complete the Event/Fundraiser District Form for all events and fundraisers and provide all required documentation to the Director Nutrition Services. | | | |
| 11. Nutrition Education is provided to students and is included into other academic subjects (math, science, English, etc...) | | | |
| 12. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc...). | | | |
| 13. Physical education is taught by well-prepared staff. | | | |
| 14. Teachers and staff model healthy behaviors while at school. | | | |
| 15. How confident is your SNAC/ASB at your school site about following and understanding the nutrition standards in the VVUHSD Wellness Policy? Circle the response that best reflects your opinion. | Not at all confident | Confident | Very confident |
| 16. Were you aware of the VVUHSD Wellness Policy before you filled out this evaluation form? Circle the response that best reflects your opinion. | NO | Somewhat—I've only heard about | Yes – I've read it! |

Please see next page for more questions

Student Nutrition Advisory Council (SNAC) and Associated Student Body (ASB) Officer Annual Evaluation Form

Please list any fundraisers or other events that the SNAC/ASB at your school hosted to promote healthy behaviors (related to nutrition, physical activity, etc.).

3

[illegible]

17. What is your favorite health-related event that your school hosted this year?

[illegible]

18. Please list any suggestions for events featuring nutrition or physical fitness. Think about events that might work for school fundraisers or educational events and school assemblies. Any ideas?

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

APPENDIX E

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012

| | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|--|---|-------------------------|--------------------------|--------------------|------------|-------------|
| | Grades K-5 ^a | Grades 6-8 ^a | Grades 9-12 ^a | Grades K-5 | Grades 6-8 | Grades 9-12 |
| Meal Pattern | Amount of Food ^b Per Week (Minimum Per Day) | | | | | |
| Fruits (cups) ^{c,d} | 5 (1) ^e | 5 (1) ^e | 5 (1) ^e | 2½ (½) | 2½ (½) | 5 (1) |
| Vegetables (cups) ^{c,d} | 0 | 0 | 0 | 3¼ (¾) | 3¼ (¾) | 5 (1) |
| Dark green ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Red/Orange ^f | 0 | 0 | 0 | ¾ | ¾ | 1¼ |
| Beans/Peas (Legumes) ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Starchy ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Other ^{f,g} | 0 | 0 | 0 | ½ | ½ | ¾ |
| Additional Veg to Reach Total ^h | 0 | 0 | 0 | 1 | 1 | 1½ |
| Grains (oz eq) ⁱ | 7-10 (1) ^j | 8-10 (1) ^j | 9-10 (1) ^j | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 ^k | 0 ^k | 0 ^k | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^l | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) ^{m,n,o} | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) ^{n,o} | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) ^{n,p} | < 430 | < 470 | < 500 | < 640 | < 710 | < 740 |
| Trans fat ^{n,o} | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. | | | | | |

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^bFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^gThis category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

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MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies 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.

Compliant foods:

1. "Snack" food items must be:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), and
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), and
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), and
 - d. < 0.5 grams trans fat per serving (no exceptions), and
 - e. ≤ 230 milligrams sodium (no exceptions), and
 - f. ≤ 200 calories per item/container (no exceptions)
 AND must meet one of the following
 - g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
 - h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
 - i. Be a combination food containing at least ¼ cup fruit or vegetable.
2. "Entrée" food items must be:
 - a. Meat/meat alternate and whole grain rich food; or
 - b. Meat/meat alternate and fruit or non-fried vegetable; or
 - c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack"),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories, and
- b. ≤ 4 grams of fat per 100 calories
- c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- a. ≤ 35% calories from fat, and
- b. < 10% calories from saturated fat, and
- c. ≤ 35% sugar by weight, and
- d. < 0.5 grams trans fat per serving, and
- e. ≤ 480 milligrams sodium, and
- f. ≤ 350 calories

AND must meet one of the following

- g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
- i. Be a combination food containing at least ¼ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(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.

** A whole grain item contains:

- a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." or
- b. A whole grain as the first ingredient, or
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

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

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies 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.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice and
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, and
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), and
 - b. ≤ 28 grams of total sugar per 8 fl. oz, and
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOLS)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Effective from midnight to one-half hour after school.

Applies ONLY to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. 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.

Smart Snacks

Starting in school year 2014-2015, all foods sold at school during the school day will need to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, and vending machines.

Tools and resources are available at www.fns.usda.gov/healthierschoolsday/tools-schools-smart-snacks.

Appendix H

California Project LEAN (Leaders Encouraging Activity and Nutrition) is a program of the Public Health Institute. California Project LEAN works to advance nutrition and physical activity policy in schools, early childcare and other community settings in order to prevent obesity and its associated chronic diseases.

More information about this effort and the California School Food Calculator is available at www.californiaprojectlean.org.

Appendix I

A+ Fundraisers for High Schools is available on the Nutrition Services VVUHSD website.

Victor Valley Union High School District

Fundraiser Request Form

School: _____ Organization/Teacher _____

Contact: _____ Phone: _____

CHECK ONE and follow instructions:

____ **EXEMPT:** Events or fundraisers are exempt from the 2015 District Wellness Policy rules if the following two (2) conditions are met: 1. The sale is in connection with an event occurring *after the regular school day* (regular school day is midnight to one-half hour after the end of the school day) or on the weekend; 2. The sale is at the location of the event and not on school campus. If your event matches these two criteria please sign the bottom portion of the event form and provide to Assistant Superintendent Dr Ratmony Yee.

FUNDRAISER Information:

____ Fundraiser – Date(s) of fundraiser: Start _____ End _____

Fundraiser (or food provided for Special Event):

1. Purpose of Fundraiser/Special Event _____
2. Type of Fundraiser/Special Event: _____

____ Food sold or served _____

☐

Food Purchased
with Nutrition
Services

☐

Food Purchased
from outside
source

____ Other (Non-Food) _____ (If non-food item sold – provide form with principal's signature to Assistant Superintendent Dr. Ratmony Yee for approval signature).

3. If purchasing food through **Nutrition Services**, skip #4, complete signature portion below and forward with principal's signature to Robynne at rsokolowski@vvuhd.org.
4. If the fundraiser involves selling/serving food and beverage items from an **outside source**, please supply the following information. (Provide form with principal's signature and production specification sheets to Director Nutrition Services at sgillenberg@vvuhd.org).

• Type of food or beverages: _____

• Manufacturer: _____

- * Provide **Production Specification sheets** highlighting Nutrition Analysis of product with this form to the Director Nutrition Services. All food sold/served on campus during school hours (midnight to one-half hour after school) must be compliant with current Nutrition Standards outlined in the **District's 2015 Wellness Policy**. Records will be kept on file in Nutrition Services for State Audits. (See Competitive Sales Regulations sheet with this form and the 2015 District Wellness Policy for additional information regarding Nutrition Standards)

Principal's Signature: _____ Date: _____

Director Nutrition Services Signature: _____ Date: _____

(required only for fundraisers with food)

Assistant Superintendent Educational Services: _____ Date: _____

Healthy Fundraising options and ideas

Action for Healthy Kids strives to make schools healthier places. Go to the following link for tools to use in planning healthy fundraisers:

www.actionforhealthykids.org

Center for Science in the Public Interest since 1971 is a strong advocate for nutrition and health, and food safety. The site provides a comprehensive look at Healthy Fundraisers. The handbook ***Sweet Deals: School Fundraising Can Be Healthy and Profitable*** provides tools for schools to use when planning school fundraisers.

www.cspinet.org/schoolfundraising.pdf

Appendix L

USDA's Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

www.fns.usda.gov/tn/team-nutrition

Physical Activity Regulations Summary

Below are the Education Code requirements for minutes of Physical Education for Middle and High School students.

Middle/High School minutes: Notwithstanding EC Section 51223, "All pupils, except pupils excused or exempted pursuant to EC Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten school days" (EC Section 51222(a)).

The minimum requirement for graduation is two courses in physical education. "Commencing with the 1988-89 school year, no pupil shall receive a diploma of graduation from high school who, while in grades nine to twelve, inclusive has not completed...." (EC Section 51225.3(a)) "two courses in physical education, unless the pupil has been exempted pursuant to the provisions of this code" (EC Section 51225.3(a)(1)(F)).

Information was extracted from the California Department of Education's FAQ page, which can be found at www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp

Connecting Learning and Movement

Go to the following websites for information on activities connecting learning and movement:

Presidential Youth Program, www.pyfp.org

Let's Move Active Schools, www.letsmoveschools.org

Action for Healthy Kids, www.actionforhealthykids.org

Society of Health and Physical Educators (Shape) America, www.shapeamerica.org

California Department of Education Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local education agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 1758b), Local School Wellness Policy implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that stakeholders be provided opportunities to participate in the development, implementation, and periodic review and update of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.
- Public notification information and updating the public (parents, students, and other in the community) periodically about the content and implantation of the local school wellness policy.
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies with the local school wellness policies.

USDA Nondiscrimination Statement

SNAP and FDIIR State or local agencies, and their subrecipients, must post the following Nondiscrimination 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, religious creed, disability, age, political beliefs, 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: How to File a Complaint, 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.

Victor Valley Union High School District
Student Nutrition Advisory Council
Handbook



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What is the Student Nutrition Advisory Council?

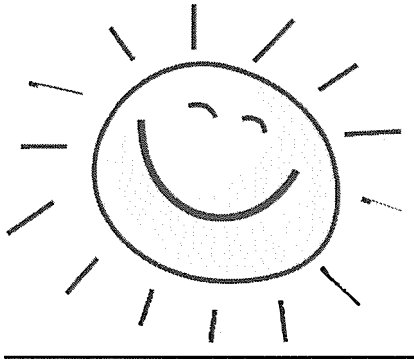
The Student Nutrition Advisory Council (SNAC), following the 2015 VVUHSD Student Wellness Policy, will serve as a link between students, school nutrition services personnel, administrators, site staff and the community. SNAC is not only a vehicle to spread the word about the important role good nutrition plays in students' lives, but it provides opportunities for students to think about their health through school, district-wide wellness events.



Examples of how members of SNAC will impact their school sites

Members of SNAC will:

- Link all students with opportunities to participate in school wide wellness events
- Provide feedback to the Nutrition Services program regarding menu items, through structured menu tasting events coordinated specifically by the SNAC membership and the Nutrition Services staff
- Make available Nutrition Education for interested students through special events/assemblies
- Plan school health fairs or events that offer information to students, families, staff on the community options available for them to improve their health
- Provide the student involvement necessary to reinforce the idea with all students that developing healthy habits is important for their future goals



SNA/NAC History

The School Nutrition Association (SNA) was established in 1946 (the same year school lunches were mandated by the government). Members work in the school nutrition profession and are dedicated to the advancement of child nutrition causes.

Working for children is SNA's first priority. Members work in schools with students on a daily basis. They want to keep up-to-date with students concerns and ideas regarding school meals and nutrition.

Nutrition Advisory Councils (NAC) were formed in 1973 based on the idea that students should have an active role in their school meals programs. NAC offered a forum where ideas could be exchanged for the benefit of all people involved, including teachers and students. The first national committee consisted of seven students representing each of the Association's regions (Mideast, Northeast, Southeast, Midwest, Northwest, Southwest and West).

GETTING STARTED

Step 1

SNA Membership

- NAC Advisor must be a member of SNA.

*Cost of the Advisor's membership is funded through the
Nutrition Services Department.*

SNA membership keeps advisors up-to-date on what's new in school nutrition, also provides educational networking opportunities to increase the value and effectiveness of your NAC program.

Please contact the Director Nutrition Services at x10288 for assistance with the SNA membership application.

Step 2

SNAC Charter Application

- Complete the charter application included at the back of this SNAC handbook.

Nutrition Advisory Councils are:

E ffective communicators
N utrition minded
E nthusiastic
R esult oriented
G ood examples
E xcellent public relations agents
T eachers
I dea oriented
C ooperative

Step 3

Gather membership/Group Structure

- Things to consider when structuring the membership for the council

Membership is open to all who wish to participate, limits on the number of participants is up to the Advisor at each school site. It is advised that there are at least six SNAC members at each school site.



Those wishing to participate in the council must contact the school site Advisor for each school site.



Officers will govern/dictate the planned activities by the council membership. The structure of how the officers are chosen (either elected or appointed) is up to the Advisor at each school site.



Officers (President, Vice President, Secretary...etc...) and responsibilities is determined by the Advisor and membership.



Group meeting dates and schedules are decided by the membership.

Step 4



Set Goals and Objectives

Once the council membership is established consider what the council would like to accomplish this year...in three years? What do you need to do to reach these goals?

Consider the following:

- Set the council's goals and objectives. This should be completed yearly.
- Create an action plan that outlines specific activities and events
- Assign responsibilities to SNAC members
- Create timelines/schedules for activities and events

--Make sure the council sets reasonable, attainable goals. Be ambitious. However, realize limitations. If goals set are not realistic, students may become discouraged when those goals are not met.

REVIEW ACTIVITY IDEAS AT THE BACK OF THE HANDBOOK

Step 5



Meetings

To help the Advisor and student officers lead smooth meetings, each meeting should have an agenda. Below is a suggestion for a possible agenda:

Agenda

Call meeting to order

Opening remarks

- Tip – Maybe a poem, thought for the day, current news events about nutrition or over all wellness

Officer or Committee

- As appropriate, officer gives a brief overview of what they have been working on since the last meeting

Reports

Speakers or special guests

- Presentations can be made by speakers; Nutrition Services staff can organize menu taste testing/surveys

Old Business

- Ongoing projects or events, issues not resolved at previous meeting

New Business

- Proposals, upcoming events, elections if necessary

General Comments

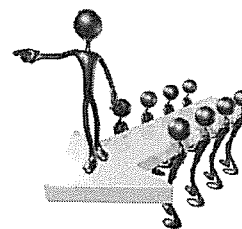
- Group members can voice their opinions or give suggestions on topics

Closing Remarks

Adjourn Meeting

Student Nutrition Advisory Council

Advisor Responsibilities

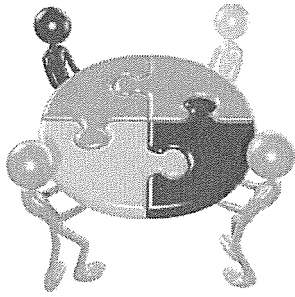


The VVUHSD Wellness Policy states:

“Victor Valley Union High School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.”

Student Nutrition Advisory Council (SNAC) Advisors:

1. Believe students deserve school campuses focused on student achievement through safe, healthy environments
2. Are committed to showing students the benefits of a healthy lifestyle, by “walking the talk”
3. Build a link between SNAC students, staff, families, and the Nutrition Services staff in order to ensure students participate in the Child Nutrition Program
 - Coordinate menu tasting events with the Nutrition Services department for SNAC students, parents, selected staff
 - Educate students, faculty, staff about the important role school nutrition plays in the health and daily success of each student in the areas of:
 - Athletic performance
 - Academic achievement
 - Personal well-being
 - Daily Productivity
 - Help include students in decisions regarding school meals, so they understand the program is for them
 - Plan special events and projects in the cafeteria to make it a center for educational programs and an integral part of the school
 - Coordinate “job experience” opportunities with the Workability Program and Nutrition Services to ensure students learn of the career opportunities available to them through School Nutrition or food services in general
4. Develop well-rounded, well-planned programs that support the overall goals of the VVUHSD Wellness Policy
5. Create and maintain a school wellness calendar of events
6. Give advice, counsel and professional expertise in organizing the SNAC
7. Serve as supervisor for council events
8. Assist with making arrangements for SNAC activities
9. Establish relationships with community and business leaders



Student Nutrition Advisory Council **MEMBER** Responsibilities

SNAC Membership:

1. Believe students deserve school campuses focused on student achievement through safe, healthy environments
2. Are committed to showing students the benefits of a healthy lifestyle, by “walking the talk”
3. Build a link between SNAC students, staff, families, and the Nutrition Services staff in order to ensure students participate in the Child Nutrition Program
 - Consult constructively with fellow students
 - Support Nutrition Services program
 - Arrange with Advisor and Nutrition Services staff for menu taste testing- invite parents and selected staff to participate
 - Learn requirements for the Federally funded Nutrition Program
 - Arrange school participation in annual SNAC art contest, promoting participation in Nutrition Program
 - Build relationship with Culinary program and setting up annual “cooking contest” to develop student created menu options for the school breakfast and lunch program onsite
4. Develop plan to set up school “wellness week” promoting healthy lifestyles
5. Develop plans for schools to incorporate “healthy” fundraisers for ASB
6. Work with the advisor to achieve overall objectives for the council
7. Develop events/activities that support the memberships’ overall goals

Ideas for Events/Activities

National School Lunch Week

National School Lunch Week (NSLW) is an annual event that takes place during the second week in October. This is a great time to promote school lunch to fellow students and the community.

National School Breakfast Week

National School Breakfast Week (NSBW) is an annual event, similar to NSLW that takes place during the first full week in March.

Menu Planning

Students and school nutrition personnel can meet together to discuss menu options. They can exchange ideas regarding what the students like and dislike and how to improve the school meals program.

Taste Testing

Taste testing is a great way to ensure how much or little the students like a particular product in the school meals program. It can be a helpful guide to future menu planning. Students give their opinions and suggestions about the products. Arrangements must be made with Nutrition Services.

Industry Facility Tours

Students can learn different aspects of the foodservice industry, from production and packaging to marketing. Contact local companies, businesses, restaurants etc. to arrange a tour.

School Kitchen Tour

Set aside an afternoon to show how the school meals program is run.

Parents/Seniors Day

Invite parents and/or senior citizens to share breakfast or lunch with students.

Food Drives

Collect non-perishable foods and donate them to a local charity.

School Assembly on Nutrition and Fitness

Get the entire school involved by holding a fun and educational assembly about child nutrition or any other topic related to health, wellness, food, nutrition and so on.

Nutrition/Wellness Education

Write a positive supportive article on student wellness and nutrition for the school's newspaper. Set up a weekly column promoting student, staff wellness.

Recycling Program

Investigate what would be involved in setting up a program to recycle bottles, milk cartons and other recyclables.

Annual Cooking/Recipe Contest

Work with School Nutrition Program and Culinary program if appropriate to develop a cooking contest for students. Set it up so winning recipes will be incorporated into the school meal program.

Spirit Wellness Week

Set up a week in April to highlight wellness and nutrition for students, staff, families and community. Coordinate with local businesses (gym's, health stores, medical facilities, Red Cross, etc...) to set up booths and provide information to attendees. Coordinate physical activities for students to participate in and possibly while participating they raise money for a community charitable program.

These are only a few ideas. The possibilities are limitless in the promotion of good nutrition and healthy, fit lifestyles.

Resources

Action for Healthy Kids
www.actionforhealthykids.org

American Dietetic Association
www.eatright.org/

Child Nutrition Foundation
www.schoolnutrition.org/cnfoundation

California Project Lean
www.californiaprojectlean.org

Food Research and Action Center
www.frac.org

International Food and Information Council
www.ific.org

Let's Move Active Schools
www.letsmoveschools.org/

National Center for Education Statistics
<http://nces.ed.gov/>

School Nutrition Association
www.schoolnutrition.org

SHAPE America
www.shapeamerica.org

The President's Council on Physical Fitness and Sports
www.fitness.gov

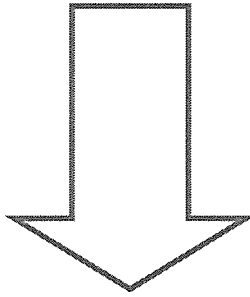
USDA, Team Nutrition
www.fns.usda.gov/tn

U.S. Department of Agriculture
www.usda.gov

U.S. Department of Health and Human Services
www.hhs.gov/

U.S. Food and Drug Administration
www.fda.gov/

USDA, Food and Nutrition Services
www.fns.usda.gov/fns/



Nutrition Services is available to support the development of the Student Nutrition Advisory Council at your site.

Please contact us at 760 955 – 3201 x 10278 or 10288 with any concerns or questions about the council.