

**ELVERTA JOINT ELEMENTARY SCHOOL DISTRICT**  
**Wellness Policy For Healthy Children**

**STUDENT NUTRITION**

The Elverta Joint Elementary School District promotes healthy Schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimized student performance potential and ensures that no child is left behind.

**A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

**B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

**C. Increase the amount of time students are engaged in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-k through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess.

**D. The Elverta Joint Elementary School District is committed to improving academic performance in high-risk groups so that no child is left behind.**

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adept the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments

## STUDENT NUTRITION

### Procedures

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#### **Hot Lunch/Breakfast Program:**

- The full meal program will continue to follow the U.S. Government's nutrition Standards.
- The Hot Lunch/Breakfast provider will be expected to make every effort to follow the District's Nutrition Standards when determining the items in a la carte sales.
  - A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

#### **Lunchroom Climate:**

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
  - adequate space to eat and pleasant surroundings;
  - adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
  - convenient access to hand-washing facilities before meals.

#### **Fundraising:**

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District's Nutrition Standards when determining the items being sold.
  - Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

#### **Teacher-to Student incentive:**

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

### **Student Nutrition Education:**

The Elverta Joint Elementary School District has a comprehensive curriculum approach to nutrition in kindergarten through eighth grade. Beginning with the 2006-2007 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- \*Knowledge of food guide pyramid
- \*Healthy heart choices
- \*Sources and variety of foods
- \*Guide to a healthy diet
- \*Diet and disease
- \*Understanding calories
- \*Healthy snacks
- \*Healthy breakfast
- \*Healthy diet
- \*Food labels
- \*Major nutrients
- \*Multicultural influences
- \*Serving size
- \*Proper Sanitation
- \*Identify and limit junk food

The District Nutrition Policy reinforces nutrition education to help students practice these themes in a supportive school environment.

### **Parent Nutrition Education:**

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

### **District Nutrition Committee:**

With the purposed of monitoring the implementation of this policy, evaluation policy progress, serving as a resource to school sites, and revising the policy as necessary it is recommended that a District-wide nutrition committee be established. The committee would meet a minimum of two times annually with committee membership as follows:

- District Food Service Coordinator
- Principal
- Parent representative from each school
- Student representative from each school
- Staff member representative from each school
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, CO-Chair
- Board Member

**Adoption Date;      July 1, 2006**

## DISTRICT NUTRITION STANDARDS

The Elverta Joint Elementary School District strongly encourages the sale or distribution of nutrient dense food for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverage, and candy on school grounds. Sites are encouraged to study these Standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

### **Food:**

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables.

### **Beverages:**

#### **A. In Elementary Schools**

- The sale of unhealthy beverages will not be permitted on school grounds
- Permits the sale of healthy beverages which include only water, milk, 100 percent fruit juices or fruit based drinks with no less than 50% fruit juice and no added sweeteners. Vending machines may be used to sell only healthy beverages.
- Allows the sale of unhealthy beverages for fundraising under two circumstances:
  - ▶ Sale by pupils off school grounds
  - ▶ Sale by pupils on school grounds at least 30 minutes after the end of the school day.

#### **B. In Middle through High School**

- The sale of unhealthy beverages from one-half hour before school to one-half hour after the end of the school day.
- The sale of healthy beverages which include only water, milk, 100 percent fruit juices or fruit based drinks with no less than 50% fruit juice and no added sweeteners, and electrolyte replacement beverages with no more than 42 grams of added sweetener per 20 ounce serving from one-half hour before school to one-half hour after the end of the school day will be allowed
- Vending Machine Policy:
  - ▶ The vending sale of healthy beverages will be permitted any time of day.
  - ▶ The sale of unhealthy beverages will be permitted during the hours that the ban does not apply.
- The sale of unhealthy beverages for fundraising will be permitted under two circumstances:
  - ▶ The sale occurs during and at the location of the event after the end of the school day.

- ▶ The sale occurs via vending machines, school stores and cafeterias and takes place at least one-half hour after the end of the school day.

**Candy:**

- Sales of candy will not be permitted on school grounds.
- No vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

# WELLNESS

## The Plan

### Our Philosophy

The Elverta Joint Elementary School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This plan encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

### Approach to Nutrition

Because we believe academic performance and quality of life issues are affected by the choice and availability of good foods in our schools; healthy foods that support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- C. A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- D. Vending Machines.
  - All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
  - Vending machines where student meals are served or eaten shall not include carbonated beverages.
  - All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:
    1. Water
    2. 100% fruit juice
    3. Non-carbonated drinks with less than 150 calories per container.
    4. No more than 1/3<sup>rd</sup> of the choices will be carbonated drinks.
  - The beverage vending machines may also include:
    1. Non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings.
    2. Other non-carbonated drinks.
- E. Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

## **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- A. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- B. Students shall have access to valid and useful health information and health promotion products and services.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

## **Physical Education and Activity**

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

### **Physical Education Program**

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- A. Participation in such physical activity shall be required for all students in kindergarten through grade sixth for a minimum of three hours every ten days, or the equivalent.
- B. Such instruction may be provided for grades 7-12 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities for 6 hours every 10 days.
- C. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- D. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

## **Healthy and Safe Environment**

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- A. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- B. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- D. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

## **Social and Emotional Well-Being**

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- A. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- B. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- C. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- D. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

## **Health Services**

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- A. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of The Elverta Joint Elementary School District and the County Health Department.
- B. The Elverta Joint Elementary School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.



- C. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

### **Family, School and Community Partnership**

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- A. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- B. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- C. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- D. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

### **Staff Wellness**

The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

- A. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
- B. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- C. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.