

**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and academic success and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Fountain Valley School District Board of Trustees is committed to providing a school environment that promotes and protects children's health and well being. The Board of Trustees supports healthy eating and increased levels of physical activity.

The Superintendent or designee shall build a coordinated school health system that supports and reinforces student health through health education, physical education, and district nutrition services.

- (cf. [0000](#) - Vision)
- (cf. [0200](#) - Goals for the School District)
- (cf. [3513.3](#) - Tobacco-Free Schools)
- (cf. [3514](#) - Environmental Safety)
- (cf. [5131.6](#) - Alcohol and Other Drugs)
- (cf. [5131.61](#) - Drug Testing)
- (cf. [5131.62](#) - Tobacco)
- (cf. [5131.63](#) - Steroids)
- (cf. [5141](#) - Health Care and Emergencies)
- (cf. [5141.23](#) - Infectious Disease Prevention)
- (cf. [5141.3](#) - Health Examinations)
- (cf. [5141.31](#) - Immunizations)
- (cf. [5141.32](#) - Health Screening for School Entry)
- (cf. [5141.6](#) - Student Health and Social Services)
- (cf. [5142](#) - Safety)
- (cf. [5146](#) - Married/Pregnant/Parenting Students)
- (cf. [6142.1](#) - Sexual Health and HIV/AIDS Prevention Education)
- (cf. [6164.2](#) - Guidance/Counseling Services)

The Board shall adopt goals for nutrition education, physical education, and health education that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC [1751](#) Note)

### **Health and Nutrition Education goals**

1. Staff and students shall practice health education skills.
2. Staff shall be provided opportunities in the year for professional development in the area of health education and shall learn active learning strategies.
3. Essential topics on healthy eating shall be developed for classroom teaching.
4. Sequential health education curriculum shall be researched, reviewed and aligned with state standards.
5. The district shall provide lessons that are culturally appropriate.
6. Health education assignments shall encourage student interaction with family and community.

### **Health Education in the Classroom**

7. Nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects.

*(cf. [6142.8](#) - Comprehensive Health Education)*

### **Physical Education goals**

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Physical Education shall be provided a minimum of 200 minutes every 10 days. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

*(cf. [6142.7](#) - Physical Education)*

*(cf. [6145](#) - Extracurricular and Co-curricular Activities)*

*(cf. [6145.2](#) - Athletic Competition)*

1. Students in the Fountain Valley School District shall practice physical fitness programs related to good health. In the Fountain Valley School District, physical education shall be provided a minimum of 200 minutes every 10 days.
2. During the physical education class, students will be physically active at least 50% of the time.
3. Physical education teachers in the Fountain Valley School District shall be credentialed teachers.
4. For physical education classes, the district shall staff those classes to provide for student safety and maximize student participation.
5. The District will provide opportunities throughout the year for teachers to professional development in the area of physical education, health education and nutrition.

## **District Nutrition/Food Services Program Goals**

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means. Non-Nutritious foods are defined as cookies, candy or soda and other foods and beverages that fall outside of the nutritional guidelines described in this policy.

(cf. [1325](#) - Advertising and Promotion)

1. The Fountain Valley School District Food Services Department shall provide a variety of foods for school meals.
2. Sites outside the school cafeteria such as student stores and PTA/PTO sales shall offer appealing, low-fat food choices.
3. The District shall attempt to create a collaboration between the food service staff and teachers to reinforce information concerning nutrition and food choices.
4. The District shall create a training for all employees concerning severe food allergy reactions, diabetic reactions, and choking.
5. The District shall attempt to promote its healthy food offerings by placing these foods prominently in the lunch line and highlighting nutritional information on school lunch menus.

## **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC [1751](#) Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines or other venues, shall meet or exceed state and federal nutrition standards.

(cf. [3312](#) - Contracts)

(cf. [3550](#) - Food Service/Child Nutrition Program)

(cf. [3554](#) - Other Food Sales)

(cf. [5148](#) - Child Care and Development)

(cf. [6300](#) - Preschool/Early Childhood Education)

### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC [1758](#)(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC [1751](#) Note)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch Program to the extent possible.

(cf. [3553](#) - *Free and Reduced Price Meals*)

### **Elementary School Food**

The only food that shall be sold during the school lunch period is food sold as a full meal through the federally reimbursable meal program.

Additionally, individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes may be sold. Individually sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines and do not exceed 175 calories per individual food item.

#### **35/10/35 Guidelines:**

A food shall not have more than **35 percent of its total calories from fat**. (Excluding nuts, nut butters, seeds, eggs and cheese).

A food shall not have more than **10 percent of its total calories from saturated fat and trans fat** combined. (Excluding eggs and cheese).

A food shall not have more than **35 percent of its total weight composed of sugar**, including naturally occurring and added sugar. (Excluding fruits and vegetables)

### **Elementary School Beverages**

The only beverages that shall be sold are:

- Water with no added sweeteners
- Milk (2%, 1%, non-fat, rice milk, soy milk or other similar non-dairy milk).
- Fruit juice preferably 100% but at least 50%, with no added sweeteners
- Vegetable juice, at least 50% with no added sweeteners

### **Middle School Food**

The only food that may be sold outside the federally reimbursable meal programs must meet the following requirements:

- The food shall follow the 35/10/35 guidelines listed above.
- Calories shall not exceed 250 calories per food item
- Entrée items shall not exceed 400 calories per food item and 4 grams of fat per 100 calories. (Note: entrée items are regarded as the primary food in a meal, such as a burrito, pizza, pasta or sandwich)

### **Middle School Beverages**

The only beverages that shall be sold are:

- Water with no added sweeteners
- Milk (2%, 1%, non-fat, rice milk, soy milk or other similar non-dairy milk).
- Fruit juice preferably 100% but at least 50%, with no added sweeteners
- Vegetable juice, at least 50% with no added sweeteners
- Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20-ounce serving

### **Staff, School Organizations and Community**

The superintendent or designee shall encourage staff to serve as positive role models.

Staff professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. [4131](#)- *Staff Development*)

(cf. [4331](#)- *Staff Development*)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications.

(cf. [1113](#) - *District and School Web Sites*)

(cf. [6020](#) - *Parent Involvement*)

The superintendent or designee shall encourage school organizations to use non-food items or healthy food items for fundraising purposes. The superintendent also shall encourage school staff to avoid the use of food as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. [1230](#) - *School-Connected Organizations*)

### **Class Parties/Celebrations**

- School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Foods for class parties must be commercially prepared.  
*cf. [3550.1](#) – Non-commercially Prepared Food*
- Class parties or celebrations shall be held after the lunch period when possible.
- The District shall encourage schools to limit class parties to no more than one party per class per month.
- Each party may include no more than one food or beverage that does not meet the nutritional guidelines listed in this policy.

### **Foods and Beverages Sold for Fundraising on Campus**

Food or beverages sold for fundraising on campus during the day must meet the nutritional standards listed in this policy.

Food or beverages sold on campus that do not meet the policy's nutritional standards may be sold if:

- The sale takes place on campus at least 30 minutes after the end of the school day
- The sale takes place off and away from the school campus

### **Program Implementation and Evaluation**

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate the Assistant Superintendent of Instruction and the District Food Services Director to ensure that the school sites implement the district's wellness policy. (42 USC [1751](#) Note)  
*(cf. [0500](#) - Accountability)*

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include a continued analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

### **After-School Programs Including the Child Care Program**

Schools are encouraged to offer fresh fruits and vegetables and whole-grain snacks as part of an after-school snack program.

The after-school child care program and after-school enrichment programs shall provide and encourage daily periods of moderate to vigorous physical activity for all participants.

### **Posting Requirements**

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code [49432](#))

#### *Legal Reference:*

##### *EDUCATION CODE*

[49430-49436](#) *Pupil Nutrition, Health, and Achievement Act of 2001*

[49490-49493](#) *School breakfast and lunch programs*

[49500-49505](#) *School meals*

[49510-49520](#) *Nutrition*

[49530-49536](#) *Child Nutrition Act*

[49540-49546](#) *Child care food program*

[49547-49548.3](#) *Comprehensive nutrition services*

[49550-49560](#) *Meals for needy students*

[49565-49565.8](#) *California Fresh Start pilot program*

[49570](#) *National School Lunch Act*

[51222](#) *Physical education*

[51223](#) *Physical education, elementary schools*

##### *CODE OF REGULATIONS, TITLE 5*

[15500-15501](#) *Food sales by student organizations*

[15510](#) *Mandatory meals for needy students*

[15530-15535](#) *Nutrition education*

[15550-15565](#) *School lunch and breakfast programs*

##### *UNITED STATES CODE, TITLE 42*

[1751-1769](#) *National School Lunch Program, especially:*

[1751](#) *Note Local wellness policy*

1771-1791 Child Nutrition Act, including:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act  
CODE OF FEDERAL REGULATIONS, TITLE 7  
210.1-210.31 National School Lunch Program  
220.1-220.21 National School Breakfast Program

*Management Resources:*

CSBA POLICY BRIEFS

*The New Nutrition Standards: Implications for Student Wellness Policies, November 2005*

CSBA PUBLICATIONS

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005*

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

*Healthy Children Ready to Learn, January 2005*

*Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003*

*Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994*

CENTERS FOR DISEASE CONTROL PUBLICATIONS

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004*

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

*Fit, Healthy and Ready to Learn, 2000*

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

*Dietary Guidelines for Americans, 2005*

*Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy

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**FOUNTAIN VALLEY ELEMENTARY SCHOOL DISTRICT**

Fountain Valley, California