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## **Administrative Regulation for Board Policy #S 5030**

### **New Haven Unified School District STUDENT POLICIES**

#### **STUDENT WELLNESS**

It is the intent of the Governing Board that this revised policy is adopted, 2010-2011, and will be considered a transition year. During the transition year the district will familiarize staff, parents, students, and the community with the various aspects and implications of this policy. It is the Governing Board's further intent that the policy will be fully implemented the 2011-2012 school year.

Students' lifelong eating habits promote a healthy lifestyle and are greatly influenced by the types of foods and beverages available to them. Food & Nutrition Services will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the state and federal mandates.

A healthy lifestyle is defined as one in which individuals understand and apply, among other things, principles of disease and injury prevention; substance abuse prevention knowledge; avoidance of violence and harassment; mental, emotional and social health; and build healthy relationships with others. For the purposes of implementing student wellness strategies, components of a healthy lifestyle include individuals' ability to understand and apply nutrition education to their eating habits and participate in activities to stay physically fit. It also includes providing an environment which fosters healthy choices. Therefore, it is the policy of the New Haven Unified School District that:

- The school district will engage students, parents, teachers, exercise and nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold/served at school (including 30 minutes before and after) will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current state law.
- Food service providers will offer food choices that support environmentally sustainable practices where practical and economical.
- Schools will provide consistent nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.
- Staff and teachers are encouraged to model healthy behaviors in alignment with the wellness policy.

To achieve these policy goals:

## I. District Wellness Council (DWC)

The New Haven Unified School District has created a District Wellness Council – HEART to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will serve as a resource to school site councils for implementing those policies. HEART consists of a group of individuals representing the school and community, and include parents, students, school board members, school food service members, school administrators, teachers, health professionals, and members of the public. Each school parent organization in cooperation with the principal, will appoint a school site wellness representative. That representative will be a member of the District Wellness Council and an appointed non-voting member of the school site council. The school site wellness representative will act as a liaison for information and education to schools, parent club presidents and room parent coordinators at their respective schools. The Council will meet periodically throughout the school year. School site councils, led by the Principal, will supervise the implementation and evaluation of site wellness plans and report back to the District Wellness Council.

## **II. Nutrition Education**

The primary objective of nutrition education is to positively influence students' eating behaviors and help students to understand the importance of a nutritionally balanced diet. To reach this objective the District will:

Provide students in grades K-12 with *sequential, standards-based comprehensive* nutrition education that may include experiential, interactive and/or hands-on lessons that teach the skills they need to adopt healthy eating behaviors. *Nutrition education also may be offered through before/after-school programs.*

Promote consistent nutrition education messages throughout the school, classroom, cafeteria, home, and community.

Integrate nutrition into the health education curricula or core curriculum (e.g., math, science, language arts).

Provide nutrition education, aligned with state standards, to foster lifelong habits of healthy eating and establish linkages between health education and school meal programs with related community services.

HEART (Wellness Council) will provide a recommended list of nutrition education curricula and resources to principals, teachers and before/after-school program personnel.

Provide staff development opportunities for all school staff and volunteers at their various levels of responsibility, including safe food handling, nutrition education, and recognition of the signs, symptoms, and appropriate responses to severe food allergy reactions.

Conduct developmentally- appropriate and culturally-relevant nutrition education activities, such as gardening, cooking, health fairs that involve parents, students, and the community.

## **II. Physical Activity**

Schools shall provide all students in kindergarten through grade twelve (K-12)

the opportunity, support, and encouragement to be physically active on a regular basis through multifaceted, progressive and developmentally appropriate physical education instruction and physical activity programs.

Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

Physical activity programs may provide participants with a structured activity (walking programs, games, dance, sports, etc.), unstructured activity (recess, lunchtime activities, etc.), or opportunities to participate in physical activity in the daily routine (walk to school programs, etc.). To meet the students' physical activities objectives, the District will:

Provide physical education that fosters lifelong habits of physical activity and fitness.

Review national and state guidelines and insure that schools are meeting the state mandates for Physical Education through a coordinated sequential instructional program from elementary through the required secondary levels.

Maximize the time that students are physically active during structured physical education time.

Insure that daily recess is available for all elementary students.

Provide, for all students (K-12), opportunities for additional physical activity during the school day, for example; daily recess periods, elective physical education classes, walking programs, school gardens, kinesthetic instructional strategies, and the integration of physical activity into the academic curriculum.

Establish professional development goals and provide professional development opportunities for district staff specifically in the areas of team building assessment, noncompetitive games, and physical fitness assessment, keeping in mind differentiated instruction in all of these areas.

Support opportunities for physical activity through a range of afterschool programs, such as intramurals, interscholastic athletics, and physical activity clubs.

Provide appropriate space, facilities and equipment that support physical activity.

Promote partnerships with city, county, and community groups for access to physical activity facilities and programs outside school hours.

Explore grant opportunities to support physical fitness activities at schools.

#### **IV. Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer parents education about healthy eating and exercise; send home nutrition information, post nutrition tips and nutrient analyses of school menus on school websites.

Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that are not consistent with the guidelines for the reimbursable meals and competitive foods and beverages.

HEART will have available a recommended list of healthy packed lunch ideas to students, parents, teachers, administrators, and before/after-school program personnel.(See Appendices) In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

#### **IV. Foods and Beverages Served/Sold on School Campuses During the School Day**

Nutrition standards for meals served through the national School Lunch and Breakfast Programs – School reimbursable meals shall:

- a. Meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations;
- b. Offer a variety of fruits and vegetables from local farmers when practical.
- c. Serve low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA);
- d. Ensure that half of the served grains are whole grains (defined as having a whole grain listed as the primary grain ingredient in the ingredient list, including whole wheat flour, cracked wheat, brown rice, oatmeal and corn)

Nutrition standards for competitive foods and beverages (e.g., sold outside the reimbursable meal program such as at snack bars, vending, school stores, school sponsored events outside of the school day, after school programs, sports programs and catering, etc.) – all competitive foods and beverages sold during the school day or through programs for students before or after the school day, will meet, at minimum, the following nutrition and portions size standards in addition to nutrition requirements established by local, state and federal statutes and regulations (whichever is most restrictive):

##### a. Beverages

- Items allowed:
- Water or seltzer water without added caloric sweeteners
- Full strength fruit or vegetable based drinks that contain at least 50% fruit juice that do not contain additional caloric sweeteners
- Unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by the USDA).
- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 oz. serving.

b. Foods

• Items allowed:

• Minimize sodium intake from snack items; limit sodium to no more than 480 mg per serving for pastas, meats, and soups; and not more than 600 mg of sodium per serving of pizza, sandwiches, and main dishes.

c. Portion sizes

• Limited to the following:

• An individually sold snack may not have more than 175 calories (elementary schools) or 250 calories (middle and high schools).

• Entrée items sold to a pupil in middle or high school, except food served as part of a USDA meal program, shall contain no more than 400 calories per entrée and 4 grams of fat per 100 calories.

• Fruits and non-fried vegetables are exempt from portion-size limits.

**V. Menu Development:**

a. The school district will engage students, parents, teachers, and school administrators in reviewing reimbursable meal menus at least on a semi-annual basis.

b. Taste testing by students will be performed as needed.

**VI. Healthy fundraising and alternatives to food fundraising are as followed:**

a. Support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for competitive foods and beverages.

b. Schools will encourage fundraising activities that promote physical activity.

c. HEART (District Wellness Council) will provide a recommended list of alternative fundraising ideas to students, parents, teachers, school administrators and before/after-school program personnel.

d. Any student/parent/school organization using food as a fundraiser may sell/give food item in compliance with state nutrition mandates and outlined in the HEART Healthy Guidelines

e. There are not more than four such sales per year per school if food is involved.

f. The food sales do not begin until after the close of the regularly scheduled midday food service period.

g. The food sold is not one sold in the district's food service program at that school during that school day.

h. Foods sold or provided as a school sponsored fundraisers during the regular school day are food provided from Food & Nutrition Services that meets the health department guidelines to offer safe foods prepared under health regulations.

i. Any school sponsored fundraiser will comply with the California Nutrition Standards.

#### Guidance for using food as reward/punishment

a. Foods or beverages, especially those that do not meet the nutrition standards for competitive foods (above), shall not be used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan).

b. Foods or beverages will not be withheld (including those served through school meals) as a punishment or discipline.

#### Guidance for food at classroom celebrations

a. Schools should limit celebrations that involve food during the school day to no more than one party per class per month.

b. Each party should include no more than one food or beverage that does not meet nutrition standards for competitive foods.

c. HEART will have available a recommended list of healthy party ideas to students, parents, teachers, school administrators, and before/after-school program personnel.

#### Guidance for food at school events (e.g., athletic events, dances, or performances)

To support children's health and school nutrition-education efforts, school events will use only foods that meet the above nutrition and portion size standards for competitive foods and beverages.

#### Guidance for classroom snacks

a. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

b. An emphasis should be on serving fruits, vegetables, low or non-fat dairy and whole grains as the primary foods and water as the primary beverage.

c. HEART will have available a recommended list of healthy classroom snacks to students, parents, teachers, school administrators, and before/after-school program personnel.

#### Guidance to parents for packed lunches

a. Students and parents shall be encouraged to pack lunches that are consistent with the guidelines for the reimbursable meals and competitive foods and beverages.

b. HEART will have available a recommended list of healthy packed lunch ideas to students, parents, teachers, administrators, and before/after-school program personnel.

## **VII. Food environment issues**

a. Meals served through the national School Lunch and Breakfast Programs will be appealing and attractive to children; and served in clean and pleasant settings.

b. Duration of meal times are recommended to:

- Be at least 10 minutes long after sitting down for breakfast and 20 minutes long after sitting down for lunch

c. Meal schedules may not conflict with recess, tutoring, club, or organizational meetings or activities, unless students may eat during such activities; and may be provided after recess whenever possible.

d. Students should have access to hand washing or sanitizing before eating meals or snacks and be encouraged by signage to wash hands.

e. Students should have access to tooth-brushing to accommodate special oral health needs (e.g., orthodontia or high tooth decay risk).

f. Nutrition education materials shall be posted at all venues where reimbursable meals are offered.