

# Cabrillo Unified School District

## Board Policy

No. 5030

### Students

#### WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

All school districts participating in any federally funded child nutrition program must establish a locally developed school wellness policy by the beginning of the 2006 – 07 school-year. This first policy is the beginning stages of a plan that will require continual refinement. It is a starting point toward a comprehensive and realistic plan for the future.

#### School Health Councils

Schools in our district will create, strengthen, or work within existing school councils to develop, implement, evaluate, and, as necessary, revise and update school nutrition and physical activity programs. A school health council is a group of individuals representing the school and community. School Site Councils can act as this body.

#### Nutritional Quality Of All Foods Available On Campus

School Meals. Meals served under the National School Lunch and Breakfast Programs:

- Will be appealing and attractive to children;
- Will meet nutrition requirements established by federal statutes and regulations;
- Will offer a variety of fruits and vegetables;
- Will transition to serving only low-fat and non-fat milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Will transition to serving whole grain options as half of all grain foods offered.

Breakfast. All children should be fed breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to concentrate and learn during the school day.

- Parents will be encouraged to provide breakfast for their children through newsletter articles, take-home materials, and other means.
- Breakfast will be made available to children at school.
- To the extent possible, schools shall study bus schedules and utilize alternate methods to serve school breakfasts that increase participation, including grab and go breakfast.

Meal Times. Students shall be afforded at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Qualifications of School Food Service Staff. School meal programs shall be administered by qualified nutrition professionals. Continuing professional development for all child nutrition professionals in school shall be established as a part of the school district's responsibility for operating a food serving program.

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### Foods and Beverages Sold Individually.

- All food and beverage sales in elementary schools will be approved and provided by the school food service program. If available, foods and beverages sold individually should meet the nutritional criteria below and should include only low-fat and non-fat milk, fruits, and non-fried vegetables.
- In middle/junior high and high school, all foods and beverages sold outside the school meals program (including those sold through a la carte, vending machines, or student stores) shall meet the nutritional standards for foods and beverages sold individually, as defined below

All individual foods and beverages sold on campus outside of reimbursable school meals during the school day, or through programs for students after the school day, will meet the following nutrition standards:

### Beverages:

- Allowed: fruit juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners: water or seltzer water without added caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).
- Not allowed: soda pop, sports drinks, and iced teas; fruit-based drinks that contain less than 50% real fruit juice and that contain additional caloric sweeteners; drinks containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### Food Standards:

- No food item will exceed 35% of calories from fat (excluding nuts, seeds, and peanut butter and other nut butters) and 10% of calories from saturated and trans fat combined;
- No food item will exceed 25% of calories from added sugars;
- No food item will exceed more than 150 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; and no more than 480 mg of sodium per serving for soups, pizza, pastas, meats, and main dishes.

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- A choice of at least two fruits and/or non-fried vegetables shall be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, 100% fruit juice, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; fresh fruits and vegetables; and cooked, dried, or canned fruits and vegetables.

Fund-raisers: School fund-raisers shall not undermine students' nutrition and health and will consider alternatives that do not involve food. Fund-raisers that promote physical activity are encouraged.

Non-compliant foods may be sold provided:

- The sale of those items takes place off of and away from school premises, or
- The sale of those items takes place on school premises at least one-half hour after the end of the school day, or
- The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

Snacks: Snacks served during the school day or in after-school care or enrichment programs shall be healthful and make a positive contribution to children's diets and health, with a strong emphasis on fruits and vegetables as the primary snacks offered or served.

Parties: Parties during the school day should be limited to no more than one per class per month. Each party should include no more than one food or beverage that does not meet nutritional standards for foods and beverages sold individually (above). School-wide celebrations of cultural activities will be sensitive to nutritional standards.

### Nutrition Education, Promotion and Marketing

Nutrition Education and Promotion for Students. The district will provide nutrition and health education to foster lifelong habits of healthy eating and linkages with school meal programs and nutrition-related community services. Toward that end, nutrition and health education should:

- Be provided at each grade level as part of a sequential, comprehensive school health education program aimed at giving students the knowledge and skills necessary to be health literate;
- Be taught within classroom instruction, including in math, science, language arts, social studies, and elective subjects;
- Promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products through methods such as educational activities, posters, contests, nutrition information, and taste testing;
- Incorporate developmentally-appropriate, culturally-relevant, fun, participatory activities that foster positive healthy eating and physically activity behaviors; and

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- Include training for teachers and other staff, as well as wellness promotion programs for staff.

Guidance to Parents. The district shall support parents' efforts to feed their children a healthy diet by sending home nutrition tips or posting tips on school websites, providing school menus with nutrient analyses, and suggesting ideas for healthy breakfasts, packed lunches, and snacks.

Parents are encouraged to support the district's nutrition promotions efforts by packing healthy lunches and snacks when they send food from home. Parents are urged to include fruits and

vegetables and to refrain from including beverages and foods that do not meet the nutrition standards for beverages and foods sold or served on campus. The district shall provide parents a list of foods that meet the district's nutrition standards, so that parents are well-equipped to partner with the school in promoting child wellness.

### Physical Education and Other Physical Activity Policies

Daily Physical Education (P.E.) K-12. All students will receive:

- Grades 1-6, a minimum of 200 minutes each 10 school days;
- Grades 7-8, a minimum of 400 minutes each 10 school days;
- Grades 9-12, two (2) years of 400 minutes each 10 school days.

Daily Recess. All elementary school students shall have at least 20 minutes a day of supervised and/or unstructured recess, preferably outdoors, during which moderate to vigorous physical activity should be encouraged verbally and through the provision of space and equipment.

Physical Activity Will Not Be Used as Punishment. Teachers and other school and community personnel shall not use physical activity (e.g. laps, pushups) or withhold physical activity (e.g., recess) as punishment.

Safe Routes to School. The school district shall assess and, if necessary and to the extent possible, make needed improvements or work with the local public works department to make it safer and easier for students to walk and bike to school. The school district will explore the availability of federal safe routes to school funds, administered by the state department of transportation, to make such improvements. The school district shall encourage students to use public transportation when available and will work with the local transit agency to provide student passes and other amenities for students.

Use of School Facilities Outside of School Hours. School spaces and facilities shall be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities shall also be readily-available to community agencies and organizations offering physical activity programs. School policies concerning safety shall apply at all times.

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### Evaluation / Compliance

Evaluation / Compliance. Each school principal or designee shall ensure compliance with established standards for foods sold or served individually outside of the school food service program and with established physical activity policies. The school food meals will undergo a School Meals Initiative (SMI) review at least once every five years in order to ensure that schools meals are meeting USDA nutrition standards.

### 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

15500-15665 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 Breakfast Program