

Student Wellness Goals for Board Policy

The Orick School District is committed to providing school environments that promote and protect children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, the goals of the Orick School District for Student Wellness include:

- The school district will engage students, parents, teachers, food service 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 TK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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; will consider the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practical, the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Fresh Fruit and Vegetable Program).
- The school will provide nutrition education, physical education, and recycling to foster lifelong habits of healthy eating, physical activity, and recycling to reduce waste and establish linkages between health education, school meal programs, and related community services.

To Achieve these Policy Goals:

1. School Health/Nutrition and Physical Education Committee
2. Nutritional quality of foods and beverages sold and served on campus defined by current federal and state regulation.
3. Nutrition and physical education promotion and food marketing.
4. Physical education opportunities.
5. Monitoring and policy review.

I. School Health and Wellness Committee

The school district will create, strengthen, and work with the Health and Wellness Committee (health/nutrition/physical education) to develop, implement, review, and, as necessary, revise school nutrition and physical activity policies. The committee will

serve as a resource to the school for implementing those policies adopted by the School Board. (The Wellness Committee consists of a group of individuals representing the school and community, and recruitment efforts will include parents, caregivers, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professional, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus will be Compliant with Federal and State Regulations

School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
- Include locally produced foods to the extent possible.

Breakfast:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- We will, ~~to the extent possible~~, operate the School Breakfast Program.
- We will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- We will notify parents and students of the availability of the School Breakfast Program and the School Lunch Program at least once per year.
- We will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Fresh Fruit and Vegetable Program (FFVP):

To promote consumption and introduce children to new and different fruits and vegetables, when funded by the California Department of Education, we will operate the FFVP by:

- Providing fresh fruit and vegetable snacks outside of the NSLP and SBP;
- Offering the FFVP snacks free of charge to all students;
- Serving FFVP snacks a minimum of three times per week;
- Offering locally grown fruits and vegetables;
- Providing complementary nutrition education.

Free and Reduced-priced Meals:

We will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

To achieve this, we will provide meals at no charge to all students by participating in the California Universal Meals program and, to the extent possible, operate the Community Eligibility Provision (CEP) program.

Meal Times, Scheduling, and Hygiene:

- We will provide students with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- We will schedule meal periods at appropriate time, e.g. lunch should be scheduled between 11:00 am and 1:00 pm; Lunch will follow the noon recess period to better support learning and healthy eating.
- We will not schedule tutoring, club or organizational meetings, or activities during mealtimes, unless students may eat during such activities:
- All class parties will happen no less than one hour prior to lunch or if possible, after lunch.
- We will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- We will take reasonable steps to accommodate oral hygiene regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk).

Qualifications of School Food Services Staff:

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development opportunities to meet the mandated USDA Child Nutritional Professional Standards. Staff development programs will include appropriate food safety certification and training programs for child nutrition and cafeteria workers, based on time worked and levels of responsibility as outlined in the USDA Child Nutritional Professional Standards.

Sharing of Foods and Beverages:

We discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Competitive Food Sales:

- **Elementary Schools-** Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.
- **Middle/Junior High-**The middle grades will meet the competitive regulations set forth in state and federal regulations (California Ed Code sections 49430, 49431.2, 49431.7, California Code of Regulations 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12)
- There are no food and beverage sales outside (a la carte, vending machines, student store) the district's food service program.

Fundraising Activities:

To support children's health and school nutrition-education efforts, school fundraising activities that include food will be limited. They will include foods that meet the federal and state nutrition standards for competitive foods referenced above. Non-compliant food items may be sold provided that all aspects of the sale (marketing, ordering, and distribution) take place away from the school premises or one-half hour after the end of the school day. The District will encourage fundraising activities that promote physical activity and make available a list of ideas for acceptable fundraising activities.

Other Food and Beverage Sales:**Snacks:**

Snacks served during the school day or in after-school care enrichment programs will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. 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. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes.

Celebrations:

Schools should limit celebrations that involve food during the school day to no more than four parties per class per year. Each party should include no more than two food or beverage items that do not meet federal and state nutrition standards for competitive foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion:

Orick School District will teach, encourage, and support healthy eating by students and food recycling. The district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide students with the knowledge and skills necessary to promote and protect their health; and support waste management.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, (and science fair), language arts, social sciences, and elective subjects;

- Includes enjoyable, developmentally-appropriated, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits, and the school garden;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); discuss eating disorders, dangers of steroid use, etc.
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting:

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television and playing video games. During regular classroom hours teachers will provide:

- Opportunities for physical activity incorporated into other subject lessons.
- Short physical activity breaks between lessons or classes, as appropriate.

Food Marketing in Schools:

School-based marketing and advertising will be consistent with nutrition education and health promotion. As such, the district will;

- Limit food and beverage marketing to the promotion of foods and beverage that meet the federal and state competitive foods nutrition standards.
- Prohibit school-based marketing of products promoting predominantly low-nutrition foods and beverages.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8

- All students in grades K-8, including students with disabilities, special health-care needs, will receive daily physical education (or its equivalent of 200 minutes every ten school days) for the entire school year.
- All physical activities will be taught by a certificated teacher.
- Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess:

All students will have daily-supervised recess. Teachers will encourage moderate to vigorous physical activity through the provision of space and equipment.

Activity Throughout the Day:

Orick School will discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment:

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Safe Routes to School:

The District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public work, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours:

These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning facility use, insurance, and safety, will apply at all times.

V. Monitoring and Policy Reviews**Monitoring:**

- The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and provide annual updates to the public through presentation at a school board meeting and/or written information. A copy of the most current wellness policy will be posted for public viewing.
- School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA Administrative Review findings and any resulting changes.
- The superintendent or designee will develop a summary report every three years on district wide compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all School Wellness committee members, parent/teacher organizations, school principals; school health services personnel in the district, the school site council, and the community.

Policy Review:

To help with the initial development of the district's wellness policies, the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies to identify and prioritize needs.

- Assessments will be repeated every three years to help review policy compliance, implementation progress, and to determine areas in need of improvement.
- As part of that review process, the school district will review:
 - Our nutrition and physical activity policies;
 - Provision of an environment that supports healthy eating and physical activity;
 - Nutrition and physical education policies and program elements;
 - The 5th and 7th grade physical fitness test to measure areas of growth in Physical Education Program and/or areas for improvement.
- The district will, as necessary, revise the wellness policies and develop workplans to facilitate their implementation.

Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form² (PDF), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: 833-256-1665 or 202-690-7442; or
3. email: program.intake@usda.gov

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This institution is an equal opportunity provider.

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Designated Authority: Amanda Platt, Superintendent

Wellness Committee Present: Amanda Platt, Melody Schroeder, Linda Prescott, (HCOE)

Board Approval (First Reading):

Board Approval (Second Reading):

Board Members Signatures:

Melody Schroeder

Edith Baker
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