

**DEL MAR UNION SCHOOL DISTRICT
STUDENTS**

BOARD POLICY 5030: STUDENT WELLNESS

Recognizing the link between student health and learning, the Governing Board is committed to providing school environments that promote and protect students' health, well being, and ability to learn by supporting healthy eating and regular physical activity.

The Superintendent/designee shall appoint a wellness committee comprised of parents, food service administrators, school administrators, board members, teachers, health professionals, and school psychologists to support the work of school wellness by developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades K-6 will have opportunities and will be encouraged to participate in regular physical activity as outlined in Board Policy 6142.7.

Foods and beverages sold or served at school will meet the nutrition guidelines specified in law and administrative regulations as outlined in Board Policy 3550.

Schools shall provide research based nutrition education and physical education as part of the health education program in grades K-6 consistent with the expectations established in the state's curriculum frameworks and integrated into core curriculum subjects, as appropriate.

The Superintendent/designee shall monitor compliance with district child nutrition and physical education policies and administrative regulations and annually receive a report from the Wellness Committee regarding the status of its work.

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*

49570 *National School Lunch Act*

51222 *Physical education*

51223 *Physical education, elementary schools*

Legal Reference: (continued on next page)

Legal Reference: (continued)

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

CODE OF REGULATIONS, TITLE 5 (continued)

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

DEL MAR UNION SCHOOL DISTRICT
STUDENTS

ADMINISTRATIVE REGULATION No. 5030: STUDENT WELLNESS

To achieve the District Wellness goals:

I. School Wellness Committee:

The school district will have an established school wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to school sites for implementing those policies. This School Wellness Committee may be represented by individuals from the school and community and should include parents, representatives of the school food services, members of the school board, school administrators, teachers, health professionals, and members of the public. They will meet a minimum of four times a school year.

II. Nutritional Quality of Food and Beverages served and sold on campus:

A. School Meals

Meals served in the Del Mar Union School District will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruit and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain

The schools will have available and can provide the nutritional content information for all items served in the school meal program.

B. Free and Reduced-priced Meals

Schools 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.

C. Meal Times and Scheduling

- Schools shall require students be seated for a minimum of 15 minutes after sitting down for lunch and shall provide 20 minutes total time for eating lunch as recommended by the National Association of State Boards of Education;
- Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Schools should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

D. Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals in schools.

E. Sharing of Foods and Beverages

Schools should monitor students 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.

F. Food Service Program

Any food made available by Del Mar Union School District during the school day will follow all nutritional guidelines as outlined in Board Policy 3550.

G. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities either will not involve food or will use only foods that meet the nutrition and portion size standards outlined in Board Policy 3550. The school district will make available a list of ideas for acceptable fundraising activities and encourage activities that promote physical activity.

H. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets 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.

I. Rewards

Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior,¹ and will not withhold food or beverages (including food served through school meals) as a punishment.

J. Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers. These celebrations should occur at least 30 minutes after the lunch hour.

K. Instructional Related Activities

When food is used as part of instructional activities (science projects, cooking classes, math activities) efforts will be made to offer healthy choices that follow district nutritional guidelines.

III. Physical Activity Opportunities and Physical Education:

¹ Unless this practice is allowed by a student's Individual Education Program (IEP).

Physical Education (P.E.) K-6 - All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive 200 minutes every two weeks of physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

A. Exemptions

Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.

B. Fitness Testing

School districts will administer physical fitness tests according to Board Policy 6142.7.

C. Daily Recess

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide appropriate space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

D. Physical Activity Opportunities

The school district will encourage students to walk or ride bicycles to school to the extent possible.

E. 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.

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 healthy eating information for parents, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The district/schools will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. 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 school-based 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 the website, special events, or physical education homework.

V. **Monitoring and Policy Review**

A. Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The Superintendent or designee will annually develop a summary report 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 the District Wellness Committee for review and recommendations. Information will also be provided to school principals, parent/teacher organizations and school health services personnel in the district.

B. Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies through the auspices of the school nurse and health offices. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs and forward the results to the District Wellness Committee.

Assessments will be repeated every two years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity program elements and the provision of an environment that supports healthy eating and physical activity. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Legal Reference:

EDUCATION CODE

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49490-49493 *School breakfast and lunch programs*

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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*

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CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 *National School Lunch Program*

220.1-220.21 *National School Breakfast Program*

Cross Reference:

Board Policy 3550

Board Policy 6142.7

Board Policy 5141.21