

Carlsbad USD

Administrative Regulation

New

AR 5030
Students

Student Wellness

School Health Council/Committee

The District Health and Wellness Council shall remain an active committee which will consist of students, parents/guardians, school food service professionals, District administrators, Board representatives, health professionals, members of the public, community services representatives and any other interested persons. The Council will meet throughout the school year to review the District's Wellness Policy, Wellness Procedures, assessment results and new legal regulations. After review the Council will present to the Board any updates and recommendations as appropriate.

Health and Nutrition Education

The following are areas of interest to be maintained for the implementation of the Wellness Policy in the area of Health and Nutrition Education.

Curriculum Materials

- The Board of Trustees believes that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district shall provide a planned, sequential health education curriculum for students in grades K – 12 that is research based and age appropriate. The content of health instruction shall be offered in accordance with law, Board policy, administrative regulation and state curriculum frameworks. (CUSD BP 6142.8)
- Curriculum materials utilized within the District must be recommended to the Governing Board through the Instructional Services Department.
- Current curricula on nutrition education aligned with State Frameworks include materials from:
 - Dairy Council of California
 - UC Davis Cooperative Extension
 - USDA MyPyramid Program
 - San Diego 5 A Day-Power Play!
- The Superintendent or designee may establish an instructional materials evaluation committee to evaluate and recommend instructional materials for Board approval. This committee shall consist of a majority of teachers and may also include administrators, other staff who have subject-matter expertise, parents/guardians, community members and students as appropriate. The committee shall review instructional materials using criteria provided and

in law, and shall provide the Board with documentation supporting its recommendations.

Curricula Implementation

- The District Health and Wellness Council will provide oversight and support in evaluating a K-12 health and nutrition education program implementation.
- The District strongly encourages the integration of health and nutrition education into existing curricula and other core subjects.

Nutrition Advertising/Marketing

- Schools are encouraged to utilize media such as newsletters, signs, school newspapers, websites, radio and television and other campaigns to disseminate positive messages about health and nutrition that will reinforce the District's goals for health and nutrition education.
- School administrators are responsible for monitoring and enforcing any advertising and marketing to which students may be subject.

Measurement Device/Assessment

- The District Health and Wellness Council will create and facilitate the administration of a pre and post health and nutrition education student survey to aid in determining the success of our implemented curricula.
- Teacher surveys will also be used to attain qualitative data about the curriculum products, student comprehension and implementation techniques.
- The District Health and Wellness Council will analyze survey data to determine any changes in student knowledge, attitude and behavior.

Parent/Community Outreach

- The District will utilize multiple forms of communication to educate parents and the community about health and nutrition including newsletters, handouts, articles, parent teacher meetings, assemblies, the internet, and school menus.
- The District Health and Wellness Council will develop a relationship with school Parent Teacher Associations, School Booster Organizations, and Foundations that will facilitate communication between parents, students and staff to enhance the collective health of the community.

Physical Education and Physical Activity Goals

The physical education and activity procedures will follow the Physical Education District Policy and Procedures. (CUSD BP 6142.7) Physical education and physical activity programs should be designed to foster and promote optimal physical fitness.

Curriculum

- The physical education curriculum shall be consistent with expectations established in the state's curriculum framework and standards, and designed to build the skills and knowledge to maintain a health lifestyle. The K-12 physical education programs shall meet or exceed required minutes.
- All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education (equivalent of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for grades 7-12) for the entire school year.

Physical Activity

Physical activity opportunities shall be provided on a regular basis through:

- Physical education
- Recess
- School athletic programs
- Club programs
- Before and after school programs
- Other structured and unstructured activities

Parent/Community Outreach

Parent/Community outreach activities will include, but not be limited to:

- Sharing the results of physical fitness achievement with both students and parents.
- Increasing parent/community outreach and involvement efforts to emphasize the relationship between student health and fitness and academic performance.
- Increasing parent/community involvement through consistent communication messages about the benefits and the value of physical education/activity.

Nutritional Guidelines for Foods and Beverages Available on School Campuses

Nutritional standards for all food and beverages sold or served to students on campus will strictly adhere to all laws and regulations of the federal and state governments, as well as the Carlsbad Unified School District Wellness Policy. Occasions when food and beverages may be sold to students include, but are not limited to:

- National School Breakfast Program
- National School Lunch Program
- After School Snack Program
- Summer Food Service Program
- All vending machine sales
- All a la carte sales
- All student/ASB store sales

- All food and beverages offered to students on campus during the school day.

These regulations apply for services offered to students from one-half hour before school starts until one-half hour after school sessions end, unless otherwise noted.

Nutritional Standards for Child Nutrition Programs

All foods served through the Nutrition Services Department of the Carlsbad Unified School District will meet or exceed all federal and state guidelines. Breakfast and lunch menus are analyzed for nutrient content to ensure that all dietary guidelines as required by the United States Department of Agriculture (USDA) are met:

School lunches meet one-third of the Recommended Dietary Allowances (RDA) for protein, calcium, iron, vitamins A and C, and specific calorie levels by age group.

Breakfasts meet one-fourth the RDA.

- Students are offered a variety of foods; a diet low in fat, saturated fat, and plenty of vegetables, fruits, and grain products.
- On average our weekly menus provide no more than 30% of calories from total fat, and less than 10% of calories from saturated fat.
- Menus are designed to increase the amount of dietary fiber.

Definitions

1. Reimbursable Meal – any combination of food items that meet the USDA approved School Breakfast Program or National School Lunch Program meal pattern requirements found in 7 CFR 210.10 or 220.8
2. Entrée – a food generally regarded as the primary food in a meal and shall include, but not be limited to sandwiches, burritos, pasta, and pizza
3. Nutritious Foods – Foods that provide healthy nourishment
4. Beverage – any potable liquid
5. Snack – a food that is generally regarded as supplementing a meal, including, but not limited to chips, crackers, brownies, and cookies
6. Potentially Hazardous Food – a food item that has to be cooked, refrigerated, washed, frozen, mixed, or prepared before serving

Nutritional Standards for Elementary Schools

The nutritional standards for food and beverages for elementary schools are outlined in SB 12 and SB 965 attached

Nutritional Standards for Secondary Schools

The nutritional standards for food and beverages for secondary schools are outlined in SB 12 and SB 965 attached.

Food and Beverage Sales on Campus

All food and beverage sales on campus will follow the protocol as outlined in the CUSD Wellness Policy and as specified above. Questions or concerns regarding areas outside these areas are to be addressed to the Director of Nutrition Services for further guidance.

Portion Sizes

Portion sizes for all foods sold or served to students will incorporate generally accepted quantities as defined by USDA. Examples are one quarter to one-half cup serving of fruits and vegetables; 8, 12, or 20 oz servings of milk, water, juice, or electrolyte replacement beverages, and between 4 to 8 oz servings of meat/meat alternate or grain/bread items (or combination of the two)

The following procedures are to be followed to be in compliance with the District Wellness Policy:

After School Snacks outside of Child Nutrition Programs (Kids Care)

All snacks served to children who attend before or after school care programs will adhere to guidelines as set forth by this Wellness Policy. Refer to SB 12 and SB 965 for guidelines outlined in the Wellness Policy for requirements for beverages and snacks that can be sold to students of various grade levels.

Foods Brought From Home

There will be no homemade or home baked foods allowed on campus.

Fundraising activities

To support children's health and school nutrition education efforts, school sites and organizations (i.e. ASB, PTA, student and booster clubs, etc.) are strongly encouraged in their fundraising activities to either not involve food or use only foods that meet the nutritional guidelines established for food and beverages sold individually. In the event that food and/or beverage are used for fund-raising purposes, the following criteria will apply:

1. All fund-raising conducted during the school day (including one half hour before and one half hour after) using food and/or beverage will meet the nutritional guidelines established for food and beverages sold individually.
2. Food/beverage sales which do not meet the above stated guidelines may only be sold in the following circumstances:
 - a. The sale takes place off and away from campus.
 - b. The sale takes place at least one-half hour after the end of the school day.The school district will make available a list of ideas for acceptable fundraising activities.

Organization Sales (ASB or Student Stores)

Only one organization may conduct a food or beverage sale on a given school day. A maximum of 3 items may be sold. All products for sale must meet all federal regulations (no foods of minimal nutritional value), state (currently SB 12, SB 965 and Title 5) and District guidelines. Potentially hazardous food items may not be sold through these organizations. The site principal or designee and the director of Nutrition Services or designee shall determine if the products to be sold are compliant.

On Site Vending

All products for sale via vending machines on campus must meet all federal regulations (no foods of minimal nutritional value), state (currently SB 12, SB 965, and Title 5) and District guidelines. This applies to all vending machines that are accessible to students during the school day. The district strongly encourages that staff vending machines also offer items that meet nutritional guidelines to the extent that 50% of items offered are nutritionally healthy. The site principal or designee and the director of Nutrition Services or designee shall determine if the products to be sold are compliant.

Daily Rewards

Food or beverages shall *not* be used for academic or behavior rewards on a daily basis. Please refer to the recommended snack list available through the district or individual school sites. An exception may be made when the use of food or beverage is included in an IEP report for the educational purpose of the student.

Classroom Reward

Events are required to be non-food and/or beverage rewards 50% of the time. A special event meal may be utilized as a reward when it is part of the National School Lunch program. Also, food may be part of the reward when it is not the main focus of the event. Examples of this are lunch with a teacher, principal or special person and award assemblies where the food is not the award. When food or beverage items are being utilized as the award, they must be given after the lunch time of the students and an allowable snack or school beverage must be utilized. The site principal or designee shall determine if the event is compliant with District policies.

Classroom Educational Events

Classroom events that include food must be part of the educational process for the students. Events may include food items; however, if any item is a potentially hazardous food, all safe food handling procedures must be followed. Whenever possible, the food items should be prepared or purchased through a facility that

must meet the nutritional guidelines and portion size standards established for food and beverages sold individually.

Birthday or Personal Celebrations

In order to support the district wellness policy, teachers planning/participating in any student-based celebration (birthday party, holiday celebration or other event) that involves food as a component of that activity, will include only food and beverage that meets the nutritional standards as outlined in previous sections of this wellness policy. Notably these are SB12 and SB965. Teachers may use the district nutrition services to help provide food items (such as for pizza parties) that meet these standards. Additionally, these celebrations shall be limited to one per teacher per year at the secondary level, and two per year at the elementary level.

School-sponsored Events - After School and Weekend (including but not limited to athletic events, dances, performances)

Foods and beverages offered at school-sponsored events outside of the school day (at least one-half hour after) must provide healthy choice options which meet the nutritional guidelines established for food and beverages sold individually.

Food/beverage sales which do not meet the above stated guidelines may only be sold in the following circumstances:

- a. The sale takes place off and away from campus.
- b. The sale takes place at least one-half hour after the end of the school day.

The school district will make available a list of ideas for healthy choice options.

Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals, or for foods and beverages sold individually. School based marketing of brands promoting low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is advised.

Communication

The district will use multiple forms of communication to educate parents, students and the community about proper nutrition using newsletters and important articles. The district will also encourage parent teacher associations to select assembly subjects about proper nutrition for the students during the school day that can include subjects that we feel are important. Required communications on

recommended that these nutrition guideline procedures be part of a CUSD parent and staff pamphlet on the District Wellness Policy.

Qualifications for Nutrition Services Staff

All Nutrition Services staff are required to attend a three hour class on safe food handling, as required by CalCode. Food Handlers cards are to be posted in each kitchen. Staff will handle all foods with the utmost care and follow all prescribed guidelines of the Department of Environmental Health. The District will provide continuing professional development for all Nutrition Services staff. Staff development programs should include appropriate certification and/or training programs for school nutrition leads and workers including safe food handling, nutrition education, and program compliance issues.

Guidelines for Safe Food Handling on Campus

All foods and beverages will be handled by Nutrition Services, teachers, aides, and other staff as per Department of Environmental Health CalCode requirements. Hot foods must be kept hot; cold foods must be kept cold. Attached is an outline of guidelines for safe food handling.

Reviews and Updates

These procedures are to be utilized and reviewed annually by the District Health and Wellness Council and the Director of Nutrition Services.

Program Implementation and Evaluation

To help with the Wellness Policy implementation, the Health and Wellness Council will facilitate a site by site review. As part of that review, the school district, through the Health and Wellness Council, will review the following indicators:

- Descriptions of the district's nutrition education, physical education, and health education curricula;
- Number of minutes of physical education instruction offered at each grade span;
- Number and type of exemptions granted from physical education;
- Results of the state's physical fitness test;
- An analysis of the nutritional content of meals served based on a sample of menus
- Student participation rates in school meal programs;
- Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs;
- Feedback from food service personnel, school administrators, the Health and Wellness Council, parents/guardians, students, and other appropriate persons.
- Any other indicators recommended by the Superintendent and approved by the Board.

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 health, nutrition and physical activity.

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.