

Bellevue Union School District Wellness Policy

Preamble

Bellevue Union School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goals and procedures to ensure the following:

- Students have access to healthy foods throughout the school day in accordance with the National School Lunch Program and the School Breakfast Program.
- Students receive quality nutrition education to enable them to develop lifelong healthy eating behaviors.
- Students have the opportunity to be physically active before, during and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits
- The District establishes and maintains an infrastructure for management oversight, implementation, communication about, and monitoring of the policy and its goals and objectives.
- Whenever possible the District will coordinate the wellness policy with other aspects of school management.

This policy applies to all students, staff and schools.

District Wellness Council

The District's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, board representatives, district wellness coordinators, and members of the public.

The Superintendent or designee shall appoint members of the District Wellness Committee (DWC) consisting, but not limited to, members from the above groups. The committee may also include health professionals, health educators, counselors, and others interested in wellness issues. To the extent possible, the District Wellness committee will contain representatives from all schools and reflect the cultural diversity of the district.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Nutrition Education/ Promotion Goals

The Board shall adopt goals for nutrition education in a manner that the District determines appropriate. The District's goals for nutrition education programs shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, in compliance with federal laws and regulations and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided in grades K – 6.

- Education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition Education shall be integrated into other classroom instruction through subjects such as math, science, language arts, and social science.
- Nutrition Education shall be encouraged through instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, farm tours, school gardens, etc.) and engage family members in reinforcing healthy nutrition behaviors.
- Staff will be provided with adequate and ongoing in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy eating behaviors.
- Nutrition Education will be linked with school meal programs, cafeteria nutrition programs, school gardens, Farm to School programs, other school foods, and nutrition-related community services.

Physical Activity and Education

The board shall adopt standards and goals for physical education and physical activities in a manner that the District determines appropriate. The District's standards and goals for physical education and physical activities shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, in compliance with state and federal laws and regulations and designed to build the skills necessary to maintain health and performance in daily life tasks.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Quality physical activity may be integrated where possible across curricula and throughout the school day. Movement may be made a part of science, math, social science, and language arts.

Time allotted for physical activity shall be consistent with national and state standards. (EC sections 51210, 51241.)

All students in grades K – 6 shall have opportunities, support and encouragement to be physically active on a regular basis. A daily recess period shall be provided where physical activity is encouraged.

Physical activity during the school day (including, but not limited to, recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.

Professional development shall address the District adopted physical education course of study and curriculum and instruction strategies. It shall also promote health knowledge, healthy behaviors, and environmental awareness.

Other School Based Activities

The Superintendent or designee shall encourage parents, guardians, staff and the community to serve as positive role models for physical education and physical activity. Opportunity for regular physical activity among employees may be encouraged.

The Board may enter into an agreement to make district facilities or grounds available for recreational or sports activities outside the school day and / or to use community facilities to expand students' access to opportunity for physical activity.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, extracurricular programs, and other structured and unstructured activities.

To encourage consistent messages between home and school environment, the Superintendent or designees shall disseminate physical fitness test results and other skill and knowledge assessment information to students, parents, guardians, staff and the community. Communication shall emphasize the relationship between physical fitness, good nutrition and academic performance.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods sold or served on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. Sold and served refers to any foods or beverages provided to students at a cost or free of charge. It does not refer to foods brought from home for individual consumption.

The Board believes that food and beverages sold or served to students at District schools should support the health curriculum, promote optimal health and follow all safe food handling procedures. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers or other venues, shall meet or exceed State and Federal nutrition standards.

Principals shall encourage the use of nonfood rewards and healthy alternative meals or snack choices when events are being planned for students. This includes teachers, parents, parent teacher organizations, community groups, and others who plan celebrations or reward events for students. A list of smart snack choices shall be made available through the District Wellness Committee. Additionally, all celebrations and reward events that include food items shall be scheduled after lunch

for all students who participate, unless the food chosen can be included as part of the National School Lunch Program.

Generally, the food items sold or provided to students during the school day will follow the following guidelines, Smart Snacks:

- 35% or less of its total calories from fat (except nuts, seeds, reduced fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables and seafood.)
- 10% or less of its total calories from saturated fat (except nuts, seeds, reduced fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo.)
- 35% or less of its total calories from sugar by weight (except fruit, non-fried vegetables, dried fruit and nut/seed combo.)
- Less than or equal to 200 milligrams sodium per item/container. (No exceptions.)
- Less than or equal to 200 calories per item/container. (No exceptions.)

Food Served and Sold Through the Food Services Department

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low-fat milk. Meals will be moderate in sodium, low in saturated fat, and zero grams of trans fat per serving and meet the calorie requirements recommended by the USDA within their age group. The goal of the school meal program is to improve the diet and health of school children, help mitigate childhood obesity, and model healthy food choices while accommodating cultural food preferences and special dietary needs.

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools.

The Food Service Program shall aim to be financially self-supporting. Therefore, food sold or served by students, staff, or parent organizations should not reduce student participation in the food service program.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch Program and School Breakfast Programs, to the extent possible.

All schools shall provide students and staff with clean, safe, and pleasant eating environments

Students shall be provided adequate time for unhurried eating while fostering good manners and respect for fellow students and their environment.

Schools will make every effort to eliminate the social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. (It is illegal to make others aware of the eligibility status of children for free, reduced-price, or "paid" meals).

Breakfast

Schools will encourage participation by implementing, wherever feasible, classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, breakfast during morning break or recess, and other options.

Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation.

Schools will promote the importance of a healthy breakfast and the School Breakfast Program to students and families.

Lunch

Students will have 20 minutes to eat at lunch.

Lunch will be served at appropriate intervals from other meals.

Food Service will implement evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#) and promote foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques the District and schools can use may be found at www.healthiergeneration.org/smartsnacks

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Only foods that comply with or exceed USDA Smart Snacks and USDA nutrition standards are permitted to be marketed or promoted to students on the school campus* during the school day*.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

- Displays, such as on vending machine exteriors.

- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards.
- Corporate brand, logo, name or trademark on menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/food services/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Water

Water is an essential nutrient, and drinking water has been shown to improve students' readiness to learn by increasing hydration and cognitive function.

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day at each school site. The District will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if a drinking station is not present.

All water sources will be maintained on a regular basis to ensure good hygiene standards. Such sources may include drinking fountains, water jugs, hydration stations, water jets, and other methods of delivering drinking water.

Program Implementation and Evaluation

The board shall establish and maintain a plan for measuring implementation of the policy.

The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's Wellness Policy. (cf. 0500-Accountability) (cf.3555-Nutrition Program Compliance)

To determine whether the policy is being effectively implemented district wide and at each school site the following indicators shall be used:

- Descriptions of the district's nutrition education, physical education, and health education curricula by grade level.
- 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, compared to percentage of students eligible for free and reduced-price meals
- Feedback from DWC (District Wellness Committee), foodservice personnel, school administrators, students, teachers, and other appropriate persons

The Superintendent or designee shall report to the Board at least once a year on the implementation of this policy and any other Board policies related to nutrition and physical activity

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District's Wellness Policy Coordinator as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position responsible for managing the triennial assessment and contact information is The Food Service Manager.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Other Concerns

The District will provide the opportunity for all Food Service Staff to meet or exceed the education requirements as outlined in the [USDA Professional Standards for Child Nutrition Professionals](#)

Posting Requirements

Each school shall post the District policies and regulations on nutrition and physical activity in public view within the school office, cafeterias or any other central eating areas. (Education Code 49432)

Non Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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: (202) 690-7442; or
- 3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 *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*
49550-49561 *Meals for needy students*
49565-49565.8 *California Fresh Start pilot program*
49570 *National School Lunch Act*
51210 *Course of study, grades 1-6*
51220 *Course of study, grades 7-12*
51222 *Physical education*
51223 *Physical education, elementary schools*
51795-51796.5 *School instructional gardens*
51880-51921 *Comprehensive health education*

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*

UNITED STATES CODE, TITLE 42

1751-1769 *National School Lunch Program, especially:*
1758b *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*

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781