

Waukena Joint Union Elementary School District

Board Policy 5030

School Wellness Plan

The Waukena Joint Union School District recognizes that there is a link between student health and learning and desires to provide a comprehensive program, which promotes healthy eating and physical activity for its students. The superintendent or designee shall institute and coordinate a school health system that supports and reinforces:

1. health education
2. physical education
3. health services (physical)
4. nutrition services
5. counseling services (emotional)
6. promotion of healthy choices for staff
7. creating and sustaining a safe and healthy school environment
8. increased parent/guardian and community involvement

District Wellness Committee

The policy shall be developed with input of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the School Site Council.

The primary responsibility of the Wellness Committee will be the creation and monitoring of the district's wellness policy. The Waukena School Committee includes: One district/site administrator, one school health nurse, the Food Service Supervisor, one teacher, one parent, and one student.

The Wellness Committee shall also advise the district on other health-related activities, policies, and programs as needed. The committee's charges, at the discretion of the Superintendent or designee, may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

Nutrition Education and Physical Activity are important components of the school wellness policy. It is the responsibility of the school district to provide students with a well rounded nutrition education as well as to promote student participation

in physical activities including physical education. The district's nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks, and designed in such a way as to build the skills and knowledge that students need to maintain healthy lifestyles.

A. Nutrition Education (eating habits, healthy eating, and daily nutrition) is related to the quality of nutrition education that a student receives. Our goal for Nutrition education is to build lifelong habits of proper nutrition by offering healthy and tasty meals using a variety of food and salad bar offerings whenever possible and as seasonable foods allow. Our Food Service department builds interest by spotlighting fresh fruits and vegetables daily and serving favorite meals of varying students. The school district will continue to support all programs that promote such nutrition education for our students including:

1. Continued and increased nutrition education across the curriculum
2. Promotion of health and fitness across all grade levels
3. Junior High Leadership team will promote nutrition education
4. Coaches will share information to athletes regarding nutrition, wellness, and health and safety issues that may be important to school athletes.
5. Increased use of school bulletin boards to promote nutrition education.
6. Nutrition education will be included in any school newsletters
7. The cafeteria may promote a "food of the month" to educate students on healthy food choices
8. The cafeteria may, as finances allow, offer free samples of new "healthier" foods to students during breakfast or lunch.

B. Physical Activity- all students will have access to physical education and physical activities on campus. Our goal with physical activity is to provide lifelong fitness goals by offering a variety of sports and physical activities. We offer flag football, volleyball, soccer, basketball, track, softball, baseball, four square, and tetherball. We hold a kindergarten through third grade track meet, a fourth through eighth grade track meet, and we participate in sports with other small schools. Our afterschool program also has physical activity and healthy snacks as part of their program.

Student Wellness is related to the amount and type of physical activity students are involved with, along with making healthy choices. The staff will provide positive encouragement during physical activities. The school district will continue to support all programs that promote physical activity including:

1. Fitness testing for the 5th and 7th grades.
2. Tracking of student fitness scores, with data reviewed at a public meeting.
3. Continued promotion of participation in athletics, at school and also in the community.
4. Continue to establish outcomes for PE classes.
5. Seek possible professional development activities for teaching physical education.

Our last goal is to teach students about general healthy living, including healthy eating and physical exercise, and also teaching that knowledge through standards based lessons in state approved textbooks; information imbedded in teaching of ELA, science, and history/social science. We also participate in the Tulare County Anti-Tobacco/Anti-Marijuana competition that teaches healthy habits, as well as fifth grade puberty class, which covers oral health and hygiene, and eighth grade Positive Prevention, which covers refraining from drug and alcohol use, bullying, and sexual health.

C. Staff Development

The Superintendent or designee shall encourage the entire staff to serve as positive role models. Professional development shall include instructional strategies that include health knowledge and skills to promote healthy behaviors. Physical activity opportunities shall be promoted among the employees.

Nutrition Guidelines for all food sold on campus during the day.

- A. Individual food items sold outside the federal reimbursable meal programs shall meet local, state, and federal requirements.
- B. The term “sold” refers to any food or beverage provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- C. Schools shall follow the nutrition standards for Elementary and/or Middle Schools, including thirty minutes before and thirty minutes after school.
- D. Foods sold for fundraising on campus during the school day must meet nutrition guidelines.
- E. Food sold for fundraising that does not meet the nutrition standards stated below may be sold if the sale takes place off of school campus or if on school grounds, if sale occurs on weekends, or more than 30 minutes before the school day or 30 minutes after the end of the school day.
- F. The Governing Board shall encourage all school-based organizations to use healthy food items or non-food items for fundraising purposes.
- G. School personnel should not use unhealthy foods or beverages as rewards for student accomplishments. Foods or beverages shall not be withheld as punishment.

- H. The school district shall offer and promote healthy food and beverage products at all school-sponsored events.
- I. Existing cultural/traditional, and community celebrations (Christmas parties, Valentine's Day parties, and Spring Break class celebrations) have been allowed to continue per last Child Nutrition audit (2015) allowing commercially prepared or packaged snacks such as pizza, cupcakes, cookies, candy, punch (no soda).

Nutrition guidelines for reimbursable meals

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

Measuring the effectiveness of the wellness policy

The superintendent shall designate at least one person within the district to ensure that the school district is implementing the district's wellness policy.

The superintendent or designee shall recommend for board approval specific quality indicators that will be used to measure the implementation of the policy.

These measures shall include, but not be limited to:

- A. An analysis of the nutritional content of meals served
- B. Student participation rates in school meal programs
- C. Monitoring sales of all foods and beverages in fundraisers or other venues outside the district's meal programs to ensure compliance to policy.
- D. Feedback from food service personnel, school administration, wellness committee, parents/guardians, and students
- E. The results of fitness testing
- F. The results of the California Healthy Kids Survey

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

Posting Requirements

The District's policies and regulations on nutrition and physical activity shall be posted in public view in the school cafeteria. The District shall also post a summary of nutrition and physical activity laws and regulations as prepared by the California Department of Education.