

## *Plumas Lake Elementary School District*

Plumas Lake Elementary School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn to support healthy eating and physical activity. Therefore, it is the policy of Plumas Lake Elementary School District that:

The following Wellness Policy for Plumas Lake Elementary School District will address goals for the following topics: Nutrition education, nutrition promotion, physical activity, school based activities that promote school wellness and nutrition guidelines.

The school district will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing a district-wide nutrition and physical activity policy.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

\*\*Foods and beverages *sold or served* at school will meet the nutrition recommendation of the *U.S. Dietary Guidelines for Americans* and all local, state, and federal guidelines.

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 accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, pleasant settings, and adequate time for students to eat.

To the maximum extent practicable, all schools in the District will participate in available federal school meal programs (including, but not limited to, the School Breakfast Program and National School Lunch Program).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

### **To Achieve These Policy Goals:**

Plumas Lake Elementary School District will create a district Wellness Committee to strengthen, develop, implement, monitor, and as necessary, revise all components of the Student Wellness Policy. The committee will serve as a resource to the District. The district Wellness Committee will consist of a group of individual representatives of stakeholders, which may include: student nutrition staff, school board members, school administrators, teachers, health professionals, students, and members of the public. This approach is intended to foster broad-based community support for the development and implementation of effective wellness policies.

### **I. Nutritional Quality of Foods and Beverages Sold and/or Served on Campus**

**School Meals:**

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

1. Be appealing and attractive to children.
2. Be served in a clean and pleasant setting.
3. Meet, at a minimum and maximum, nutrition requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be determined by USDA).

Schools will engage students and parents/guardians, through taste tests of new entrées and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information, with parents/guardians and students, upon request, about the nutritional content of meals. Such information will be available on the Plumas Lake Elementary School District Website.

Menu's developed for Plumas Lake Elementary School District will comply with the proposed Rule in the Federal Register (7 CFR; 210 and 220 ). This rule will be effective July 1<sup>st</sup>, 2012. For a total list of changes included an implantation timeline specific to Plumas Lake Elementary School District please see **Appendix A**.

**Breakfast:**

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

1. Schools will, to the extent possible, operate the School Breakfast Program.
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation.
3. Schools that serve breakfast to students will notify parents/guardians and students of the availability of the School Breakfast Program.

**Free and Reduced-Priced Meals:**

Schools will make every effort to eliminate the social stigmas attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. School serving line Point of Service (POS) systems will be set up so that student status is not visible on the screen to passing students. Students will be discouraged from looking at the POS screen to see balance; any question regarding balance will be answered when service is complete and can be done in a more discrete manner.

**Meal Times and Scheduling:**

1. Schools will provide students to access of lunch and breakfast.
2. Schools should schedule meal periods at appropriate times.
3. Schools should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities. *Meeting should be held late enough in the meal period to allow adequate time for students to purchase a student meal if needed.*
4. *Schools will be encouraged not to hold disciplinary actions in eating areas during meal periods.*
5. Schools will provide students access to hand washing or hand sanitation before they eat meals.

### **Qualifications for Student Nutritional Services Staff:**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food services program, the district will provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition supervisors, cooks, cook assistants, and point of sales clerks, according to their levels of responsibility.

### **Sharing of Food and Beverages:**

Given concerns about allergies and other health restrictions of some children's diets, schools will not allow students to share their food or beverages with one another during meal times.

### **Food and Beverages Sold and/or Served Individually:**

Food and beverages sold and/or served outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, *school events, celebrations, educational lessons, etc. shall be approved by the student nutrition supervisor and will meet the following qualifications:*

#### **Elementary Schools:**

The student nutrition program will approve *all service and/or* sales to students in elementary schools, and will at the least, meet the minimum requirements of SB12 and SB 965. Given young children's limited nutrition skills, food and beverages *served and/or* sold individually will be limited to:

#### **1. Beverages:**

**Allowed:** Beverages that meet SB 965 requirements include: water without added caloric sweeteners; 100% fruit and vegetable juice; unflavored or flavored low-fat or fat free milk and nutritionally-

equivalent non-dairy beverages (to be defined by USDA). *Any type of caffeinated beverage will be prohibited from school campus.*

## **2. Food:**

***Food Sales:*** No food sales are available at the elementary schools through the Food Services Department. Any sale of food items outside of the Food Services Department must be approved

***Food Served to students:*** *Food items served to pupils during the school day must meet the nutritional guidelines of SB 12 and 965.*

*Allowed beverages: see Beverages above.*

*Allow food items: any food item that contains not more than 35 percent calories from fat, not more than 10 percent calories from saturated fat, not more than 35 percent sugar by weight, and not more than 175 calories per food item. Food items must be store made and packaged. Items are not to be prepared on school grounds.*

## **3. Non-Compliant Foods:**

Non-compliant foods may be sold for fundraising at least one half hour after the end of the school day or off the school campus. *All sales of food items shall be approved by the food service manager.*

### **Middle Schools:**

All food and beverage sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) from one half hour before the start of the school day and at least one half hour after the end of the school day will be approved by the food service director, and meet the following nutrition and portion size standards:

#### **1. Beverages:**

**Allowed:** Beverages that meet SB 965 requirements include: water without added caloric sweeteners; fruit and vegetable juice and fruit based drinks that contain at least 100% fruit juice and do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat free milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA); and electrolyte replacement beverages with not more than 42 grams of sugar per 20 ounces.

#### **2. Food:**

During meal periods, a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any school site where foods are sold. Such items should include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the fat and sodium guidelines).

**A. A food (entrée) item *served and/or sold individually*:**

1. Will have no more than 400 calories per entrée.
2. Will have no more than 4 grams of fat per 100 calories.
3. Must be categorized as an entrée in the National School Breakfast/Lunch Program.
4. *Will be of store purchased items and will not be prepared on school grounds.*

**3. Non-Compliant Foods:**

Non-compliant foods may be sold for fundraising at least one half hour before and one half hour after the end of the school day or off the school campus.

**4. Portion Sizes:**

Portion Sizes of approved foods and beverages sold individually will be limited to single serving sizes.

**Fundraising Activities:**

To support children's health and school nutrition education efforts, school fundraising activities should *only involve foods* that meet the above nutrition and portion size standards for foods and beverages sold individually or should be of non food items. *Foods sales shall take place after the normal service time of the day.* Foods that do not meet the nutrition and portion size standards may be sold at least one half hour before the start of, or at least one half hour after the end of the school day or off the school premises.

**1. Food Sales In Elementary Schools:**

A parent or student organization may not sell more than one food item per sale when all the following conditions are met:

1. The specific nutritious food item is approved by the Food Service Department.
2. Food sales do not begin until after the close of the midday food service period.
3. Sales are not of food items prepared on the school grounds.
4. Any food sold has:

- a. No more than 35% calories from fat.
- b. No more than 10% calories from saturated fat.
- c. No more than 35% of its weight from sugars.
- d. The food item sold is not one sold in the food service program at that school during the school day.

## **2. Food Sales In Middle and High Schools:**

A parent or student organization may sell food items during the regular school day if the following conditions are met:

1. Only one organization each school day sells no more than three types of food items.
2. Any one organization may conduct no more than four sales per year, and the sales shall be held on the same four days for any and all organizations and approved by the board.
3. Sales are not of food items prepared on the school grounds.
4. The food item sold is not one sold in the food service program at that school during the school day.
5. Sale of the approved item may only occur once the serving line doors are closed and meal service has ceased for that period.
6. Food and beverages sold meet the following nutrition criteria:
  - a. No more than 35% calories from fat.
  - b. No more than 10% calories from saturated fat.
  - c. No more than 35% of its weight from sugars.
  - d. *Must contain no more than 250 calories per food item.*

### **Rewards:**

Schools will be discouraged from rewarding student with foods or beverages that do not meet the nutritional requirements of SB12 and SB 965. Whenever possible, non food items should be considered for rewards.

### **Celebrations and Events:**

Schools *shall* limit celebrations that involve food during the school day to no more than one party per class per month. Each party is encouraged *not to include* any food or beverage item that does not meet the food and beverage requirements of SB12 and SB 965. *Celebrations and events should occur after the last lunch period. Schools should plan* any celebration and/or event with the Food Services Department.

### **School Sponsored Events:**

Foods and beverages sold or served to students at school sponsored events outside the normal school day (at least one half hour prior to and at least one half hour after then end of the school day) do not have to meet the nutritional requirements.

*Foods and beverages sold or served to students at school sponsored events during the normal school day have to meet the nutritional requirements and shall be planed with the food services department.*

## **II. Nutrition Education and Physical Activity Promotion and Food Marketing:**

### **\*\*Nutrition Education and Promotion:**

Plumas Lake Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Is part of not only health education classes, but also encouraged to occur in classroom instruction subjects such as math, science, language arts, social science, and elective subjects.
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
6. Links with school meal programs, other school foods, and nutrition-related community services.
7. Teacher media literacy with an emphasis on food marketing.
8. Includes training for teachers and other staff.

### **Integrating Physical Activity into the Classroom Setting:**

For students to receive state-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

### **Communication with Parents/Guardians:**

Plumas Lake Elementary School District will support parents/guardians efforts to provide a healthy diet and daily physical activity for their children. In partnership with

community agencies, Plumas Lake Elementary School District will, when possible, offer healthy eating seminars for parents/guardians, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards.

Plumas Lake Elementary School District will provide information about physical education and other school-based physical activity opportunities before, during and after the school day and support parents/guardians efforts to provide their children with the opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### **Food Marketing In Schools:**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing of the promotion of food and beverages sold individually. Schools-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of health foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **Staff Wellness:**

Plumas Lake Elementary School District highly values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. *We encourage staff to follow the above nutritional guidelines as well as students to promote positive healthy lifestyle changes.*

## **III. Physical Activity Opportunities and Physical Education:**

### **Daily Physical Education (PE) K-12:**

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative education settings, will receive the minimum state-recommended daily physical education (or its equivalent) for the entire school year.

### **Daily Recess:**

All elementary school students will have *at least the minimal required* minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of 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.

### **Extra Curricular Physical Activity Opportunities:**

All elementary, middle schools should offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Middle schools are encouraged to offer interscholastic sports programs. Schools should offer a range of activities that meet the needs, interests and abilities of all students.

### **Physical Activity and Punishment:**

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

### **\*\*Safe Route to School:**

The school district will assess 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 works, public safety, and/or police departments in those efforts. The school district will explore the availability of funds to finance such improvements.

## **IV. Monitoring and Policy Review:**

### **Monitoring:**

The Superintendent, or designee, will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with this policy at each school and will report to the Superintendent or designee on the schools' compliance.

The Food Service Manager, at the school or district level, will ensure compliance with nutrition policies in the school nutrition services program and will report to the Superintendent or designee on this matter.

The Food Service Manager will develop a summary report every year on district-wide compliance with the district wellness policies based on input from schools within the district. That report will be available upon request to the school board and all school site councils, parent/teacher organizations, principals, and school health services in the district.

**Policy Review:**

As part of an ongoing process and to help assess the District's wellness policy, each school site will evaluate the existing Student Wellness Policy. Their results will be compiled to identify and prioritize needs by the District's Wellness Committee.

Evaluations will be conducted periodically to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review its Student Wellness Policy and revise as necessary.

**LEGAL REFERENCES:****Education Code**

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

49490-49493 School breakfast and lunch programs

49550-49505 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

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

**United States Code, Title 42**

1751-1769 National School Lunch Program

1771-1791 Child Nutrition Act

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

**MANAGEMENT RESOURCES:****CSBA Policy Briefs**

The New Nutrition Standards: Implication for Student Wellness Policies, November 2005

**CSBA Publications**

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

**California Department of Education Publications**

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, K-12, 2003

Physical Education Framework for California Public Schools, K-13, 1994

**Centers for Disease Control Publications**

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

**National Association of State Boards of Education (NASBE) Publications**

Fit, Healthy and Ready to Learn, 2000

**U.S. Department of Agriculture Publications**

Dietary Guideline for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

**Web Sites**

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN: <http://californiaprojectlean.org>

Center for Disease Control and Prevention: <http://www.cdc.gov>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: <http://www.fns.usda.gov>