

**Washington Colony Elementary School  
Board Policy  
BP 5030  
Student Wellness Policy**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity to all the students in the district. The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. Students shall have a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast, when provided. In order to reinforce the district's nutrition education program, the food available on school premise shall:

1. *Be carefully selected to contribute to student's nutritional well-being and the prevention of disease.*
2. *Meet nutritional standards specified in law and administrative regulation.*
3. *Be prepared in ways that will appeal to students while retaining nutritive quality and to foster lifelong healthful eating habits.*
4. *Be served at reasonable prices*

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/Guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455 and with all other requirements governing school cafeterias including the guidelines for free and reduced meals.

### **Child Nutrition and Physical Activity Advisory Committee**

The superintendent or designees shall encourage parents/guardians, student's, food service employees, the physical education teacher, board member, school administrators and member of the public, to participate in the development of implementation and periodic review and update of the student's wellness policy.

In developing such policies on nutrition and physical activity, the Committee shall hold at least one public hearing and shall ensure that the policies address all the issues and goals specified in Education Code 49433.

## **Free and Reduced Price Meals**

The Governing Board recognizes that adequate nutrition is essential to child development and learning, and realize that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.

The Superintendent or designee shall recommend for Board approval a plan that ensures that students eligible to receive free or reduced price meals and milk are not treated differently from other students or easily identified by their peers.

Upon approval of the Board, this plan shall be submitted to the California Department of Education for approval (Education Code 49557).

All applications and records related to eligibility for the free or reduced price meal program shall be confidential except as provided by law (Education Code 49558).

In accordance with the law, the Board authorizes designated employees to use individual records pertaining to student eligibility for any free and reduced price meal program for the purpose of: (Education Code 49558).

1. *Disaggregation of academic achievement data*

The Board further authorizes the release of information on the school lunch program application to the local agency that determines Medi-Cal program eligibility, provided that the student is approved for free meals and the parent/guardian consents to the sharing of information as provide by: (Education Code 49557.2)

## **Advertising and Promotion**

The Governing Board desires to promote positive relationships between the school and the community in order to enhance community support and involvement in the district. The Superintendent or designee may approve the following if they are in compliance with this Wellness Policy:

1. *Professional development shall be regularly offered to the physical education teacher, coaches and food services staff as appropriate to enhance their health knowledge and skills.*
2. *The superintendent or designee may disseminate health information and/or the district student wellness policy.*
3. *Our student wellness policy is posted on our website.*

The Board recognizes that a safe, positive, school climate is also conducive to the students physical and mental health thus prohibits the harassment of all students including bullying on

the basis of weight or health condition. CF 5121.2-Bullying 5145.3  
Nondiscrimination/Harassment.

### **Criteria for Approval**

The Superintendent, principal or designee shall not accept for distribution any materials or advertisements that promote the use or sale of materials or services that are illegal or inconsistent with school objectives.

Schools may establish additional criteria pertaining to the content of advertisements in school publications and yearbooks. Such criteria may limit advertisements to those that contain congratulatory or commemorative messages, curriculum-related content, advertisements for products or services of interest to the students, non-controversial content, and/or other deemed appropriate by the school publication staff and advisor in accordance with law and Board Policy.

### **Physical Education**

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages student's lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

- *K-2 Focus is on building fundamental locomotor skills with an introduction to cooperation skills.*
- *3<sup>rd</sup>-5<sup>th</sup> grade focus is to refine fundamental locomotor skills, begin to emphasize and participate more often in incorporation activities and introduce team and recreational sports necessary to participate*
- *6<sup>th</sup>-8<sup>th</sup> grade focus is to refine cooperation skills, perform various exercises and physical activities specifically to improve health and fitness levels, and to provide instruction on team/individual sport and recreational activity skills.*

Elementary grades participate in kinesthetic activities to help improve their fundamental local motor skills. Activities such as tag game, hula hoops, jump ropes, etc. are implemented.

Upper elementary middle school students begin to focus on traditional team sports such as football, soccer, basketball, etc. Also specific aerobic exercises and resistance exercises are emphasized and practiced daily.

Games and activities are modified to meet the needs of students with physical disabilities, such as modified movements, equipment, or game rules.

During air pollution, hot weather, rainy days, students either relocate to an indoor setting or the intensity of activities are reduced.

Physical Education Code 51222

- *K-5<sup>th</sup> grades receive 5 days of 40 minute periods in 2 school weeks. That calculates to 200 minutes within 10 days.*
- *6<sup>th</sup>-8<sup>th</sup> grades do 8 days of 40 minute periods in 2 school weeks. That calculates to 320 minutes within 10 days.*

Every October we hold a schoolwide jog-a-thon. Students solicit pledges supporting the laps they complete. The funds raised are deposited into the student body account and used to support field trips, special events, supplies, etc.

Physical Performance Testing: Education Code 60800

Summative physical performance testing is implemented through guidelines and criteria set by the Cooper Institute FintessGram program. Summative Tests are performed during April or May.

Education Code 60800

Printouts of student fitness scores are provided to each student. Each student is also orally informed.

### **Exemptions**

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

1. *The student is ill or injured and a modified program to his/her needs cannot be provided. (Education Code 51241).*
2. *The student is enrolled for one-half time or less. (Education Code 51241).*

### **Comprehensive Health Education**

The Governing Board believes that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach personal responsibility for one's own lifelong health, to respect and promote the health of others, the process of growth and development and informed use of the health-related information, products and services.

The district shall provide a planned, sequential health education curriculum for students 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. Positive prevention plus materials is a program used by the district to inform the students about health and sex education.

The Board intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.

### **Other Recommendations**

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

### **Nutritional Standards**

However, when the California Department of Education determines that funds are appropriated pursuant to Education Code 49431, the Superintendent or designee shall ensure that elementary schools instead comply with the following nutritional standards following SB 19 standards: (Education Code 49431).

1. *The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal. Compliant milk is available for sale daily at breakfast and lunch.*
2. Not more than 30 percent of the total calories of the food item, excluding nuts or seeds, is from fat.
3. Not more than 10 percent of the food items total calories are from saturated fat.
4. Not more than 35 percent of the total weight of the food items, excluding fruits or vegetables, is composed of sugar.
5. No foods containing trans-fats are used in our district.
6. Education Code 38086 requires all California schools to make free drinking water available during school meal times and during the after school snack program.

School staff shall encourage parent/guardians or other volunteers to support the district education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. A list of allowable foods and beverages will be distributed to staff and all student households. Class parties or celebrations shall be held after the lunch period.

Beginning July 1, 2014, for elementary schools, the following nutritional standards shall apply to all beverages provided in the district's food services program: (Education Code 49431.5)

- *Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk and 100 percent fruit juices.*

For schools participating in the National School Lunch and School Breakfast Programs, meals shall also meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. District guidelines for reimbursable school meals shall not be less restrictive than the federal regulations and guidance issues pursuant to 42 USC 1758 (f) (1), 1766 (a) and 1779 (a) and (b) as they apply to schools.

### **Citizen Advisory Committee**

The Board shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public in the process of developing the district wide wellness policy. (42 USC 1751)

The Board may utilize existing school health councils or other committees or may establish an advisory committee or working groups including representatives of the above groups, to develop policy recommendations.

The council or committee shall examine related research laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or negate in similar activities within the budget established for these purposes. A student comment box is provided in the cafeteria to all students. This allows the students to provide input on all menu items served for breakfast and lunch. We alter our menus based on student responses.

The council or committee shall provide a yearly report to the superintendent or designee regarding the status of its work. Following the adoption of the Wellness Policy, prior to the beginning of the 2006-07 school year, the committee shall prepare a Wellness Plan to address nutrition and physical activity throughout the district pursuant to the adopted Wellness Policy.

### **Items to be included in the plan shall be:**

1. *Outreach strategies to encourage families to reinforce and support healthy eating and physical activity. We hold a monthly parent education strategy meeting.*
2. Ways the district will measure the implementation of the policy. The superintendent will appoint one person to ensure that the policy is implemented and to report to the district level person responsible for the policy. The district level person will be appointed by the superintendent.
3. Guidelines for age-appropriate, skill-building nutrition at each grade level that is focused on behavior change.
4. Priorities for implementing the recommended strategies
5. Process for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure the success and frequency of the reports. The evaluation will be completed in June 2020.

### **Free and Reduces Price Meals**

The district's plan for students receiving free or reduced price meals shall ensure the following: (Education Code 49557)

1. *The names of the students shall not be published, posted, or announced in any manner, or used for any purposes other than the National School Lunch and School Breakfast programs, unless otherwise provided by law.*
2. *There shall be no overt identification of any of the students by the use of meal cards or by any other means.*
3. *The students shall not be required to work for their meals or for their milk.*
4. *The students shall not be required to use a separate dining area, go through a separate entrance, or consume their meals or milk at a different time.*

When more than one lunch, breakfast, or type of milk is offered, the students shall have the same choice of meals or milk as available to those students who pay full price. (Education Code 49557; 7 CFR 245.8)

### **Applications**

During a Provision 2 Base Year, an application form for free or reduced price meals shall be distributed to all parents/guardians at the beginning of each school year, together with information about eligibility standards, application procedures and appeal procedures. This form and information shall also be provided whenever a new student is enrolled. (Education Code 49520,48980; 7 CFR 245.5)

Applications for free or reduced price meal programs shall be available to students at all times during the regular school day and shall contain the following statements: (Education Code 49557; 7 CFR 245.5)

1. *Applications for free or reduced price meals may be submitted at any time during a school day.*
2. *Students participating in the National School Lunch and School Breakfast Programs will not be overtly identified by the use of special tokens, special tickets, special serving lines, separate entrances, separate dining areas, or by any other means.*

### **Confidentiality/Release of Records**

The Governing Board designates an employee (Director of Special Programs) to use individual records pertaining to student participation in the free or reduced price meal program for the purpose of disaggregation of academic achievement data or for the identification of students in any program improvement school choice or supplemental educational services pursuant to 20 USC 6316.

In using the records for such purposes, the following conditions shall be satisfied: (Education Code 49558)

1. *No individual indicators of participation in the free or reduced price meal program shall be maintained in the permanent records of any student if not otherwise allowed by law.*
2. *Information regarding individual student participation in the free or reduced price meal program shall not be publicly released.*
3. *All other confidentiality provisions required by law shall be met.*
4. *Information collected regarding individual students certified to participate in the free or reduced price meal program shall be destroyed when no longer needed for its intended purpose. Records must be retained for 3 years plus the current year.*
5. *The base year of Provision 2 records, shall be retained for the duration of the provision.*

### **Other Food Sales**

However, when the California Department of Education determines that funds are appropriated pursuant to Education Code 49431, the Superintendent or designee shall ensure that elementary schools instead comply with the nutritional standards of Education Code 49431. Under these circumstances, an elementary school may permit the sale of food items that do not meet the standards of Education Code 49431 only if the items are sold by students of the school and the sale of food items takes place off school premises or takes place from midnight to 30 minutes after the end of the school day. (Education Code 49431).

Beginning July 1, 2014 the sale of beverages shall comply with the nutritional standards of Education Code 49431.5, Except that sales not meeting these standards may be permitted when: (Education Code 49431.5)



1. *For a school fundraising event conducted by students at an elementary school, the sale of beverages takes place off school premises or takes place at least one-half hour after the end of the school day.*
2. *For a middle school, the sale occurs during a school-sponsored event and takes place at the location of the event from midnight to 30 minutes after the end of the school day.*

The Superintendent or designee shall not permit the sale of food by student organizations in a school with any grades K-8 that is participating in the National School Breakfast or Lunch Program, except when all of the following conditions are met: (5 CCR 15500)

1. *The student organization may sell one food item per sale.*
2. *The specific nutritious food item is approved by the Superintendent or designee.*
3. *The food sales do not begin until after the close of the regularly schedule midday food service period.*
4. *The sales during the regular school day are not of food items prepared on the premises*
5. *There are no more than four such sales per year per school.*
6. *The food sold is a dessert-type food, such as pastry, ice cream or fruit.*
7. *The food sold is not one sold in the districts food service program at that school during that school day.*

In Middle school a student organization may be approved to sell food items during or after the school day if all of the following conditions are met: (5 CCR 15501)

1. *Only one student organization conducts food sales on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organization may conduct the sale of any food items.*
2. *The specific nutritious food items are approved by the Superintendent or designee.*
3. *The sales during the regular school day are not of food items prepared on the premises.*
4. *The food items sold are not those sold in the district's food service program at that school during that school day.*

## **Health Education**

The district's health education program shall include instruction to aid students in making decisions in matters of personal, family and community health, including the following topics: (Education Code 51890).

1. *The use of health care services: The district contracts with Fresno County Office of Education for health care services.*
2. *Mental and emotional health development: The district contracts with Fresno County Office of Education for all mental, health and psychological services needed.*
3. *Use and misuse of drugs, including tobacco and alcohol: Each year at the end of October we participated in ribbon week in our district.*
4. *Family health and child development, including the legal and financial aspects and responsibilities of marriage and parenthood: Our district complies with the healthy Youth Act. Once per year the nurse practitioner from Fresno County Office of Education provides a sexual and health course to all the 7<sup>th</sup> grade students as per education code 51933.*
5. *Oral health, vision and hearing: Students are evaluated by a nurse practitioner from Fresno County Office of Education. We participate in the Big Smiles Organization which provides dental care to all students.*
6. *Nutrition, which may include related topics such as obesity and diabetes prevention, we participate in Parenting Parents which is an organization that provides guidelines as it pertains to positive nutrition in the home. We also participate with the Parent Service Center from Fresno County Office of Education. We hold a parent meeting monthly and provide them with information on nutrition and other related topics.*
7. *Exercise, rest and posture: Our district's physical education teacher provides instruction on physical education to all students.*
8. *Environmental health and safety: Our district has an emergency response plan in place. We conduct bus evacuations, duck and cover exercise, fire drills, and lock down procedures.*

## **Involvement of Health Professionals**

Health care professionals also shall be involved in the development and implementation of the district's health education plan and in course evaluation. Such professionals shall represent, at the district's option, the varied fields of health care, including voluntary collaborations with managed health care and health care providers; local public and private health, safety and community service agencies; and other appropriate community resources. (Education Code 51913)

Health care professionals, health care service plans, health care providers and other entities participating in a voluntary imitative with the district are prohibited from communicating about a product or service in a way that is intended or encourage persons to purchase or use the product or service. However, the following activities may be allowed: (Education Code 51890)

1. *Health care or health education information provide in a brochure or pamphlet that contains the logo or name of a health care service plans or health care organization, if provided in coordination with the voluntary initiative*
2. *Outreach, application assistance and enrollment activities relating to federal, state or county sponsored health care insurance*

### **Program Implementation and Evaluation**

The superintendent shall designate the assistant principal to ensure that our school site complies with this policy. (42 USC 1758b).

The Superintendent or designee shall assess the implementation and effectiveness of this policy once every two years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S Department of agriculture and a description of the progress made in attaining the goals of the wellness policy. (49 USC 1758B)

### **Posting Requirements3**

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. (Education Code 49432).

Each School also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. (Education Code 49432).

**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 the [Filing a Program Discrimination Complaint as a USDA Customer page](#), 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](mailto:program.intake@usda.gov)**

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