

## **Union Hill School District Wellness Policy**

(reference Union Hill Board Policy 5030)

### Philosophy

The Governing Board of the Union Hill School District recognizes the important connection between a healthy lifestyle and the students ability to learn effectively. The Board acknowledges that schools play a vital role in the development of the whole child. This includes physical, mental, and social-emotional well-being. As part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well being.

It is recognized that children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Academic performance and quality of life issues are affected by choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to chronic diseases such as obesity and Type II Diabetes, emotional stability, and the ability to learn.

The Governing Board highly values the health and well-being of every staff member and believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behavior to students. A healthy lifestyle by staff members promotes less absenteeism, higher morale, and reduced incidence of chronic diseases. This policy encourages an approach to staff and student wellness that is sensitive to the individual and community needs.

It is important that the voices of those involved are valued, and they are included in the process of ensuring the health and well being of the school community. Those involved in the school system are parents, students, community members, board members, administrators, teachers, food service employees and community health staff members. They will work collaboratively with community partners such as registered dietitians, registered nurses, public health officers, physicians, and other trained professionals to provide technical expertise and resources on pertinent issues.

The Union Hill School District is committed to providing school environments that promote and protect children's health and ability to learn by supporting healthy eating, physical activity, and social-emotional well-being. Therefore it is the policy of the Union Hill School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other community members in developing, implementing, monitoring, and reviewing district-wide wellness policies as they relate to the whole child. (Educational Code 49433).
- 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 recommendations of the *U.S. Dietary Guidelines for Americans*.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast and National School Lunch Programs.)
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and lifelong eating habits, along with related community services.
- Increase the availability of fresh fruits and vegetables, and have the ability for students to be offered healthy food choices during school and related events.
- The school district will establish a district-wide Wellness Policy with input from a variety of community members, parents, teachers, school board members, administration, and school nurse. This policy will be reviewed every three years by the Union Hill Site Council, or will be amended as needed.

## **I. School Health Councils**

The Union Hill School District will maintain a District Wellness Policy and through the Union Hill School Site Council will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies, as well as substance abuse, mental health, and family life related issues. The Union Hill Site Council may consult with parents, representatives of childhood nutrition, members of the school board, school administrators, teachers, health professionals, and members of the public. Student input will be sought as appropriate, often in discussions with the Student Council or with other student representatives.

## **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Meals served through the National School Lunch Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent, nondairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.
- Use BPA free packaging

Schools working in collaboration with Grass Valley Central Kitchen should engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Information is available to parents related to the lunch menu and nutritional content of each meal on the Central Kitchen website, Union Hill website, and monthly lunch menu.

Breakfast - To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability, school staff will encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals - The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide 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 (Education Code 49557).

Union Hill School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Union Hill School District will continue to pursue electronic identification and payment systems.

#### Meal Times and Scheduling

- Will provide students with at least 15 minutes after sitting down for lunch
- Will provide students access to handwashing or hand sanitizing before they eat meals or snacks

Sharing of Foods and Beverages - The district will discourage students from sharing their foods or beverages with one another during meal or snack times for health and safety reasons.

Special Dietary Needs and/or Severe Allergies - Students with special dietary needs and/or severe allergies must have specific accommodations made for them based on their individual needs. These students will have health care plans that outline what is needed in the school environment as prescribed by their family physician. Understanding that the risk of accidental exposure to allergens can be reduced in the school setting, Union Hill School District is committed to working in cooperation with parents, students, and physicians to minimize risks and provide a safe environment for all students.

The focus of allergy management shall be on education, communication, safety, and emergency response.

The Grass Valley Central Kitchen is able to provide some special meals and/or accommodations for students. The *Medical Statement To Request Special Meals and/or Accommodations* form must be completed by a licensed physician, physician's assistant, or registered nurse.

Other Food Sales - The Governing Board shall ensure that food sales by school-related groups are in compliance with state and federal law and do not impair student participation in the district's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

Foods and beverages sold individually must adhere to the following guidelines:

Elementary/Middle Schools - The Wellness Policy will provide guidance on all food and beverage sales to students in schools. Lunches in schools should be sold as balanced

meals. If available, foods and beverages sold individually should be limited to low-fat and nonfat milk, fruits, and non-fried vegetables. For students in all grades, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

### Beverages

- Union Hill School District does not utilize vending machines for beverage sales.
- Any beverage sales on school campuses may sell only water, 100% fruit juices, non-carbonated electrolyte replacements drinks, and 1% reduced fat or nonfat milk, during the school day.

### Foods - Food items sold at lunch:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its *weight* from added sugars;
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes;
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines); and
- Foods of minimal nutritional value shall not be sold on school premises during the school day (as defined as one half hour before the official school day begins until one half hour after the official school day ends).

### Portion Sizes - Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;

- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

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

Fundraising Activities - To support children's health and school nutrition-education efforts, most school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will distribute a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards - Staff will limit the use of foods or beverages as rewards. Staff will not withhold food or beverages (including food served through school meals) as a punishment. Staff will not use food items that do not meet nutrition standards as class or individual student rewards.

Celebrations - Each party should thoughtfully limit food or beverage that does not meet nutrition standards for foods and beverages. Carbonated soda will not be served at school sponsored celebrations. The district will assist in the dissemination of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). - Groups providing foods and beverages offered or sold at school-sponsored events outside the school day must include items that meet the nutrition

standards for meals or for foods and beverages sold individually.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Nutrition Education and Promotion - The Union Hill School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but general classroom instruction and school culture;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes high nutrient dense snacks as well as healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and/or other staff.

Integrating Physical Activity into the Classroom Setting - For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents - The district/school will support parents efforts to provide a healthy diet and daily physical activity for their children. The district/school will make

an effort to: provide information on healthy choices regarding nutrition and physical activity, and provide links to nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day.

Ensure That No Student is Hungry - The Union Hill School District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program. The district shall ensure that all eligible children qualify for free and reduced meals.

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 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 predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods with high nutrient density is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities.

Staff Wellness - Union Hill School District will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

#### **IV. Physical Activity Opportunities and Physical Education**

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students 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.

Daily Physical Education (P.E.) K-8 - All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes/two weeks for school districts grades 1 - 8) for the entire school year. All physical education will be taught by a certified physical education teacher or multi-subject credentialed classroom teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. (Education Code 51210,51222)

Daily Recess - All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and 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.

Physical Activity Opportunities Before and After School - Schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Schools, as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment - Teachers and other school staff will limit the use of physical activity (*e.g.*, running laps, pushups) and will limit withholding opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

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.

Safe Routes to School - The school district will assess and, if necessary 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 federal "safe routes to school" funds, administered by the state

department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours - School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Social-Emotional Health**

The Governing Board recognizes the positive benefits of social-emotional health and development. Students will be provided a safe environment where they will gain emotional skills leading to social-emotional resiliency. School staff will promote positive social-emotional growth in students through implementation of the Union Hill Bearcat of Character Program and positive behavioral reinforcement. Use of existing academic curriculum will reinforce social-emotional growth. Students will have access to a comprehensive school counseling program through self, staff or family referral. Students will be encouraged to engage in the various social-emotional opportunities provided. As an outcome of the social-emotional component of the Wellness Policy students will develop healthy emotional self-concepts such as worth, esteem, advocacy, and awareness. Ideally, these skills lead to positive choices allowing students to become successful community members.

Safe Environment - Parameters, policies, rules and adult support are in place for all students to feel a sense of security, a sense of belonging and a sense of community. This community, created by the stakeholders of Union Hill School, allows students to make thoughtful, caring decisions increasing their social-emotional resiliency. Adults on campus will, through actions and words, promote in their students a sense of trust and respect. The Bearcat of Character Traits are the foundation for student and staff behavior.

Bearcat of Character Program - A school-wide program that helps students develop and enhance positive character traits. The nine traits; Caring, Respect, Responsibility, Trustworthiness, Honesty, Fairness, Sportsmanship, Defender and Effort form the basis for student, staff and parent behavior. Students learn specific skills through class meetings, school wide Bearcat of Character assemblies, classroom presentations, signage and language around campus and role modeling by adults and peers during the school day. Staff consistently make the effort to recognize the positive efforts of students in demonstrating the Bearcat of Character traits.

Comprehensive School Counseling Program - A program implemented by a credentialed school counselor that supports four developmental domains. These include academic, social, emotional and career development.

Academic Development - Programs that help students identify and remove barriers to learning, establish goals to increase learning and promote lifelong learning. Examples include: academic counseling, test anxiety counseling, parent consultation, staff consultation, tutoring programs, classroom guidance presentations, Student Success Team meetings, participation in 504 and IEP meetings and administrative consultations.

Social Development - Programs that promote positive social skills. Examples include: clubs and social development groups, individual counseling, family counseling and referral to community resources.

Emotional Development - Programs that promote the positive emotional development and support of our students. Examples include: individual counseling, cross-age peer mentoring, social-emotional curriculum, suicide prevention policy, adult mentoring program, referrals to community resources and behavioral health resources and classroom guidance presentations.

Career Development - Programs that expose all students to a variety of career pathways and opportunities with the goal of connecting education to future goals and lifestyles. Examples include: career development education, academic incentive and classroom guidance programs.

#### Additional Social-Emotional Services/Programs

School Psychological Services - Services provided to students who meet the criteria of special education. Examples include: individual counseling, group counseling, crisis response, teacher consultation/collaboration, social emotional assessment and community referrals.

Prevention/Health Programs - In order to meet the overall wellness needs of students, Union Hill School District will provide programs and services that support prevention needs, such as ATOD (alcohol, tobacco, and other drugs) prevention, suicide prevention and family life education as referenced in Union Hill Board Policy 5030 - Student Wellness.

### **V. Monitoring and Policy Review**

Monitoring - The superintendent or designee will ensure compliance with established district-wide nutrition, physical activity and social-emotional wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her

school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review - Wellness Policy review will be repeated every three years, or as needed, to assess compliance, progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition, physical activity, and social-emotional components.

*Wellness Policy reviewed and revised by six member panel of parents, teachers, support staff, classified staff, nursing staff and administration on December 5, 2016. Sent to Site Council in February, 2017 for their recommendation to the U.H.S.D. School Board during the February Board meeting. Board heard presentation in February, received clarification during the March meeting on Student Rewards and Celebrations, and approved the Wellness Policy on March 14, 2017.*