

Kingsburg Elementary Charter School District

Wellness Policy

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Kingsburg Elementary Charter School District Board of Trustees recognizes the important connection between a healthy diet and student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a role in childhood nutrition and fitness, and 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. To reinforce the district's nutrition education program, foods provided on school premises shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease.
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits.
3. Served in age-appropriate quantities and at reasonable prices.

Students shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Superintendent or designee assigned shall ensure that the meals offered by the **Kingsburg Elementary Charter School District** food service program meet all legal requirements for participation in the National School Lunch and Breakfast programs.

Under the Offer vs. Serve policy that is followed by our Rafer Johnson Jr. Hi, Reagan Elementary and Lincoln Elementary, students in all grades shall be allowed to decline a set number of meal items that they do not intend to consume. Our remaining sites are Food Based Menu Planning Traditional Serve.

The Superintendent or assigned designee shall develop strategies to encourage participation of students and parents/guardians in the selection of foods of good nutritional quality for school menu items.

The Board will establish and maintain a Child Nutrition and Physical Activity Advisory Committee to discuss nutrition and physical activity related topics of concern within the school community. This group will also develop school district policies on nutrition and physical activity for recommendation to and approval by the School Board.

Posting Requirements

Each school within the district shall post the Kingsburg Elementary Charter School District policies and regulations on nutrition and physical activity in public viewing areas within all school cafeterias.

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

Nutritional Standards

(Effective June 2006 in coordination with Food Services, and the Superintendent), the Superintendent or assigned designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. (Effective June 2006), the District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance.
 - a. All vending machines located on school campuses may sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure fresher produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus.
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - b. Fresh Fruit/Veggie Bars at Rafer Johnson Junior High, Reagan Elementary and Lincoln Elementary, as well as fresh fruit shall be available at each school site.
4. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Students shall have a minimum of 30 minutes to eat lunch and 15 minutes to eat breakfast, when provided.
 - b. School site leadership shall be involved to improve cafeteria décor and atmosphere.
 - c. Child Nutrition Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
 - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.
5. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.
 - a. Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutritional education into the curriculum for math, science, history, and language arts at all grade levels.
6. Ensure that no student is hungry.

- a. The district shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
 - b. The district shall ensure that all eligible children qualify for free and reduced meals.
7. Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
- a. Provide nutrition and physical activity information monthly.
 - b. Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.

Child Nutrition and Physical Activity Advisory Committee

The membership of the Child Nutrition and Physical Activity Advisory Committee shall include, but is not limited to, the following members: Board member, school administrators, food service staff, students, parents/guardians, physical and health education teachers, dieticians, health care professionals and interested community members.

The Child Nutrition and Physical Activity Advisory Committee shall meet at least three times during the year and meetings shall be open to the public.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)

- 1. Implementing the nutritional standards set forth in Education Code 49431
- 2. Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods
- 3. Ensuring that no student is hungry
- 4. Improving nutritional standards
- 5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold
- 6. Ensuring, to the extent possible, that the food served is fresh
- 7. Encouraging eligible students to participate in the school lunch program
- 8. Integrating nutrition and physical activity into the overall curriculum
- 9. Ensuring regular professional development for food service staff
- 10. Ensuring students a minimum of 30 minutes to eat lunch and 15 minutes to eat breakfast, when provided
- 11. Ensuring students engage in healthful levels of vigorous physical activity
- 12. Ensuring students receive nutrition education
- 13. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy food

Free and Reduced Price Meals

The Board recognizes that adequate nutrition is essential to child development and learning 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.

(cf. 0410 – Nondiscrimination in District Programs and Activities)
(cf. 5145.3 – Nondiscrimination/Harassment)

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

Note: Education Code 49558 authorizes Boards to allow district employees to use individual records of students participating in the free and reduced price meal program for the purpose of disaggregation of academic achievement data. However, federal guidelines allow the sharing of such records only for purposes of applying for Title I funding and in responding to the National Assessment of Educational Progress (NAEP). When there is a difference between federal and state regulations governing school meal programs, districts must comply with the more restrictive regulation. Districts shall therefore be aware that free and reduced price meal records may be shared “for the purpose of disaggregation of academic achievement data” only when it is in connection with either Title I or NAEP. In California, since Title I data are collected via the Standardized Testing and Reporting Program (STAR), the CDE will be using participation in this program to disaggregate data for Title I purposes. Note also that only information pertaining to a student’s eligibility for the program may be shared. Information regarding a student’s participation in the program (e.g., the record of meals served to that student) is confidential.

Districts wishing to use free and reduced price meal records for this purpose are mandated to adopt a policy authorizing employee access.

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 disaggregation of academic achievement data in accordance with federal and state law and regulation.

Other Food Sales

The Governing Board shall ensure that food sales by school-related groups and the use of vending machines 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.

(cf. 1230 – School-Connected Organizations)
(cf. 1321 – Solicitations of Funds from and by Students)
(cf. 3312 – Contracts)
(cf. 3550 – Food Service/Child Nutrition Program)
(cf. 3551 – Food Service Operations/Cafeteria Fund)
(cf. 3553 – Free and Reduced Price Meals)

The Superintendent or assigned designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations.

No foods of minimal nutritional value shall be sold on school premises during the school day (defined as one half hour before the official school day begins until one half hour after the official school day ends).

Other Food Sales

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

Food sales are prohibited during school hours, and within one half hour before or after school hours, unless the organization is legally organized as a nonpartisan, charitable organization, the purpose of the solicitation has been approved in accordance with Governing Board policy. (Education Code 51520)

The Superintendent or designee shall ensure that all food and beverages outside of the Child Nutrition Services program meets basic nutrition standards:

1. Non-nutritious foods, including but not limited to candy, sodas, donuts, and chewing gum, cannot be sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends).
2. The District should encourage fundraisers that reflect our commitment to student health. Fundraisers such as the sale of non-food items, nutritious food items, and physical activity events are strongly encouraged.

Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program:

In any school participating in the National School Lunch or Breakfast Program, student organizations may sell food items in accordance with 5 CCR 15500-15501. The specific nutritious food items shall be approved by the Superintendent or designee and, if sold during the regular school day, shall not be a food item prepared on school premises or sold in the food service program at school during the day. (5 CCR 15500-15501)

(cf. 3553 – Free and Reduced Price Meal)

Snacks. *Snacks served during the school or in the after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruit and vegetables as the primary snacks.*

Rewards. *Schools, to the extent possible, will not use foods or beverages, especially those that do not meet the nutrition standards rewards.*

Celebrations. *Schools should to the extent possible, limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages.*

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). *Foods and beverages offered or sold at school-sponsored events outside the school day, to the extent possible, shall meet current legislation.*

The Health and Wellness committee will promote the setting of goals for school-based activities and that are designed to promote student wellness. These goals will include:

1. Ensuring appealing and attractive meals are served in a pleasant environment.

2. Enough time for eating and socializing with classmates will be provided, at least 10 minutes after sitting down for breakfast and at least 20 minutes after sitting down for lunch.
3. Meals will be planned so that students may eat healthy foods near the middle of the school day, between 11:00 a.m. and 1:00 p.m.
4. The wait time before meals is to be kept to a minimum.
5. Fundraising strategies will be encouraged and provided that focus on non-food items, promote physical activities, and the sale of nutritious food items.
6. Staff will be encouraged to eat with students periodically to model good manners, behavior, and eating habits.
7. Food should not be used as a reward or punishment.
8. Celebrations that include food during the day are to be limited to 1 per month. The party will include no more than one food item or beverage that does not meet the guidelines for food and beverages sold individually.
9. Food sold at school-sponsored activities outside the school day should meet the nutritional standards for foods and beverages sold individually.
10. Students should not be denied the opportunity to participate in physical activities as a form of discipline or to make up for instructional time.
11. The district shall create increased opportunities for all staff to be trained on nutrition and how to integrate nutrition into the curriculum of math, science, and language arts. Resources will also be made available.
12. Nutrition education will be offered at each grade level pre-K-12 as part of a sequential coordinated standards-based program to provide students with the knowledge to lead healthy lives.
13. Resources will be made available for a school garden to promote a link between food choices, physical activities, and health in a hand-on way.
14. Activities will promote healthy lifestyles that are participatory activities such as contests, promotions, taste testing, farm and dairy visits, and school gardens will be offered.
15. Nutrition activities should include parents, students, and the community.
16. Efforts will be made to allow cooking activities to be incorporated into nutrition lessons.
17. An attempt will be made to schedule recess before lunch at the elementary level so that students are ready to eat and less distracted.
18. School facilities will be made available to community members to promote physical activity.

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.

The Board shall approve the components of the physical education program.

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these students.

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

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions: (Education Code 51241)

1. A student is enrolled for one-half time or less.
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

Instruction in physical education shall be provided for a total of time of not less than 200 minutes each 10 school days for students in grades 1 through 6 and not less than 400 minutes each 10 school days for students in grades 7 through 12. (Education Code 51210, 51222)

During the month of February, April or May, students in grades 5, and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. The existing physical education requirements should be monitored and enforced.
3. Professional development opportunities for physical education should be available to teachers and administrators.
4. Students shall be encouraged to walk, bike or otherwise "actively commute" to and from school.
5. Expanded opportunities for lunchtime and after school physical activity for students and staff shall be developed.

Revised and Adopted: **May 27, 2009**

School Board Adoption Date: **June 2009**

Date Implemented: _____

Date Reviewed: _____

Date Reviewed: _____

Date Reviewed: _____

Date Reviewed: _____

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