

KINGSBURG ELEMENTARY CHARTER SCHOOL DISTRICT  
LOCAL WELLNESS POLICY

NUTRITION GUIDELINES FOR FOODS AND BEVERGES AVAILABLE OUTSIDE THE SCHOOL MEAL PROGRAMS

Individual food items sold or served outside the federal reimbursable meal programs should meet local, state, and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

**Elementary Schools:**

Effective July 1, 2014

<p>An <b>elementary school</b> contains no grade higher than grade 6.  <b>Effective</b> from midnight to one-half hour after school.  <b>Applies to ALL</b> foods sold to students by any entity.  <b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.  <b>Compliant Foods:</b></p> <ol style="list-style-type: none"> <li>1. Can ONLY be a:             <ol style="list-style-type: none"> <li>a. Fruit</li> <li>b. Non-fried vegetable</li> <li>c. Dairy food</li> <li>d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)</li> <li>e. Whole grain item</li> </ol> </li> </ol> <p><b>AND</b></p> <ol style="list-style-type: none"> <li>2. Must meet the following:             <ol style="list-style-type: none"> <li>a. ≤ 35% calories from fat <b>and</b></li> <li>b. &lt; 10% calories from saturated fat <b>and</b></li> <li>c. ≤ 35% sugar by weight <b>and</b></li> <li>d. &lt; 0.5 grams trans fat per serving <b>and</b></li> <li>e. ≤ 230 milligrams sodium <b>and</b></li> <li>f. ≤ 175 calories per item/container (no exceptions)</li> </ol> </li> </ol> <p><b>OR</b></p> <ol style="list-style-type: none"> <li>1. Meet the nutrient standards in #2 above</li> </ol> <p><b>AND</b></p> <ol style="list-style-type: none"> <li>2. Be a full meal that meets the USDA school meal pattern</li> </ol> <p><b>AND</b></p> <ol style="list-style-type: none"> <li>3. Each food in the meal must:             <ol style="list-style-type: none"> <li>a. Be a fruit, non-fried veggie, dairy, protein, or whole grain item, <b>or</b></li> <li>b. Contain ≥ 10% DV for calcium, potassium, Vit D or dietary fiber, <b>or</b></li> <li>c. Be a combo food containing ¼ cup of fruit or non-fried vegetable</li> </ol> </li> </ol> <p><b>Non-compliant foods may be sold from one-half hour after school through midnight.</b></p>	<p>An <b>elementary school</b> contains no grade higher than grade 6.  <b>Effective</b> from midnight to one-half hour after school.  <b>Applies to ALL</b> foods sold to students by any entity.  <b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.          The only beverages that may be sold or served outside of the federal reimbursable meal program are:  <b>Compliant Beverages:</b></p> <ol style="list-style-type: none"> <li>1. Fruit or Vegetable juice:             <ol style="list-style-type: none"> <li>a. ≥ 50% juice <b>and</b></li> <li>b. No added sweeteners</li> <li>c. ≤ 8 fl. oz. serving size</li> </ol> </li> <li>2. Milk:             <ol style="list-style-type: none"> <li>a. Cow's or goat's milk, <b>and</b></li> <li>b. 1% (unflavored), nonfat (flavored/unflavored), <b>and</b></li> <li>c. Contains Vitamins A &amp; D, <b>and</b></li> <li>d. ≥ 25% of the calcium Daily Value per 8 fl. oz., <b>and</b></li> <li>e. ≤ 28 grams of total sugar per 8 fl. oz.</li> <li>f. ≤ 8 fl. oz. serving size</li> </ol> </li> <li>3. Non-dairy milk:             <ol style="list-style-type: none"> <li>a. Nutritionally equivalent to milk</li> <li>b. ≤ 28 grams of total sugar per 8 fl. oz, <b>and</b></li> <li>c. ≤ 5 grams fat per 8 fl. oz</li> <li>d. ≤ 8 fl. oz. serving size</li> </ol> </li> <li>4. Water:             <ol style="list-style-type: none"> <li>a. No added sweeteners</li> <li>b. No serving size</li> </ol> </li> </ol> <p><b>Non-compliant foods may be sold from one-half hour after school through midnight.</b></p>
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Full Disclosure and details can be found on-line at California Department of Education, Nutrition Services Division.

## **Middle Schools:**

Effective July 1, 2014

<p>A <b>middle/junior high</b> contains grades 7 or 8, 7 to 9, 7 to 10.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> foods sold to students by any entity.</p> <p><b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.</p> <p><b>Compliant Foods:</b></p> <ol style="list-style-type: none"><li>1. <b>“Snack”</b> food items must be:<ol style="list-style-type: none"><li>a. ≤ 35% calories from fat, <b>and</b></li><li>b. &lt; 10% calories from saturated fat, <b>and</b></li><li>c. ≤ 35% sugar by weight, <b>and</b></li><li>d. &lt; 0.5 grams trans fat per servings, <b>and</b></li><li>e. ≤ 230 milligrams sodium, <b>and</b></li><li>f. ≤ 200 calories per item/container</li></ol></li><li>2. <b>“Entrée”</b> food items must be:<ol style="list-style-type: none"><li>a. Meat/meat alternate and whole grain rich food, <b>or</b></li><li>b. Fruit or non-fried vegetable and meat/meat alternate, <b>or</b></li><li>c. Meat/meat alternate alone, <b>and</b></li><li>d. ≤ 35% calories from fat, <b>and</b></li><li>e. &lt; 10% calories from saturated fat, <b>and</b></li><li>f. ≤ 35% sugar by weight, <b>and</b></li><li>g. &lt; 0.5 grams trans fat per serving, <b>and</b></li><li>h. ≤ 480 milligrams sodium, <b>and</b></li><li>i. ≤ 350 calories</li></ol></li></ol> <p><b>Non-compliant foods may be sold from one-half hour after school through midnight.</b></p>	<p>A <b>middle/junior high</b> contains grades 7 or 8, 7 to 9, 7 to 10.</p> <p><b>Effective</b> from midnight to one-half hour after school.</p> <p><b>Applies to ALL</b> foods sold to students by any entity.</p> <p><b>Sold</b> means the exchange of food for money, coupons, vouchers, or order forms, when <u>any part</u> of the exchange occurs on a school campus.</p> <p><b>Compliant Beverages:</b> <i>(All 12 oz. serving sizes except where stated)</i></p> <ol style="list-style-type: none"><li>1. Fruit or Vegetable juice:<ol style="list-style-type: none"><li>a. ≥ 50% juice, <b>and</b></li><li>b. No added sweeteners</li></ol></li><li>2. Milk:<ol style="list-style-type: none"><li>a. Cow’s or goat’s milk, <b>and</b></li><li>b. 1% (unflavored), nonfat (flavored/unflavored), <b>and</b></li><li>c. Contains Vitamins A &amp; D, <b>and</b></li><li>d. ≥ 25% of the calcium Daily Value per 8 fl. oz., <b>and</b></li><li>e. ≤ 28 grams of total sugar per 8 fl. oz.</li></ol></li><li>3. Non-dairy milk:<ol style="list-style-type: none"><li>a. Nutritionally equivalent to milk</li><li>b. ≤ 28 grams of total sugar per 8 fl. oz, <b>and</b></li><li>c. ≤ 5 grams fat per 8 fl. oz</li></ol></li><li>4. Water:<ol style="list-style-type: none"><li>a. No added sweeteners</li><li>b. No serving size</li></ol></li></ol> <p><b>Non-compliant foods may be sold from one-half hour after school through midnight.</b></p>
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Schools are encouraged to use whole, fresh, unprocessed foods and ingredients whenever possible.

Schools are encouraged to offer fresh fruits and vegetables whenever possible.

Schools are encouraged to use foods low in sodium whenever possible.

Ingredients of foods sold or served at school should be listed on the food label or otherwise identified so students with food allergies are protected from accidental exposure.

### **Food/Beverage 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.

Eliminate the marketing and advertising of unhealthy foods and beverages. Any foods or beverages that do not meet the USDA nutrition guidelines should not be promoted in any way, e.g., through signage, vending machine fronts, logos, scoreboards, school supplies.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in an a la carte/snack bar line or vending machines; and sales of fruit for fundraisers.

## FUNDRAISING

Encourage the use of non-food items for fundraising. If food items are used, strive to meet the USDA nutrition guidelines criteria.

## CELEBRATIONS/PARTIES/REWARDS

Kingsburg Elementary Charter School District understands the importance of celebrating, having parties, and rewarding students for curricular goals. The school district also understands that food can play an important part in these activities and give students opportunities for a well-rounded education and experiences that they might not normally have. As of July 1, 2014 changes have been made in current legislation and laws, both state and federal. These laws will alter past practices and *are in effect from midnight to one-half hour after school*. In the classroom we need to adhere to the following criteria:

- ❖ For food safety reasons, all items brought from home for school/class events must be prepared in an approved commercial facility.
- ❖ Foods prepared at home cannot be served at school/classroom.
- ❖ Food cannot be prepared in the classroom, unless a food service worker is there to assist or another individual that has been trained through ServSafe .
- ❖ Pre-packaged food that is brought to school must display original ingredient/nutrition label.
- ❖ Schools/classrooms will hold any event involving food to after lunch is served during the regular school day.
- ❖ If you would like an event during lunch you must notify Food Services at least five (5) days prior to the event to make arrangements for those students on free and reduced lunch. Food Services will have a variety of reimbursable meals available for parties or special holidays available upon request.
- ❖ Classrooms providing additional food of any type will not charge ANY student.

## 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. Non-compliant foods may be sold from one-half hour after school through midnight.

## NUTRITION GUIDELINES FOR CHILD NUTRITION REIMBURSABLE MEAL PROGRAMS

### Healthy School Meals and Snacks

#### *All Meals:*

- Except in extraordinary circumstances, all schools in the district will participate in all available federal school nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), After School Snack Program (ASP), and Summer Food Service Program (SFSP). All schools with a pre-school will participate in NSLP, SBP or the Child and Adult Care Food Program (CACFP).
- The school district will seek to maximize federal and state nutrition funding.
- Schools with 75% or more students eligible for free and reduced price school meals that do not implement Provision 2 or 3, will explain their rationale annually at a school board meeting.
- Schools that do not operate one or more federal program(s) will explain the deficiency annually at a school board meeting.

#### *Meals served through the Child Nutrition Programs will:*

- Be appealing and attractive to children of various ages and diverse backgrounds.
- Be served in clean and pleasant surroundings.
- Meet or exceed nutrition requirements established by local, state and federal statutes and regulations.

- Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources. To the extent possible schools will offer a variety of fruits/vegetables complying with the serving size and weekly variety requirements as set forth by the “National School Breakfast/Lunch Program Meal Patterns”.
- Include only fat-free (unflavored/flavored) and 1% low fat (unflavored) milk.
- Strive to provide 100% whole grain rich in all grains served.
- Strive to provide products with zero grams per serving of trans-fat.
- Meet target levels for sodium, saturated fat and calorie standards as set by “National School Breakfast/Lunch Program Meal Patterns”.
- Water will be available to all students during breakfast/lunch meal service.

Students and parents should be engaged in selecting foods to be sold and served, through taste testing, community meetings, and surveys. Information concerning the nutritional content of all school meals and snacks shall be shared with students and parents. Such information will be available on the Kingsburg Elementary website.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free/reduced price meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Students will be discouraged from sharing food and beverages, given concerns about allergies and special diets.

***Breakfast:***

- Schools will encourage participation by implementing, wherever feasible, classroom breakfast, grab-and-go, second chance breakfast, breakfast during morning break or recess, and other options.
- Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation. Students will have at least 10 minutes to eat after sitting down.
- Schools will promote the importance of healthy breakfast and the SBP to students and families.

***Lunch:***

- Students will have 20 minutes to eat after sitting down.
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in cafeterias to attract students.
- Lunch will be served at appropriate intervals from other meals.
- Student will be allowed to eat when engaged in scheduled mealtime activities.
- There should be access to hand washing before and after meal service.

***After School Snack Program:***

- After school snack program will follow guidelines as established by California Department of Education.

***Summer Food Service Program:***

- Schools with 50 percent or more students eligible for free/reduced price meals will sponsor the Summer Food Service Program or the Seamless Summer Waiver Option. If the school does not participate in these programs, then they should assure that some other neighborhood agency sponsors SFSP during the summer or summer school if applicable.

***Other Concerns:***

- The district will provide continuing professional development for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at the various levels of responsibility.

### ***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)

- A student is enrolled for one-half time or less.
- 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:

- 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.
- The existing physical education requirements should be monitored and enforced.
- Professional development opportunities for physical education should be available to teachers and administrators.
- Students shall be encouraged to walk, bike or otherwise "actively commute" to and from school.
- Expanded opportunities for lunchtime and after school physical activity for students and staff shall be developed.