

## Students

### STUDENT WELLNESS

The Board of Trustees is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Belmont/Redwood Shores School District that:

- 1 The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- 2 All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 3 Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 4 Through PTA-sponsored lunch programs, students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 5 To the maximum extent practicable, all schools in our district will participate in National School Lunch Program.
- 6 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 school meal programs, and with related community services.

### TO ACHIEVE THESE POLICY GOALS:

#### I. School Wellness Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils/committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school who provide food sales, members of the school board, school administrators, teachers, health professionals, and members of the public.)

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

Meals served to students will:

- 1 be appealing and attractive to children;
- 2 be served in clean and pleasant settings;
- 3 meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- 4 offer a variety of fruits and vegetables;
- 5 serve only low-fat (1% or 2%) and fat-free milk (flavored milk may be served) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- 6 limit high-sodium foods and sources of trans-fatty acids whenever possible; and
- 7 offer whole grains whenever possible.

**Free and Reduced-priced Meals.** Schools 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, 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.

### **Meal Times and Scheduling.**

Schools:

- 1 will provide students with at least 15 minutes to eat after sitting down for lunch;
- 2 should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- 3 should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- 4 will schedule lunch periods to follow recess periods (in elementary schools); and
- 5 will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **Foods and Beverages Sold Individually or as Meals**

**Elementary Schools.** The PTA or National School Lunch Program (NSLP) will provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals as defined as a combination of foods that meet USDA meal pattern requirements.

Elementary Schools may sell the following foods to pupils:

1. Full Meals (lunches) defined as a combination of foods that meet USDA meal pattern requirements and provide the following: a meat/meat alternate, milk, vegetable or fruit, and grain/bread, and offer five items from these four food groupings.
2. Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.
3. Individually sold dairy items and whole grain food items if it meets all of the following standards:
  - a. Not more than 35 percent of its total calories shall be from fat
  - b. Not more than 10 percent of its total calories shall be from saturated fat
  - c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar
  - d. Not more than 175 calories per individual food item.
4. The following beverages may be sold to pupils:
  - a. Fruit-based drinks composed of no less than 50 percent fruit juice and have no added sweetener
  - b. Vegetable-based drinks composed of no less than 50 percent vegetable juice and have no added sweetener
  - c. Water with no added sweetener
  - d. Milk that is 1 or 2-percent fat or non-fat; soy milk, rice milk, or other similar non-dairy Milk; flavored milk.

**Middle Schools.** In middle school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, 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**

#### **Allowed**

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water or seltzer water with no added sweetener
4. Milk that is 1 or 2-percent fat or non-fat; soy milk, rice milk, or other similar nondairy milk; flavored milk

### Not allowed

1. Soft drinks containing caloric sweeteners
2. Iced teas
3. Fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners
4. Beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine)
5. Electrolyte replacement drinks.

### Foods

An entrée item sold outside the reimbursable meal program must meet the following criteria:

1. Its total calories do not exceed 400 calories
2. It contains no more than four grams of fat per 100 calories.

A snack food item (snacks are generally regarded as supplementing a meal, including but not limited to chips, crackers, onions rings, nachos, fries, donuts, cookies, baked goods and candy) sold individually must meet the following criteria:

- e. Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits and vegetables that have not been deep fried, are exempt.
- f. Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale are exempt.
- g. Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. Fruits or vegetables that have not been deep fried are exempt.
- h. Not more than 250 calories per individual snack item.

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).

**Fundraising Activities.** To support children's health and school nutrition education efforts, school fundraising activities are encouraged to not involve food or to use 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 and foods.

When food or beverages are sold by students at any grade level as a fundraising event, it is not necessary that they comply with state nutritional standards if the sale takes place off and away from school premises, or takes place at least one-half hour after the end of the school day.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). At

school-sponsored events outside the school day, it is encouraged to offer or sell foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).

In addition, a food sale at a middle school need not meet nutritional standards if the sale occurs during a school-sponsored student activity after the end of the school day. Middle school cannot sell non-nutritious beverages in vending machines, student stores, and cafeterias until later than one-half hour after the end of the school day.

**Rewards.** Schools (teachers, staff and PTA's) are encouraged to not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above) as rewards for academic performance or good behavior or competitions, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations (class parties, birthdays and other classroom events).** Schools should encourage limiting 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 foods and beverages sold individually (above). The district will provide parents and teachers with a list of healthy affordable food choices for snacks and parties along with non-food party ideas/favors. When possible, celebrations should be scheduled for after the lunch period.

### **III. Nutrition Education**

1. The school district will provide nutrition and health education to build nutrition knowledge and skills to foster life-long habits of healthy eating. The district will implement a comprehensive nutrition curriculum for students in all grades, kindergarten through eighth grade.
2. PE/nutrition and health education will be implemented according the California State Department of Education content standards.
3. Nutrition education should on a regular basis actively involve students' families and other community professionals.

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

1. The district's physical education program shall comply with State requirements, sequential program of curricula, credentialed teachers and administration of State physical fitness tests. Physical education programs shall be fully inclusive (unless medical or disability requires otherwise) and provide activities according to best professional practices.
2. All schools shall provide reasonable times for physical activity through recesses during the school day and promote physical activity through participation in activities sponsored by school and community organizations. Facilities shall be provided for safe activities that are appropriately supervised.

### **V. Outreach Strategies for Families**

The Wellness Policy shall be posted on the district website for review by parents. Schools shall inform parents of the instructional program that includes health and nutrition. PTA's will be encouraged to provide information on child nutrition issues (including information contained within the wellness policy).

## **VI. Implementation and Evaluation Process**

The district wellness committee shall meet at least once annually to review the district wellness policy and practices within the district and develop recommendations for consideration by the Board of Education for policy revision. The PTA's of the schools are encouraged to network and share its programs and strategies to ensure that best practices for promoting wellness are implemented in all schools.