

# BURLINGAME SCHOOL DISTRICT

## BUSINESS AND NONINSTRUCTIONAL OPERATIONS

Policy No.: 3552

### Wellness Policy – Page 1

Board Adopted:

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The Governing Board recognizes the important connection between a healthy diet and a student's ability to learn effectively. The Board also acknowledges that schools play a vital 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 the future health and well-being of its students. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning, resulting in academic success.

The District will provide whatever adequate resources are necessary (personnel, equipment, ongoing maintenance, technology) to implement this Wellness Policy.

The implementation of the Wellness Policy and related Health and Physical Education policies will be supported by all employees of the District. The Superintendent shall designate at least one person at each school site that is charged with the operational responsibility for ensuring that the site implements and measures the implementation of the Wellness Policy.

The Board may utilize existing school health councils or other committees, or may establish an advisory committee to discuss nutrition and physical activity related topics of concern in the school community, and to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board. The Board encourages the involvement of parents, students, school food service personnel and community members in development and support of the Wellness Policy.

#### Nutrition Education

Age appropriate, skill-building nutrition education will be taught at each grade level and focused on behavioral change. Nutrition education will be taught in grades K-6. Nutrition education will be a component of comprehensive health education in grades 7 and 8. The Board recognizes that the ultimate goal of health education is to foster and promote health literacy.

#### Physical Education and Physical Activity

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 and be based on physical education content standards.

The 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.

Physical education will be delivered by a teacher credentialed to teach physical education, students will participate in a fitness test in accordance with Burlingame Board policy 6141, and receive individual fitness test results during or after completion of the test.

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Each school shall provide all students the opportunity, support and encouragement to be physically active on a regular basis through physical education and activity.

All students in grades one through six will receive physical education for a minimum of 200 minutes for every 10 school days.

All students in grades seven and eight will receive physical education for a minimum of 400 minutes for every 10 school days.

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 may grant temporary exemption from physical education under either of the following conditions:

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.

Physical activity will not be used or withheld as punishment.

#### **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.

## Maintenance of a Healthy Environment

All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced. Adequate space in a pleasant surrounding will be provided to eat meals. Students shall have a minimum of 30 minutes to eat lunch.

The Superintendent will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

School sites shall develop goals and strategies for increasing student participation in the school breakfast and lunch program.

All elementary school principals will evaluate primary grade schedules and if possible, promote playtime before eating lunch.

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#### Food Guidelines

#### Meals

The Superintendent shall ensure meals offered by the District's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs. To the extent permitted under the National School Lunch and **School Breakfast Programs**, students in all grades shall be allowed to decline a certain number of meal items they do not intend to consume. The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through federal reimbursable meal programs. Meal programs must meet or exceed the nutrition recommendation of the United States Dietary Guidelines including:

1. No more than 30 percent of total calories from fat (averaged over a week)
2. No more than 10 percent of total calories from saturated fat (averaged over a week)

All foods during school hours shall be:

1. Selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits

3. Provided to give a variety of healthy choices at all sites including ethnic and cultural favorites

A production system will be developed and implemented to reduce the use of prepackaged foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fat, added sugars and sodium.

The use of fresh fruit and vegetables will be encouraged as well as promoting the intake of 5 servings of fruits and vegetables per day.

Annual training will be provided for food service staff in food safety, marketing, preparation and service of health menu items.

#### Food and Beverage outside the school meal program

In addition to Burlingame Board policy 3554, any individual food items sold outside the federal reimbursable meal programs shall also meet local, state, and federal requirements. The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money, coupons or vouchers. The term does not refer to food brought from home by students for individual consumption.

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All food sold on school campuses during school hours must be from one of more of the following categories:

1. Milk and dairy products, including cheese, yogurt, frozen yogurt and ice cream
2. Full-strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice with no added sweeteners. Water with no added sweeteners may also be sold. The middle school may sell electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving
3. Fresh, frozen, canned, and dried fruits and vegetables
4. Nuts, seeds, and nut butters
5. Non-confection grain products including crackers, breadsticks, tortillas, pizza, pretzels, bagels, muffins and popcorn
6. Any food receiving prior approval by the Burlingame School District Food Services Department

Individually sold food items must meet the following criteria:

1. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds is from fat
2. Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
3. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes may also be sold. Individually sold dairy items and whole grain food items may be sold provided they meet the 35/10/35 guideline above and do not exceed 175 calories per individual food item for elementary schools and 250 calories at the middle school.

The Food Service Department will provide a list of foods that meet these criteria.

During school hours, home-prepared products will not be allowed to be sold on any campus due to the potential of food-borne illness. The District will provide to parents information on safe and healthy food that would be acceptable for special events (i.e. classroom parties). However, Superintendent approval may be requested for special occasions involving foods that may not meet these nutritional standards.

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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.

#### **Fundraising**

In addition to Burlingame Board policy 3554:

1. Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines identified above.
2. Food or beverages that do not meet the nutrition standards above may be sold by pupils if the sale takes place off and away from school campus or on school grounds if the sales occur 30 minutes after the end of the school day.

3. Access to fundraising through food sales will be equitable for all classes and/or student organizations.

Legal Reference: Education Code  
38080-38103 Cafeteria, Establishment and Use  
44203 Teacher Credential  
45103.5 Contracts for Management Consulting Services:  
Restrictions  
49430-49436 Pupil Nutrition, Health, and Achievement Act of  
2001  
49490-49493 School Breakfast and Lunch Programs  
49500-49505 School Meals  
49510-59520 Nutrition  
49530-49536 Child Nutrition Act  
49540-49546 Child Care Food Program  
49547-  
48548.3 Comprehensive Nutrition Services  
49550-49560 Meals for Needy Students  
49570 National School Lunch Act  
51210 Areas of Study  
51222-51223 Physical Education  
51241 Temporary or Permanent Exemption from  
Physical Education  
  
Code of Regulations, Title 5  
10060 Criteria for Physical Education  
15500-15501 Food Sales by Student Organizations  
15110 Mandatory Meals for Needy Students  
15530-15535 Nutrition Education  
15550-15565 School Lunch and Breakfast Programs  
  
Code of Federal Regulations, Title 7  
210.1-210.31 National School Lunch Program  
220.1-220.21 National School Breakfast Program

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Legal Reference: (cont.)

Health and Safety Code  
113700-  
114455 Sanitation and Safety





