

STUDENT WELLNESS

The Menlo Park City School District will implement Board Policy 5030 as required by Federal law and State regulations.

Goals and Strategies for Increasing Student Participation

The schools of the District operate two school lunch programs.

The Free and Reduced Lunch Program operates in acknowledgement that some families may be unable to provide lunch for 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 District shall make available applications for free and reduced price meals to all families at the beginning of each year and thereafter as families become eligible. Overt identification of students who participate in the program will be prevented.

For all other families, the Parent Teacher Organizations of the schools sponsor a school lunch program for a cost per meal. Such meals will meet nutritional standards as set forth by law and the provisions of this Policy and will attempt to be affordable for all families.

Nutritional Standards for School Lunch Program

As of the Fall of 2007 or earlier, school lunches served on school campuses shall ensure that the nutritional quality and quantity of all foods served or made available to students comply with state and federal standards as follows:

Beverages:

Beverages will be water or seltzer water without added sweeteners; fruit and vegetable juices that contain at least 50% fruit or vegetable juice (preferably 100% juice) and do not contain additional sweeteners; or unflavored low-fat (2% or 1%) or fat-free milk. At the middle school, flavored milk may be served.

Foods:

Each food item will have no more than 35% of its calories from fat (excluding nuts, seeds, cheeses, peanut butter, avocado, and other nut butters) and no more than 10% of its calories from saturated and trans fat combined with a goal of total elimination of trans fat.

For reimbursable meals only, on a weekly average, no more than 30 percent of the calories will be from fat, and no more than 10% of total calories will be from saturated fat, with a goal of total elimination of trans fat.

At the elementary schools: Food will not exceed more than 175 calories for individual (non-entrée) food items.

At middle schools: Food will not exceed more than 250 calories for individual food items, and 400 calories for entrée items.

With the exception of fruits and vegetables, a food item will not have more than 35% of its total weight be from sugar, including naturally occurring and added sugar.

Meals:

Be appealing

Contain fresh fruits and/or vegetables

Include options to have 2%, 1%, and/or fat-free milk

Other Recommendations

Each school is encouraged to address the following as a part of its lunch program:

Foods/Beverages:

Include food from whole, fresh, and unprocessed ingredients whenever possible.

Provide a variety of fruit and/or vegetables.

Limit high-sodium foods and sources of trans fatty acids whenever possible.

Promote independence through choice and variety, as age appropriate.

Offer whole grains whenever possible and appealing to the students.

Limit foods of minimal nutritional value that do not promote or model healthy food choices.

Limit serving size of beverages to no larger than 8 oz. of milk and 6 oz. of juice for elementary students; and no larger than 12 oz. of milk or 8 oz. of juice for middle school students. Electrolyte replacement beverages, although allowable, are not encouraged. Such beverages shall abide by the serving sizes of this provision.

Amount of Time and Adequacy of Facilities

Students will be provided a lunch period of no less than 30 minutes and *with* no less than 15 minutes to eat lunch in a pleasant and supervised environment. The school principal according to the unique needs at each campus will schedule noon recesses. District facilities and practices shall meet USDA sanitation guidelines and good hygiene.

Guidelines and Standards for Food and Beverages Outside of Lunch Program

Non-compliant foods may be sold off of and away from school premises or on the school premises at least one-half hour after the end of the school day or if the sale occurs during a school-sponsored pupil activity after the end of the school day. Healthy choices of foods shall be encouraged and made available.

Foods and Beverages for Class Parties or Other School Events

Each school shall establish reasonable guidelines for foods and beverages served at class parties or other school events. Such guidelines should acknowledge the intent of this Policy to better meet the nutritional needs of students at school and should strive to

reduce non-nutritional foods. The use of food and beverages of limited nutritional quality as rewards to students for academic achievement and good behavior shall be limited.

School-Based Marketing of Foods and Beverages

The marketing of foods and beverages in student publications, through signage, logos, school supplies or other such methods shall be approved only after considering the nutritional quality of the foods or beverages.

Nutrition Education

Nutrition as part of health education shall be offered to all students according to State Curriculum Standards. Teachers shall be provided with training and appropriate resources for the instructional program. Schools will be encouraged to develop school gardens to promote the link between food choices and physical activity.

Physical Activity and Physical Education

The District physical education program shall comply with State requirements including minimum minutes, 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.

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 after the school day. Facilities shall be provided for safe activities that are appropriately supervised.

The assignment of physical activity or the withholding of opportunities for physical activity shall not be used as methods of punishment.

Outreach Strategies for Families

The Wellness Policy shall be posted on the District Website for review by parents. Communications regarding the school lunch program shall include information about the nutritional facts of food to be served and the compliance of food and beverages with State and Federal requirements. Schools shall inform parents of the instructional program that includes health and nutrition. The Parent Teacher Organization will be encouraged to provide information regarding nutrition.

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 Parent Teacher Organizations of the schools shall network and share its programs and strategies to ensure that best practices for the school lunch program are implemented at all schools.

MENLO PARK CITY SCHOOL DISTRICT

Regulation Approved: October 11, 2006

Atherton, California

Students

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in District students.

This policy is intended to provide a wellness policy that, at a minimum, shall: (42 UCS 1751 Note)

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate.
2. Include nutrition guidelines selected by the District for all food available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that the District guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779 (a) and (b), as they apply to schools.
4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the District or at each school charged with operational responsibility for ensuring that this policy is implemented.

The Policy was developed as required by a well-represented committee of parents, administrators and teachers.

The Board of Education has authorized a District Wellness Committee as an advisory committee and/or working group to develop policy recommendations. The Committee shall examine related research and laws, assess student needs and the current school environment and raise awareness about student health issues. The Committee may also survey parents or guardians, conduct public forums or focus groups, collaborate with community agencies and organizations, or engage in similar activities for these established purposes.

The Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work.

The Committee shall present policy recommendations to the Board which include, but are not necessarily limited to the following topics:

1. Goals and strategies for increasing student participation in the school lunch program.
2. Nutritional standards for the school lunch program that meet or exceed State and Federal standards.
3. The amount of time allowed for students to eat and the adequacy of facilities.
4. Guidelines and standards for food and beverages sold outside of the District meal program, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior.
5. Foods and beverages donated for class parties or other school events.
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and /or other areas accessible to students, and activities such as coupon or incentive programs.
7. Age-appropriate, skill building nutrition education at each grade level that is focused on behavior change.
8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.
9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activities.
10. Process for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success and frequency of reports.

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49570 National School Lunch Act

Legal Reference (continued)

EDUCATION CODE (continued)

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast program

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially,

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

Health Framework for California Public School, Kindergarten Through Grade Twelve, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

Changing the Scene. Improving the School Nutrition Environment: A Guide to Local Action, Team Nutrition, Food and Nutrition Services, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.mch.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

National Alliance for Nutrition and activity: <http://www.espinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.boards@nasbe.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

School Nutrition Association: <http://www.asfsa.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tnHealthy/wellnesspolicy_steps.html

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Policy Adopted: October 11, 2006

Atherton, California