

PACIFIC GROVE UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

*Beth Shammas, President
Jessie Bray, Clerk
Mike Niccum
Bill Phillips
Richard Schramm
Tim O'Halloran, Student Rep*

SPECIAL MEETING OF THE BOARD OF EDUCATION

DATE: Thursday, June 22, 2006
TIME: 7:00 p.m. (following 6:30 p.m. meeting)
PLACE: Pacific Grove District Office
555 Sinex Avenue
Pacific Grove CA 93950

The Board of Education welcomes you to its meetings, which are regularly scheduled for the first and third Thursdays of the month. Regular Board Meetings shall be adjourned by 10:00 pm, unless extended to a specific time determined by a majority of the Board. This meeting may be extended no more than once and may be adjourned to a later date. Individuals who require special accommodation, including but not limited to an American sign language interpreter, accessible seating or documentation in accessible formats, should contact the Superintendent at least two days before the meeting date.

A G E N D A

I. OPENING BUSINESS

- A. Call to Order
- B. Roll Call
- C. Pledge of Allegiance
- D. Adoption of Agenda

II. INDIVIDUALS DESIRING TO ADDRESS THE BOARD

Public comment on any item of interest to the public that is within the Board's jurisdiction will be heard. The Board may limit comments to no more than three (3) minutes for each agenda or non-agenda item; a total time for public input on each item is 20 minutes, pursuant to Board Policy 9323. Public comment will also be allowed on each specific action item prior to Board action thereon. This meeting of the Board of Education is a business meeting of the Board, conducted in public. Please note that the Brown Act limits the Board's ability to respond to public comment. The Board may choose to direct items to the Administration for action or place an item on a future agenda.

III. ACTION/DISCUSSION

Wellness Policy and Regulation 5030 – Fourth Reading

Recommendation: (Patrick Perry, Beth Shammas) Administration recommends approval of the policy and regulations as presented, with Regulation items 1 and 4 (under Classroom Activities and School Events) being pulled at this time, and scheduled for Board discussion at the August 10, 2006 meeting.

IV. ADJOURN TO CLOSED SESSION

V. ADJOURNMENT

PACIFIC GROVE UNIFIED SCHOOL DISTRICT

BOARD DATE: June 22, 2006

| | |
|--------------|------------------------|
| _____ | Consent Agenda |
| _____ | Information/Discussion |
| <u> X </u> | Action/Discussion |
| _____ | Presentation |
| _____ | Public Hearing |

SUBJECT: Wellness Policy and Regulations 5030 – Fourth Reading

DATE: June 21, 2006

PERSON(S) RESPONSIBLE: Patrick Perry, Superintendent;
Beth Shammas, Board President and Wellness Committee

RECOMMENDATION:

Recommendation: (Patrick Perry, Beth Shammas) Administration recommends approval of the policy and regulations as presented, with Regulation items 1 and 4 (under Classroom Activities and School Events) being pulled at this time, and scheduled for Board discussion at the August 10, 2006 meeting.

BACKGROUND:

Recent changes in legislation requires school districts throughout California to review policy and procedures related to student health and wellness. Within the legislation is direction that student health and physical education, along with nutrition, be developed into a policy and regulations. The implementation date is January of 2007.

A District committee, consisting of Angela Holm, parent volunteer; Jeff Gray, Physical Education teacher; Brianna Green and Creston Whiting, PGHS students; Samar Hage, health professional; Nancy Laiolo District Food Services employee; Beth Shammas, Board of Education; Robin Blakley, Administrative Staff, and Patrick Perry, Superintendent have worked together utilizing input from California School Board Association, Healthy Eating Lifestyle Inc. (H.E.L.P.) and other school districts to develop policy and regulations. The attached draft reflects the contents required by law along with committee suggestions.

Administration has posted on the District website and distributed draft copies of this policy and regulations to the District’s Management Team, Food Services Department and related parents groups, PTA, booster clubs, faculty, etc. Meetings have been conducted and suggestions/edits have occurred. Information is being gathered from these groups and will be used in the development process.

INFORMATION:

Administration has developed an edited copy of Regulations 5030, using information gathered at Board meetings, along with information from public meetings involving PTAs, clubs, students and faculty. Angela Holm has assisted the District in editing the original Policy and Regulations along with inserting codes related to **(R)required** by State Legislation, **(S)uggested** by State Superintendent Jack O’Connell and **(O)ptional** as suggested by PGUSD Wellness Committee. In reviewing the regulations for required, suggested and optional language, additional requirements were added.

FISCAL IMPACT:

Unknown at this time, but it should be noted it may be very substantial, depending on the adopted policy and regulations.

Pacific Grove Unified School District

Students

Draft

Policy #5030

STUDENT WELLNESS

Pacific Grove Unified School District has the responsibility to ensure that our schools offer the best possible climate for the education of students in the 21st century. The Board of Education is committed to providing a school environment that promotes and protects student mental, physical, and emotional health and well-being, recognizing the important connection between healthy lifestyle choices and a student's ability to learn and achieve high standards. The Board values students and respects their right to receive a high quality education in a setting free from commercial influences. The Board believes students need a comprehensive wellness education program, including adequate exercise, nourishing foods, and a knowledge of health principles in order to ensure their future well-being. Because the Board recognizes the importance of involving parents, students, food service professionals, administrators, teachers and community health educators in the process of developing and implementing this wellness policy, the Board will maintain a committee dedicated to student wellness.

Legal Reference

EDUCATION CODE

| | |
|---------------|---|
| 35182.5 | <i>Advertising</i> |
| 38080-38103 | <i>Cafeteria, establishment and use</i> |
| 44807.5 | <i>Recess Restrictions</i> |
| 45103.5 | <i>Contracts for management consulting services; restrictions</i> |
| 48931 | <i>Authorization and sale of food</i> |
| 48980 | <i>Notice at beginning of term</i> |
| 49430-49436 | <i>Pupil Nutrition, Health, and Achievement Act of 2001</i> |
| 49490-49493 | <i>School breakfast and lunch programs</i> |
| 49500-49505 | <i>School meals</i> |
| 49510-49520 | <i>Nutrition</i> |
| 49530-49536 | <i>Child Nutrition Act</i> |
| 49540-49546 | <i>Child care food program</i> |
| 49547-49548.3 | <i>Comprehensive nutrition services</i> |
| 49550-49560 | <i>Meals for needy students</i> |
| 49570 | <i>National School Lunch Act</i> |
| 51200 | <i>Course of Study</i> |
| 51222 | <i>Physical education</i> |
| 51223 | <i>Physical education, elementary schools</i> |
| 51520 | <i>School premises; prohibited solicitations</i> |

CODE OF REGULATIONS, TITLE 5

| | |
|-------------|--|
| 15500-15501 | <i>Food sales by student organization</i> |
| 15510 | <i>Mandatory Meals</i> |
| 15530-15535 | <i>Nutrition Education</i> |
| 15550-15565 | <i>School lunch and breakfast programs</i> |

CODE OF FEDERAL REGULATIONS, TITLE 7

| | |
|--------------|--|
| 210.1-210.31 | <i>National School Lunch Program</i> |
| 220.1-220.21 | <i>National School Breakfast Program</i> |
| 245.1-245.13 | <i>Determination of eligibility for free and reduced price meals</i> |

UNITED STATES CODE, TITLE 20

1232,g *Federal Education Rights and Privacy Act*
6301-6514 *Title 1 Programs*

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*

HEALTH AND SAFETY CODE

113700-114455 *California Uniform Retail Food Facilities Law*
114200-114245 *Vending machines*

OTHER

0520.2 *Title 1 Program Improvement Schools*
3353 *Free and Reduced Price Meals*
3550 *Board policy Food Service/Child Nutrition*
3554 *Other Food Sales*
5125 *Student Records*
5131.6 *Substance Abuse*
5131.62 *Tobacco*
5131.64 *Alcohol testing*
5141.4 *Child Abuse Reporting*
5141.31 *Immunization*
5141.3 *Health Examinations*
5141.24 *Special Health Care Issues*
5141.6 *Student Health and Social Services*
6020 *Concepts and Roles - Parent Involvement*
5142.8 *Comprehensive Health Education*
6143 *Course of Study*
6162.51 *Standardized Testing and Reporting Program*
6171 *Title 1 Programs*
6190 *Evaluation of the Instructional Program*

Pacific Grove Unified School District

Students

Draft

Regulation #5030

STUDENT WELLNESS

As directed by the Board of Education, a series of regulations have been drafted to implement a complete Student Wellness Program. These regulations should be implemented in context with health and physical education classroom activities, school events, food service operations and other food sales.

Health Education

To achieve the goal of health literacy, students must comprehend a set of core health concepts and develop skills to apply the knowledge in their own life. The following are objectives that will be instructed at the elementary, middle and high school. Instruction will occur as part of the Physical Education curriculum.

1. Students will develop knowledge and skills related to personal health and disease prevention. **(S)**
2. Students will demonstrate ways in which they can maintain and enhance their health and well-being. **(S)**
 - a. Students will demonstrate the ability to use goal-setting and decision-making skills.
 - b. Students will demonstrate the ability to practice health-enhancing behaviors to reduce health risks.
3. Students will understand and demonstrate behaviors that prevent disease. **(S)**
 - a. Students will demonstrate self-management skills to improve personal health.
4. Students will understand and demonstrate how to play a positive, active role in promoting the health of their families. **(S)**
5. Students will understand and accept individual differences in growth and development. **(S)**
6. Students will identify information, products and services that may be helpful or harmful to their health. **(S)**
 - a. Students will demonstrate the ability to access valid health information and health-promoting products and services.
 - b. Students will analyze the influence of culture, media, technology and other factors on health.
7. Students will receive instruction in nutrition concepts. **(R)**
 - a. As reinforcement, nutrition education should be integrated into classroom instruction in core subjects such as math, science, language arts, social science, as well as before and after school programs. **(S)**
 - b. Emphasize promotion of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, food safety and the caloric balance between food intake and energy expenditure. **(S)**

Pacific Grove Unified School District

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Regulation #5030

STUDENT WELLNESS

Physical Education

Students in grades K-12, including students with disabilities and special health care needs, will receive physical education instruction. **(R)**

- a. 200 minutes every 10 days for students in grades K – 6 **(R)**
 - b. 400 minutes every 10 days for students in grades 7 – 8 and two years of Physical Education in Grades 9 – 12. **(R)**
- Temporary exemptions from physical education should be limited to students whose medical condition(s) do not allow for inclusion in the general, modified, or adapted physical education program. **(R)**
 - High school students who are exempt from two years of physical education in grades, 10, 11 or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses. **(R)**
 - High school physical education course content will include each of the following areas: effects of physical activity on dynamic health, mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythm and dance, team sports, and combatives. **(R)**
 - Class size is consistent with the requirements of good instruction and safety. **(R)**
 - School districts will administer a physical fitness test annually to all students in grades five, seven, and nine during the months of February, March, April or May. **(R)**
 - Students will receive their individual fitness test results upon completing the test. **(R)**
 - All physical education will be taught by credentialed teachers with training in physical education. **(R)**
 - All elementary students will have at least 20 minutes a day of supervised recess which will be distributed throughout the day, thus integrating physical activity with classroom learning. **(S)**
 - Teachers and other school personnel should not use physical activity (e.g. running laps, push-ups) or withhold opportunities of physical activity (e.g. loss of recess or physical education) as punishment. **(R)**

Classroom Activities and School Events

Activities which include celebrations, rewards, fundraising, and other school sponsored events shall support children's health, nutrition education, and physical fitness.

- Foods of minimal nutritional value shall not be distributed to students by teachers, staff or volunteers.
- Planners of special events such as PTA's, room parents, and athletic boosters ~~should~~ are encouraged to support student wellness by selecting food and beverage items which comply with State and Federal laws, provide opportunities for positive food choices by children and adults, and reinforce the teachings of the District's Health curriculum. (see Exhibit A.)

Pacific Grove Unified School District

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Regulation #5030

STUDENT WELLNESS

- Parents are encouraged to support the District's nutrition education efforts by considering nutritional quality when selecting foods sent to school, either for individual or for class consumption.
 - Teachers, staff, and volunteers are encouraged to support student wellness by modeling good nutrition and fitness practices for their students. For example, in the classroom, during instructional time, adults should not consume food and beverages that do not meet nutritional standards.
 - The District will protect and promote mental health by limiting commercial influences in school to those which support a climate of wellness and healthy lifestyle principles.
1. (Item pulled from June 22, 2006 Board meeting, to return at August 10, 2006 Board meeting.)
 2. Schools will not use foods or beverages as *rewards* for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
 3. Items and activities for ~~school~~ *student clubs and school-wide fundraisers* shall be pre-approved by the Superintendent or designee, shall follow the Student Wellness standards and shall be health-promoting items when possible. (See Exhibit B.) Fundraising plans by High School clubs and student organizations shall be pre-approved by the Pacific Grove High School administration and ASB. Items should not compete with or impair student participation in the school food service program.
 4. (Item pulled from June 22, 2006 Board meeting, to return at August 10, 2006 Board meeting.)

Exhibit A. Positive Food Choices which support student wellness (*See attached Exhibit 5030-A*)

Exhibit B. Healthy Fundraising Alternatives (*See attached Exhibit 5030-B*)

Guidelines for Food Service Operations

To increase cost effectiveness, the Superintendent or designee shall centralize and direct the purchasing of food and supplies, the planning of menus, and the auditing of all food service accounts for the District.

With Board approval, the District may enter into a contract for management consulting services or a contract with a private company that enables a school to offer students food items that comply with State and District nutritional standards. The franchise agreement and food purchases shall be subject to the competitive bidding requirements of the National School Lunch and School Breakfast Programs.

Food Services on school premises

To reinforce the District's comprehensive program of student wellness activities, foods provided on school premises shall:

1. Be carefully selected so as to contribute to students' nutritional well-being and the prevention of chronic illness. **(R)**
2. Be in compliance with nutritional standards as set forth in California statutes, and meet all legal requirements for participation in the National School Lunch and School Breakfast Programs. **(R)**

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3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthy food choices. **(S)**
4. Be served in age-appropriate quantities at reasonable prices. **(S)**
5. Be offered in pleasant surroundings which provide adequate space and time for student eating, relaxation, and socializing. **(S)**

Students ~~should~~ **shall** have access to hand washing before eating any school meal or snack. **(R)**

Parents/guardians are encouraged to support the District's nutrition education efforts by considering nutritional quality when providing foods for individual students, occasional class functions, or school-wide events. **(S)**

Nutritional standards for food:

1. The only food that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: **(R)**
 - a. Not more than 35 percent of its total calories is from fat. **(R)**
 - b. Not more than 10 percent of its total calories is from saturated fat. **(R)**
 - c. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar. **(R)**
 - d. Its total calories do not exceed 175 calories **(R)**
2. Food standards for middle and high schools require that each entrée item sold outside the reimbursable meal program must meet the following criteria: **(R)**
 - a. Its total calories do not exceed 400 calories. **(R)**
 - b. It contains no more than 4 grams of fat per 100 calories. **(R)**
 - c. It can be categorized as an entrée item in the National School Lunch or School Breakfast Program. **(R)**
3. Middle and high schools must ensure that each snack item that supplements a meal meets the following criteria: **(R)**
 - a. Not more than 35 percent of its total calories is from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes. **(R)**
 - b. Not more than 10 percent of its total calories is from saturated fat, excluding eggs or cheese packaged for individual sale. **(R)**
 - c. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables. **(R)**
 - d. Its total calories do not exceed 250 calories. **(R)**

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Nutritional standards for beverages:

The superintendent or his designee will ensure that beverages sold to elementary students, regardless of the time of day, and to middle and high school students from one-half hour before the start of the school day until one-half hour after the end of the school day, will meet the following standards. The only beverages, therefore, that may be sold at school are:

1. 100 percent fruit juices, or non-carbonated fruit-based drinks that are composed of no less than 50 percent juice and have no added sweetener. **(R)**
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener. **(R)**
3. ~~Non-carbonated~~ Drinking water with no added sweetener ~~or flavorings~~. **(R)**
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk. **(R)**

Free And Reduced Priced Meals

The Board recognizes that adequate nutrition is essential to child development and learning, and 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 priced meals for students whose families meet federal eligibility criteria.

1. Students eligible to receive free or reduced price meals and milk will not be treated differently from other students or easily identified by their peers or non-designated school employees. **(R)**
2. Food services may utilize electronic identification and payment systems; will promote the availability of school meals to all students; and may use non-traditional methods for serving meals, such as "grab and go" or classroom breakfasts/snacks. **(R)**

Other Food Sales

The Board shall ensure that food sales by school-related groups and the use of vending machines are in compliance with the nutrition standard set forth by state and federal law. Such foods and beverages, (including those sold in snack lines, student stores, vending machines, and fundraising efforts) shall not impair, compete, or conflict with 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. **(R)**

The Superintendent or designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy, and administrative regulation. **(S)**

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

When vending machines are sponsored by the District, the Superintendent or designee shall determine how and where vending machines may be placed at school sites, District offices, or other school facilities.

Pacific Grove Unified School District

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Regulation #5030

STUDENT WELLNESS

Parent Education

To reinforce and support the District's comprehensive Wellness Policy, the Superintendent will direct each school site to develop a strategy to educate and involve parents/guardians. These strategies shall include: notification and information regarding new Wellness Policy and related regulations; promotion of one event per month involving/informing parents about physical activity; and promotion of one event a semester encouraging healthy eating. **(O)**

Policy Implementation

The Superintendent, with the assistance of the Wellness Committee, will establish a plan for measuring implementation of this Student Wellness Policy. The plan will include the designation of one or more persons in the District or at each school charged with operational implementation. **(R)**

Wellness Committee duties shall include the examination of related research and laws, assessment of student needs, and the review of existing policies. In raising awareness about student health issues, the committee may survey parents, conduct forums, or collaborate with appropriate community agencies. **(S)**

Each school site shall post the District's policies and regulations on nutrition and physical activity in public view in all school cafeterias or eating areas. **(R)**

STUDENT WELLNESS – Positive Food Choices

These references are offered as an informational resource, not an endorsement. Many other items not listed may meet standards. Please refer to product labels.

One of the many informative features of this website is the “**Nutrition Calculator**” which will determine instantly whether or not an individually packaged food item would meet the nutrition standards for fat, saturated fat, and sugar established by California legislation. <http://www.californiaprojectlean.org>

Two very comprehensive lists, one of healthy snacks, one of beverages – all items in compliance with CA SB19 standards. The beverages meet guidelines set forth by LAUSD Healthy Beverage Resolution of Aug 27, 2002.

www.nojunkfood.org/vendors/healthy_snack_list.html www.nojunkfood.org/vendors/healthy_beve_list.html

Seven pages of healthy snack items with preparation and serving tips:

www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

Healthy Foods list developed by the County of San Bernardino, Department of Public Health and California Project LEAN: Several pages of SB 19 -compliant snack and beverage items with complete nutritional analysis at a glance. Lists also include pricing, packaging and portion information.

www.northcoastlean.org/Food%20Complete.pdf ,
www.northcoastlean.org/Beverage%20Complete.pdf ,
www.northcoastlean.org/Snack%20Bar.pdf

Pacific Grove Unified School District

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Exhibit 5030-B

STUDENT WELLNESS – Healthy Fundraising Alternatives

The following are offered as an informational resource, not an endorsement.

Community involvement fundraising, a listing of suggested events for schools, sports, and clubs including some which support academic activities. This site was developed by the California Department of Health Services, and California Project LEAN. It presents many resources and ideas, as well as links to 20 other “healthy alternatives” fundraising organizations. http://health.ocde.us/downloads/Healthy_Fundraising.pdf

Resources for healthy schools including creative financing and fundraising, snack and vending ideas, communication of policy, etc.: <http://actionforhealthykids.org>

Fundraising that promotes a healthy school environment.

http://www.state.ct.us/sde/deps/Student/NutritionEd/Healthy_Fundraising_BW.pdf

Suggestions and products for school fundraisers that teach nutrition. This site offers ideas for generating revenue with products that educate parents and are beneficial to children’s health.

<http://www.fundraisers.com/ideas/lunchboxcomics>

Assistance and consultation in the development and implementation of golf-related fundraisers for schools (based in Monterey County). <http://www.nomorebakesales.com>

Monterey County’s own Healthy Eating Lifestyle Principles website with helpful links to other statewide agencies specializing in nutrition education, physical activity, disease prevention, and lifestyle choices. www.helpunited.org

List of 50+ non-food fundraising ideas: www.nojunkfood.org/fundraising/tosell.html

Healthy fundraising alternatives for parent and student activity groups are offered by this company. Seasonably available fresh produce for fundraising and for monthly nutrition education units: <http://riplerileythomas.com/fundraising-home.html>