

**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, health, and/or other appropriate curriculum.

1. Students will develop knowledge and skills related to personal health and disease prevention.
2. Students will demonstrate ways in which they can maintain and enhance their health and well-being.
  - 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.
  - 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.
5. Students will understand and accept individual differences in growth and development.
6. Students will identify information, products and services that may be helpful or harmful to their health.
  - 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.
  - 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.
  - 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.

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### Physical Education

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

- a. 200 minutes every 10 days for students in grades K – 6
  - b. 400 minutes every 10 days for students in grades 7 – 8 and two years of Physical Education in Grades 9 – 12.
- 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.
  - 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.
  - 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.
  - Class size is consistent with the requirements of good instruction and safety.
  - 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.
  - Students will receive their individual fitness test results upon completing the test.
  - All physical education will be taught by credentialed teachers with training in physical education.
  - 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.
  - 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.

### 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.

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- Planners of special events such as PTA's, room parents, and athletic boosters 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.)
  - 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. Schools should limit non-holiday *celebrations that involve food* (such as birthdays) during the school day to one party per class per month. Foods and beverages provided for classroom activities should be in accordance with state and federal nutrition standards, with not more than one food or beverage being served that does not meet nutritional standards. Food presentations associated with specific curriculum units may occur more frequently, but should promote healthy choices as part of their instructional nature.
  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 *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. *School-sponsored events outside of the school day* (i.e. activities formally approved by the school or District administration or Board, and for which the District and its employees have supervisory responsibility, such as, but not limited to athletic events, dances, performances, or fundraisers involving food) will support the principles of the Wellness Policy and will provide children and adults with opportunities for positive food choices by including foods and beverages which comply with State nutrition standards, beginning no later than July 2006. All positive food choices shall be designated on the menu.

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

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

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

Students shall have access to hand washing before eating any school meal or snack.

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.

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**Nutritional Standards for Food and Beverages sold at Elementary School**

The Food Services program will ensure the only foods, in addition to the USDA reimbursable meals, that may be sold to a student at an elementary school during the school day are individually sold portions of nuts, nut butter, seeds, and eggs. Cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. In addition, an individually sold dairy or whole grain food item may be sold to a pupil at an elementary school, if it meets all of the following standards: (Education Code 49431)

1. No more than 35 percent of total calories from fat;
2. No more than 10 percent of total calories from saturated fat;
3. No more than 35 percent added sugar by weight (naturally occurring and added sugar); and
4. Not more than 175 calories per individual food item

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

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 with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk; rice milk, or other similar nondairy milk

**Nutritional Standards for Food and Beverages sold at Middle and High School**

The Food Service program will ensure the only foods, in addition to the USDA reimbursable meals, that may be sold to a student during the school day in the middle, or junior, or high schools are: (Education Code 49431.2)

“Snacks” that contain no more than:

1. 35 percent of its total calories from fat, except the following foods are exempt from this specific requirement:
  - a. Nuts, nut butters, and seeds
  - b. Eggs
  - c. Cheese packaged for individual sale
  - d. Fruit
  - e. Vegetables (except any deep fried vegetable is not allowed)
  - f. Legumes
2. 10 percent of its total calories from saturated fat, except the following foods are exempt from this specific requirement:
  - a. Eggs
  - b. Cheese packaged for individual sale
3. 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, except the following foods are exempt from the specific requirement:
  - a. Fruits and vegetables (unless they are deep fried: deep fried fruits and vegetables may not be served); and
4. No more than 250 calories per individual food item

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5. Each entrée item sold to a student in middle, junior, or high school, except food served as part of a USDA meal program, shall:
  - a. Contain no more than 400 calories per entree,
  - b. Contain no more than 4 grams of fat per 100 calories contained in each entree, and shall be categorized as entree items in the School Breakfast Program or National School Lunch Program.

From one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a student at a middle or junior or high school are:

(Education Code 49431.5)

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 with no added sweetener.
4. Two-percent-fat milk, one-percent-fat milk, nonfat milk, soymilk, rice milk, and other similar nondairy milk.
5. An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

### **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.
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.

### **Other Food Sales**

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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.

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.

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).

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.

### **Parent Education**

To reinforce and support the District's comprehensive Wellness Policy, the Superintendent or designee will direct each school site to develop a strategy to educate and involve parents/guardians. These strategies shall include: monthly information about healthy eating and/or physical activity, notification and information regarding Wellness Policy updates and any new related regulations.

### **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.

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.

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.