

**Encinitas Union ESD  
Administrative Regulation  
Student Wellness**

AR 5030

**Students**

To Achieve Policy Goals

**I. School Wellness Council**

The school district will have an established school wellness council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. This school health council may be represented by individuals from the school and community and should include parents, students, representatives of the school food services, members of the school Board of Trustees, school administrators, teachers, health professionals, and members of the public. **At least one or more school representatives must be designated to ensure each school complies with the wellness policy.** They will meet a minimum of four times a school year.

**II. Nutritional Quality of Food and Beverages Sold and Served On Campus**

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. ~~Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.~~ **Nutritional standards for all food and beverages including those served in the federally reimbursable meal programs, a la carte food sold by Child Nutrition Services, food sold by student organizations, food sold for fundraisers and food offered to students will follow all laws and regulations of the federal, state, local governments and the EUSD Wellness Policy. This includes any and all existing and future regulations on food service and safety. These regulations will be in effect for services offered to students from midnight before to one half hour after school sessions unless noted in the procedures. Meals served within the federally reimbursable meal program will be designed to feature healthy foods from local sources to the greatest extent possible.**

**School Meals**

Meals served through the National School Lunch and **School** Breakfast Programs will:

- \* Be appealing and attractive to children
- \* Be served in clean and pleasant settings

\* Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations

**\*Support Farm to School efforts**

\* Offer a variety of fruits and vegetables **including California, regionally, locally and EUSD grown produce**

\* Serve only low-fat (one percent) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); ~~and~~

\* Ensure that **at least 51%** half of the served grains are whole grain

\* **Ensure that no items served contain high fructose corn syrup**

\* **Ensure that no items served contain artificial food coloring; and**

\* **Ensure that salad bars are offered daily**

The schools will have available and can provide the nutritional content information for all items served in the school meal program.

**Breakfast** - To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

\* Schools will, to the extent possible, operate the School Breakfast Program.

\* Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.

\* Schools that serve breakfast to students will notify parent/guardians and students of the availability of the School Breakfast Program.

\* Schools will encourage parents/guardians to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**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; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

**Summer Food Service Program** - Schools in which more than 50 percent of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

## **Meal Times and Scheduling**

### **Schools:**

- \* Will provide students with at least 10 minutes to eat ~~after sitting down~~ for breakfast and 20 minutes ~~after sitting down~~ for lunch
- \* Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- \* Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- \* Will be encouraged to schedule lunch periods to follow recess periods (in elementary schools)
- \* Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- \* Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff** - Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**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.

**Elementary Schools** - The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools ~~should~~ **must** be sold as balanced meals. If available, foods and beverages sold individually ~~should~~ **must** be limited to foods that meet the following **USDA Smart Snacks** nutritional guidelines:

## **Beverages\***

~~Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA);~~

~~Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat free chocolate milk (which contain trivial amounts of caffeine).~~

## **Compliant Student Food and Beverage List–**

### **• Allowable Snack Foods:**

- **Can ONLY be a:**
  - **Fruit**
  - **Non-fried vegetable**
  - **Dairy food**
  - **Nuts, seeds, legumes, eggs, cheese (i.e. allowable protein food)**
  - **Whole grain item\* AND**
- **Must meet the following:**
  - **Not more than 35% of calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit + nut/seed combo), AND**
  - **Less than 10% of calories from saturated fat (except reduced-fat cheese, dried fruit + nut/seed combo), AND**
  - **Not more than 35% sugar by weight (except fruit\*\*, non-fried veggies, dried fruit + nut/seed combo), AND**
  - **Less than 0.5 grams trans fat per serving, AND**
  - **Not more than 230 milligrams sodium, AND**
  - **Not more than 175 calories per item/container for elementary students**
  - **Not more than 200 calories for middle or high school students**

### **\* Whole Grain Definition:**

- **The statement “Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease...” OR**
- **The first listed grain ingredient is whole grain, OR**
- **A combination of whole grain ingredients is at least 51% of the total grain weight (manufacturer must verify), OR**
- **The weight of the whole grain must be at least 51% of the total grain weight of the product.**

**\*\* Dried blueberries, cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit may be packed in 100% juice only.**

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 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent 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).

**Compliant Beverages:**

**1. Fruit or Vegetable juice:**

- a.  $\geq$  50% juice and
- b. No added sweeteners
- c.  $\leq$  8 fl. oz. serving size

**2. Milk:**

- a. Cow's or goat's milk, and
- b. 1% (unflavored), nonfat (flavored, unflavored), and
- c. Contains Vitamins A & D, and
- d.  $\geq$  25% of the calcium Daily Value per 8 fl. oz, and
- e.  $\leq$  28 grams of total sugar per 8 fl. oz.
- f.  $\leq$  8 fl. oz. serving size

**3. Non-dairy milk:**

- a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
  - $\geq$  276 mg calcium
  - $\geq$  8 g protein
  - $\geq$  500 IU Vit A
  - $\geq$  100 IU Vit D
  - $\geq$  24 mg magnesium
  - $\geq$  222 mg phosphorus
  - $\geq$  349 mg potassium
  - $\geq$  0.44 mg riboflavin
  - $\geq$  1.1 mcg Vit B12, and
- b.  $\leq$  28 grams of total sugar per 8 fl. oz, and
- c.  $\leq$  5 grams fat per 8 fl. oz.
- d.  $\leq$  8 fl. oz. serving size

**4. Water:**

- a. No added sweeteners
- b. No serving size

**A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.**

~~Foods\*~~

~~A snack food item sold individually:~~

~~\* Will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters)~~

~~\* Will have no more than 10 percent of its calories from saturated and trans fat combined (excluding eggs and cheese packaged for individual sale)~~

~~\* Will have no more than 35 percent of its weight from added sugars~~

~~\* Will have no more than 150 calories~~

~~An individually sold entré may have no more than:~~

~~\* Four grams of fat per 100 calories~~

~~\* 400 calories~~

~~\* And must qualify under the federal meal program~~

~~\* Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)~~

## **School Based Activities**

~~Fundraising Activities – To support children's health and school nutrition education efforts, school fundraising activities either will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.~~

**Fundraisers – School fundraising activities that take place during the school day, defined as midnight to a half hour after school, will either not involve food or will use only foods that meet the USDA Smarts Snacks guidelines. The school principal may authorize a maximum of 2 school-wide events involving rewards including food or beverage per year (ex: Jog-a-thon incentives). The school district Child Nutrition Services department will serve as a resource to determine if foods and beverages at fundraisers comply with food and beverage restrictions. School fundraising activities that take place outside of the school day will not be subject to these restrictions.**

**Student organization sales must meet all of the following USDA Smart Snack guidelines:**

- 1. Only one food or beverage item per sale.**
- 2. The food or beverage item must be pre-approved by the governing board of the school district (For a list of compliant foods and beverages, please refer to pages 4 and 5 of this policy).**

3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

**Snacks** - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

~~Rewards – Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, (unless this practice is allowed by a student's individual educational plan) and will not withhold food or beverages (including food served through school meals) as a punishment.~~

**Rewards – Schools will not use foods or beverages as classroom rewards for academic performance or good behavior, (unless this practice is allowed by a student's individual education plan) and will not withhold food or beverages (including food served through school meals) as a punishment. Schools are encouraged to provide non food rewards as an alternative (ex: themed dance parties, glow stick parties).**

~~Celebrations – Schools should limit 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 disseminate a list of healthy party ideas to parents and teachers. These celebrations should occur at least 30 minutes after the lunch hour.~~

**Birthday Celebrations – Individual classrooms may have up to one birthday celebration each month. School sites are encouraged to use alternatives to food and beverages for classroom celebrations and it is recommended that parents and teachers consider non-food focused events (ex. races, games). If food is preferred, it is strongly encouraged to select a healthy food or beverage alternative (ex. healthy popsicles, fresh fruit, smoothies).**

**School sites and individual teachers are encouraged to acknowledge an individual child's birthday through alternative means (ex: a song, announcement on the loud**

speaker, homework pass, choosing a P.E. game, or other special activities), allowing for the student to be acknowledged on their actual birthday as well as during the monthly celebration. Classrooms may also coordinate and elicit feedback from parents/room parents to individualize classroom birthday celebrations

**Classroom Celebrations – Schools must limit celebrations\* that involve food or beverage during the school day to no more than 4 per year per classroom (ex: Fall, Winter or Spring celebrations), as specified by the USDA Smart Snacks guidelines. The following guidelines are to be followed when classroom celebrations do occur:**

- **Classroom celebrations must occur after the lunch hour.**
- **Parents must be notified of the date and time of these celebrations at least 5 days in advance and can choose to provide alternative foods or beverages for their child(ren).**
- **Store bought foods must contain an ingredients label, or if prepared at home, foods must be accompanied by a list of ingredients.**
- **Parents are asked to be mindful of the students with nut allergies and to notify the classroom if their food contains this ingredient.**
- **Parents, teachers and staff who bring in food for classroom celebrations are encouraged to provide items that meet the USDA Smart Snack guidelines for healthy snacks and entrees.**

**Curriculum based activities involving food or beverage are not considered classroom celebrations (ex: Gold Rush Day, Teaching Kitchens, Garden Science, etc.). The Child Nutrition Department can provide a list of healthy snack ideas for sites requesting assistance. At the principals' discretion, there may be reasonable exceptions to this policy (ex. lunch with the principal).**

~~Food Brought on Campus – All food brought onto campus by parents, teachers, or staff for celebrations or rewards in the classroom, should be store bought, pre-prepared and pre-wrapped food. No home cooked meals should be served to staff or children in order to minimize the risk of food borne illness.~~

**School-Sponsored Events** (such as, but not limited to, athletic events, dances, or performances) – Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). A school-sponsored event where students will be involved and consuming food will follow the nutrition standards outlined above.

### **III. Physical Activity Opportunities and Physical Education**

**Physical Education (P.E.)** - All students in preschool through grade 6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days for elementary school students) for the entire school year. Student involvement in other

activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Exemptions** - Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.

**Fitness Testing** - School districts will administer a physical fitness test annually to students in grades five during the months of February, March, April or May. Students will receive their individual fitness test results upon completing the test and results should be sent to parents/guardians.

**Daily Recess** - All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School** - All elementary schools will offer extracurricular physical activity programs, such as physical activity clubs or special events that focus on physical activity. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage verbally and through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment** - Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Safe Routes to School** - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

**Use of School Facilities Outside of School Hours** - School spaces and facilities should be available to students, staff, and community members before, during, and after the

school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and facility use will apply at all times.

#### **IV. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion** - Encinitas Union Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- \* Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- \* Includes training for teachers and other staff
- \* Is part of not only health education classes, but also connections to the core curriculum subjects such as math, science, language arts, social sciences, and elective subjects
- \* Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens so that students begin to understand how food reaches the table and the implications that it has for their health and future
- \* Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- \* Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- \* Links with school meal programs, other school foods, and nutrition-related community services; and
- \* Teaches media literacy with an emphasis on food marketing.

**Integrating Physical Activity into the Classroom Setting** - For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 200 minutes per 10 days) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- \* Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active

lifestyle and to reduce time spent on sedentary activities, such as watching television

\* Opportunities for physical activity will be incorporated into other subject lessons; and

\* Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents** - The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools** - School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).\*\* School-based marketing of brands promoting predominantly low-nutrition foods and beverages\*\*\* is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

\*\* - Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

\*\*\* - Schools should not be permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for food sold individually or the meals are not consistent with school meal nutrition standards

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards,

school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

~~Staff Wellness – Encinitas Union School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school wellness council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school wellness council annually.~~

## V. **Monitoring and Policy Review**

**Monitoring** - The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA ~~School Meals Initiative (SMI)~~ **Administrative Review (AR)**.

review findings and any resulting changes. If the district has not received a ~~SMI~~ **AR** review from the state agency within the past five years, the district will request from the state agency that a ~~SMI~~ **AR** review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district, **and will available online for members of the public.**

**Policy Review** - To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. **Assessments will be made available to the public.** The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Suggested accompanying documents:

**Competitive Food Quick Reference Cards – Public Schools**

**Local School Wellness Policies: Comparison Chart of the 2004 and 2010**

**Requirements for Local School Wellness Policies (LWP)**

**Local School Wellness Policy Implementation Under the Healthy, Hunger-Free**

**Kids Act: Summary of the Proposed Rule**

**Public Law 111-296**

**Institute of Medicine of the National Academies “School Meals: Building Blocks for Healthy Children.”**

SB 12

SB 677

Mealtimes and Scheduling

Healthy snack ideas

Healthy fundraising ideas

Constructive classroom rewards

Guide to healthy school parties

~~Harvard School of Public Health "Healthy Eating Pyramid"~~

Regulation ENCINITAS UNION ELEMENTARY SCHOOL DISTRICT

approved: February 17, 2009 Encinitas, California

reviewed: September 21, 2010

reviewed: December 2016