

Wellness Policy – Administrative Regulations

The San Mateo Union High School District recognizes the important connection between a health diet, physical fitness and a student's ability to learn effectively and achieve high standards.

The Board acknowledges that schools play a vital role in providing a strong foundation for student's future health and well being and to this end accepts the responsibility for adopting the following :

- Nutrition and physical activity goals
- Nutrition Standards for all foods available on school campus during the school day
- Goals for other school-based activities designed to promote student wellness
- Goals for the measurement and evaluation of this policy

A. Local Wellness Policy Area 1: Nutrition Education

- Instructional Program Design:
 1. The nutrition education program shall be consistent with the state's/district's health education standards/guidelines/framework.
 2. Nutrition education is embedded in the health class required for graduation
 3. Nutrition education may be offered as an elective
 4. Students are counseled regarding opportunities to enroll in Food Services, Nutrition courses offered by local community colleges and/or Regional Occupational Program.
 5. Nutrition and health education should be incorporated in curriculum for math, science, history and LA as per California Standards and Curricular Frameworks.
 6. The district health curriculum council shall assess all nutritional education curricula and materials for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Materials developed by food marketing boards or food corporations shall be examined for inappropriate commercial messages.

STAFF QUALIFICATIONS:

Faculty responsible for nutrition education shall meet California credentialing requirements and participate in professional development attributes to effectively deliver the curriculum.

EDUCATIONAL REINFORCEMENT:

1. School personnel shall not offer food as a performance incentive or reward and shall not withhold food from students as punishment.
2. Cafeterias will display nutritional information that supports healthy food choices.
3. Each school shall post the district policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas (Ed. Code 49432)
4. Food Services will meet regularly with the UASB to dialogue regarding nutritional concerns, healthy food options, etc.
5. Advertising of foods & beverages in the areas accessible to students during meal times must be consistent with established nutrition standards.

B. Local Wellness Policy Area 2: Physical Activity

INSTRUCTIONAL PROGRAM DESIGN

1. The Physical Education program shall be consistent with state/district's standards/guidelines/framework for physical education and with national standards that define what students should know and be able to do.
2. High School Physical Education course content will include each of the following areas:
 - a) Effects of physical activity on dynamic health
 - b) Mechanics of body movement
 - c) Aquatics
 - d) Gymnastics and tumbling
 - e) Individual and dual sports
 - f) Rhythm and dance
 - g) Team sports
 - h) Combat uses (CCR Title 5 Section 10060)
3. Class size will be consistent with the requirements of graduation instruction and safety (CCR Title 5 Section 10060)
4. Instruction time will comply with Education mandates of 400 minutes for every 10 school days for high school students.
5. All students will complete a standards aligned core physical education program in grade 9 and 10 as a graduation requirement.
6. All students will be regularly assessed for attainment of physical education learning objectives. Students in grade 9 shall undergo the physical performance testing designed by the State Board of Education (Ed. Code 60800) during months of February, March, April or May and will receive test results. (Ed Code 60800)

7. As physical education graduation requirements are 2 years, students will have the opportunity to participate in physical education elective courses (Ed. Code 51222(b) & 51241)
8. Exemptions for high school physical education classes must meet specified criteria. Students participating in non-school programs or in physical activity must demonstrate in writing that the program is in accordance with the stated goals in physical education and is for a period of 400 minutes each 10 days. Physical education teachers have essential knowledge and skills required to teach Physical Education; for this reason, exemptions from or substitutions for the physical education requirement shall not be permitted on the basis of participation on an athletic team, community recreation program, ROTC, marching band, interscholastic or intramural sports drill team or other school or community activity.
9. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general modified or adopted physical education program (Ed. Code 51241).

STAFF QUALIFICATIONS

Faculty responsible for physical education shall meet California credentialing requirements and participate in professional development activities to effectively deliver the curriculum.

FACILITIES

1. School and district leaders will work with all stakeholders to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies and operational budgets necessary to achieve objectives of physical education program.
2. Facilities will be available to community members after the school day, on weekends, and during school vacations in accordance with SB Policy _____.

EDUCATIONAL REINFORCEMENT

1. School personnel shall aim to develop student's self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind.
2. School personnel shall not order performance of physical activity as a form of discipline or punishment.
3. Students shall be encouraged to participate in physical activity. Physical activity programs may provide students with structured activity (intramurals), unstructured activity (dance) or opportunities to

participate in physical activity in the daily routine (walk, bike or otherwise 'activity commute' to and from school).

C. Local Wellness Policy Area 3 – Nutrition Standards for Foods Available on Campus

Foods

1. Commencing July 1, 2007, snacks sold to a pupil in high school, except food served as part of a USDA meal program, shall meet all of the following standards:
 - a) Not more than 35 percent of its total calories shall be from fat. This does not apply to the sale of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
 - b) Not more than 10 percent of its total calories shall be from saturated fat. This does not apply to eggs or cheese packaged for individual sale.
 - c) Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugars. This does not apply to the sale of fruits or vegetables that have not been deep fried.
 - d) No more than 250 calories per individual food item.
2. Commencing July 1, 2007, entrée items sold to a pupil in high school, except food served as part of a USDA meal program, shall contain no more than 400 calories per entrée, shall contain no more than 4 grams of fat per 100 calories contained in each entrée, and shall be categorized as entrée items in the School Breakfast Program or National School Lunch Program.
3. A high school may permit the sale of food items that do not comply with subdivision (a) or (b) in any of the following circumstances:
 - a) The sale of those items takes place off of and away from school premises.
 - b) The sale of those items takes place on school premises at least one-half hour after the end of the school day.
 - c) The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.
 - d) It is the intent of the Legislature that the governing board of a school district annually review its compliance with the nutrition standards described in this section.

Beverages

Commencing July 1, 2007 (as per SB 965) (and by July 1, 2009, 100% of the beverages sold), 50% of the beverages sold to 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 must be:

- a) Fruit based drinks that are composed of no less than 50% fruit juice and have no added sweetener.
- b) Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
- c) Drinking water with no added sweetener.
- d) Milk that is 1% fat, 2% fat or nonfat; soy milk; rice milk or other similar nondairy milk
- e) Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving.

Portion Sizes: **Limit portion sizes of foods and beverages sold to:*

1. 1-1/4 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
2. 1 ounce for cookies
3. 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
4. 4 fluid ounces of frozen desserts, including, but not limited to low fat or fat free ice cream.
5. 8 ounces for non-frozen yogurt
6. 12 fluid ounces for beverages, excluding water
7. the portion size of a la carte entrees and side dishes including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

To support student health and school nutrition education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. A list of ideas for acceptable fundraising activities will be made available.

OR

Fundraising Activities (AR 526.6) – to support student health and school nutrition education efforts, school fundraisers will reflect the district's commitment to student health. Fundraisers such as the sale of non-food

items, nutritious food items that meet above nutrition and portion size standards and physical activity events are strongly encouraged. A list of ideas available – Mississippi Model

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment unless it is detailed in a student's IEP.

D. Local Wellness Policy Area 4: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

• School Environment

1. Physical activity will not be used as a form of punishment.
2. Food will not be used as a reward or punishment.
3. Drinking water will be available at all meal periods and throughout the school day.
4. Students will have access to hand washing facilities before meals/eating.
5. Parents, teachers, administrators, students, foodservice personnel, and community members will be encouraged to serve as appropriate role models in practicing healthy eating and being physically active, both in school and at home.
6. Local Wellness Policy goals will be considered in planning all school-based activities (school events, field trips, dances, etc.).
7. Students will have access to school counselors, psychologist, and/or the district nurse who provide support and assistance in making health decisions, managing emotions, and coping with crisis.
8. Students will have daily access to a CPR and First Aid Certified staff member.
9. School-based marketing will be consistent with nutrition education and health promotion.
10. Staff will be encouraged to participate in health education/wellness programs.

• Family and Community

1. Efforts will be made to provide student and community access to District physical activity facilities outside school hours.
2. Nutrition analysis of school meals and/or nutrient content of foods will be available to parents and students.
3. Health insurance enrollment information will be available to parents and students.

- **Nutrition Services**

1. All students who require food will be able to obtain it in a non-stigmatizing manner.
2. Students will be encouraged to participate in school meal programs.
3. Students will be provided a clean and safe meal environment.
4. Schools will provide adequate space for eating and serving school meals.
5. Students will be provided adequate time to eat.
6. Lunch time will be scheduled as near to the middle of the day as possible.

Local Wellness Policy Area 5: Measurement and Evaluation

- **Implementation**

To achieve these goals, the District and/or individual schools within the District will work with existing health and physical education curriculum councils to develop, implement, monitor, review and as necessary, revise school nutrition and physical education curriculum and subsequent policies. The school site council at each school, consisting of individuals representing the school, students, and the community, will serve as a resource to implement the Wellness Policy.

- **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 Superintendent or designee.

School food service staff, at 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 designee.

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 Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

- **Policy Review/Evaluation**

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 the 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 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. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.