

**STUDENT WELLNESS****Preamble**

The Robla School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy establishes goals and procedures to ensure that:

1. Students in the District have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards;
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
3. Students have opportunities to be physically active before, during, and after school;
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
6. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
7. The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

**District Wellness Committee**

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's School Wellness Policy.

To fulfill this requirement, the Superintendent or designee will convene a representative District Wellness Committee (DWC) that meets at minimum four times a year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this District-level School Wellness Policy (heretofore referred as "wellness policy").

At the discretion of the Superintendent or designee, the DWC's charges may include planning and implementing activities to promote health within the school or community. A list of the names, position titles, and contact information of DWC leadership and members can be found on the Robla School District Website.

Each school building shall designate a school wellness representative to be an active member of the District Wellness Committee. The School Wellness Representative will attend DWC meetings and may be asked to provide school-level wellness policy updates, coordinate school wellness policy assessments, relay feedback from teachers and staff, and/or participate in school-wellness activities.

### **Nutritional Guidelines for all Foods Available at School**

All foods and beverages available to students on the school campus within the school day<sup>i</sup> shall meet the federal nutrition standards known as USDA Smart Snacks in School<sup>ii</sup>. These standards and rules aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. The school meal programs aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and to the extent possible, after-school snack or "supper" programs.

To ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible:

1. Operate the School Breakfast Program.
2. Utilize alternative methods to serve school breakfasts that encourage participation.
3. Notify parents and students of the availability of the School Breakfast Program.
4. Encourage parents through newsletter articles, take-home materials, or other means to provide a healthy breakfast for their children.

### **Meal Times and Scheduling**

Students perform better academically when well-nourished, which includes having sufficient time to eat. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students lunch periods shall be at a reasonable and appropriate time of day, will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such

activities, and will provide students access to handwashing or hand sanitizing before they eat meals or snacks.

### **Qualifications of Food Services Staff**

Qualified nutrition professionals administer school meal programs. As part of the school district's responsibility to operate a food service program, they provide continuing professional development for all nutrition professionals in schools. Staff development programs include appropriate certification and/or training programs for the child nutrition directors, school nutrition managers, and cafeteria workers according to their job duties and level of responsibility.

### **Competitive Foods and Beverages**

Competitive foods are defined as all foods and beverages offered or sold to students outside the school meal programs, on the school campus, and at any time during the school day. The school day is defined as midnight to 30 minutes after the end of the official school day. Sold refers to the exchange of money, tokens, or the use of some type of prepaid account to purchase an item and includes items sold a la carte, in vending machines, at school stores, during fundraisers, or at any other venue that sells food/beverages to students during the school day.

### **Fundraising**

Foods or beverages sold as a fundraiser to students on school campus, during the school day, must comply with state and federal nutrition standards (known as Smart Snacks). The District will make available to parents and teachers a list of healthy fundraising ideas. The Superintendent or designee requires all school, parent, and pupil organizations involved in food sales and fundraisers to meet USDA Smart Snacks in School, Hunger-Free Kids Act of 2010, 7 CFR, Parts 210.11 - 220.12;

### **Celebrations and Parties**

Parties and seasonal celebrations offered by the school or classroom teacher should encourage alternatives to food as the focus of the lesson or celebration. When food/beverage items are included in celebrations, schools shall include only healthy foods/beverages that meet or exceed the state and federal nutrition standards (known as Smart Snacks). Exemptions are allowed at the discretion of the school principal, but shall not exceed more than four exemptions per school building, per school year.

The District will make available a list of healthy party ideas, including non-food celebration ideas and a list of foods and beverages that meet Smart Snacks nutrition standards.

### **Food Preparation**

For the safety of all children, food prepared in a private home may not be served at school to students (for birthdays or other special events) because knowledge of ingredients, sanitation, preparation, and temperature of food in storage or transit is not available. All food/beverage

items supplied for celebrations and birthdays must be commercially prepared (no home-cooked items) and packaged.

### **Snacks**

Snacks served during the school day or in after-school 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. Parents shall be encouraged to provide their children with food and snacks to bring on campus that meet the state and federal nutrition standards adopted by the district.

### **Rewards**

Food and beverage items shall not be used as a reward or incentive to encourage students' academic performance or good behavior unless it is detailed in a student's Individualized Education Plan (IEP). Finding alternatives to food rewards is an important part of providing a healthy school environment and allows students to receive reliable and consistent health information. The District will make available to teachers and parents a list of non-food rewards and incentives that can be used in the classroom. The District will encourage staff to be role models for health and exhibit a positive outlook toward healthy behaviors.

### **Nutrition Education & Promotion**

#### **Nutrition Promotion**

Nutrition promotion positively influences lifelong eating behaviors by creating healthy food environments and providing consistent nutrition messages throughout schools, classrooms, and cafeterias. Schools will provide engage in nutrition promotion that:

1. Promotes nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/health -related artwork from students.
2. Supports healthy school environments by using non-food rewards and incentives to incentivize students and incorporating healthy foods and activities into classroom celebrations.
3. Encourages staff to be role models for health and exhibit a positive outlook toward healthy behaviors.
4. Utilizes Smarter Lunchroom strategies in school cafeterias to motivate students to make healthful selections during the school lunch or breakfast meal.
5. Promotes nutrition to parents, families and the community through sharing information on the school menus, newsletters, website and social media; in addition to food/nutrition/health related classroom projects, school events or activities.

#### **Water**

To promote healthy beverage choices, free, safe, unflavored drinking water will be available to all students throughout the school day. Students are allowed to bring and carry approved water bottles (filled with water only) to encourage water consumption throughout the day.

## **Marketing and Advertising**

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

## **Evening and Community Events**

The District promotes the availability of nutritious snacks at evening and community events on school campus. This includes, but is not limited to, concessions at family night events, dances, and performances.

## **Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health
2. Aligns to the USDA Dietary Guidelines and/or other science-based nutrition research and evidence-based instructional strategies.
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
4. Promotes fruits, vegetables, protein, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services

## **Nutrition Curriculum**

The District's nutrition education curriculum will be evidence-based and aligned with the California Health Education Content Standards and, where appropriate, Common Core Standards. The District promotes integrating nutrition education topics within the broader academic curriculum taught at every grade level (K-6). A goal of 1-2 hours of instructional time *per month* designated for health and/or nutrition education is strongly encouraged.

## **Instructional School Gardens**

The District supports the use of school property for school gardens that promote nutrition education and physical activity. Instructional gardens are often integrated with other subject areas to enhance student learning. Schools are encouraged to establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of their school gardens as appropriate.

## **Physical Education & Physical Activity**

### **Physical Education**

To promote student's lifetime activity habits early in life, Physical Education programs will be taught by qualified physical education credentialed teachers at all K-6 school sites and shall incorporate the following components:

1. Students in grades K-6 will meet or exceed the minimum required 200 minutes of physical education every 10 school days (*EC 51210*).
2. Physical education classes with at least 50% of time spent in moderate to vigorous physical activity.
3. Physical Education teachers will select developmentally appropriate activities for elementary age students.
4. Students in Grades 5, 7, and 9 shall have FITNESSGRAM testing completed by qualified staff (*EC 60800*).
5. Students shall receive their individual fitness test results. The results of their fitness tests will be made available to parents.
6. Physical Education teachers shall endorse physical activity as a positive and enjoyable aspect of dynamic living and individual excellence.
7. Promotes an additional minimum of sixty minutes of physical activity outside the school day.

### **Physical Activity**

In an effort to help students get the recommended 60 minutes of physical activity (PA) every day, the District is committed to providing opportunities for physical activity throughout the school day. This includes recess, physical activity breaks, classroom energizers and physical education. Physical activity during the school day shall NOT be withheld as punishment, unless student is presenting a legitimate on-campus safety hazard. The District will make available a **list of ideas** for alternative ways to discipline students to teachers and other school staff.

### **Recess**

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/time frame before students enter the cafeteria.

### **Classroom Physical Activity**

Classroom physical activity is any form of physical activity (e.g., stretching, jumping, dancing) performed in the classroom. It includes integrating PA into academic classroom instruction as well as providing breaks from instruction specifically designed for PA. Classroom physical activity is encouraged by the District as it has been shown to improve attention, classroom behavior, and test scores. Classroom physical activity is permitted to take place at any time

during the school day, last 5–15 minutes, and occur in one or several sessions throughout the school day.

## **Wellness Policy Implementation, Assessments, Recordkeeping and Community Engagement**

### **Implementation**

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 report on the school's compliance to the school District 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 made available to the school board, District Wellness Committee, and posted on the District website.

### **Assessments**

Each school in the District will conduct an assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be reviewed 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. The District Wellness Committee will, as necessary, revise the School Wellness Policy and develop work plans to facilitate their implementation.

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at District's administrative office; Building A. Documentation maintained in this location will include but will not be limited to:

1. Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit District Wellness Committee membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
2. Documentation of the triennial assessment of the policy for each school under its jurisdiction; Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

## **Community Involvement, Outreach, and Communications**

The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that District.

The District will use electronic mechanisms, such as email or displaying notices on the District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Policy  
Adopted: September 13, 2018

**ROBLA SCHOOL DISTRICT**  
Sacramento, California

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<sup>i</sup> The school day is defined as midnight to 30 minutes after the end of the official school day.

<sup>ii</sup> Smart Snacks in School refers to the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day.