

# Woodville School District Wellness Policy

## STUDENT WELLNESS - PHYSICAL ACTIVITY AND NUTRITION

The Woodville School District, in partnership with parents and the community, is committed to providing a healthy school environment. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well-being and ability to learn. The Woodville School District has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages and physical activity opportunities possible and by providing other health-supporting programs and opportunities. Therefore, Woodville School District will:

### 1. School District Wellness Committee

- Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, students, food services staff, Physical Education, school site Vice Principal, member of the school board, health professionals, and members of the public at large.
- Convene the School District Wellness Committee at least two times during the school year at hours convenient for public participation. The committee will discuss implementation, monitoring and revision of the local school wellness policy and provide policy recommendations to the Board of Education.
- Charge the School District Wellness Committee, District Superintendent with annually ensuring that the Local School Wellness Policy is implemented, monitored and revised.
- Ensure that the foods and beverages served and sold on campus are nutritious, appealing and attractive to students.
- Ensure that the foods and beverages served and sold on campus meet, at a minimum, local, state and federal statutes and regulations, and whenever possible, exceed minimum standards.
- Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water.

### 2. School Meals - (reimbursable meals)

- Whenever possible, Woodville School will offer meals to students at no cost to them. These meals will be provided through the Community Eligibility Program and through Provision 2 of the National School Lunch and or Breakfast Programs.

Whenever possible, ensure that nutritious breakfast, lunch and supper programs are offered during school, after school and during the summer months.

- Serve food in quantities appropriate to the needs of students at their age level as guided by the California Department of Education's Food Based Planning approach.

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- Increase the availability of fresh fruits and vegetables and when possible, using a salad bar as part of the school food service program at Woodville Elementary schools.
- Meet or exceed current nutritional guidelines established by USDA regulations.

b. Foods and beverages sold individually (e.g., those sold outside the school meal programs through fundraisers, school student stores, etc.)

- Ensure that foods and beverages sold individually comply with local, state, and federal regulations.

**ELEMENTARY SCHOOLS –FOOD RESTRICTIONS (Excludes Middle School)**

*References: Educational Code sections 49430, 49431,49431.7; California Code of Regulations sections 15575, 15577, 15578; Code of Federal Regulations 210.11, 220.12*

ALLOWABLE FOODS: The only foods that can be sold to elementary students are full meals, exempt foods and dairy or whole grain foods that meet specific calorie, fat, saturated fat and sugar requirements.

**EXEMPT FOODS**

All food items that do not to meet calorie and fat limits can be sold at school , however, they cannot have added sugars or fat (check the ingredients label). Currently, the below listed food items are classified as exempt foods:

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)
- Eggs
- Cheese packaged for individual sale
- Fruits and non-fried vegetables
- Legumes

(Applies from midnight to one half hour after school).

NOTES: Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempt foods (e.g. trail mix containing chocolate chips).

A la carte entrees cannot be sold in Elementary Schools. Outside entities (e.g. games) may sell a “full meal” provided it meets a USDA meal pattern.

## DAIRY & WHOLE GRAIN FOODS

Currently, individually sold dairy or whole grain foods that meet or exceed federal regulations can be sold if they contain:

- Not more than 175 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)
- No artificial trans fat (see details below)

Dairy: a food made from milk with the exception of cheese packaged for individual sale.

Whole grain:

- For purchased grain or bread products:
  - Label contains the statement: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduced the risk of heart diseases and certain cancers” or
  - The first listed grain ingredient is a whole grain
  - If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within previous 12 months that lists a combination of whole grains that combined represent at least 51% of the weight of the total grains.
- For bread or grain products prepared by schools:
  - The weight of the whole grains is at least 51% of the total grain weight of the product.

### **ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS**

*References: Education Code Section 49431.5, California Code of Regulations Section 15576, Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12*

**ALLOWABLE BEVERAGES** - Beverages may not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks) for lactose sensitive or intolerant students with Doctor signed Special Meal Form.

Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine, sodas).

Only the following beverages are allowed in the cafeteria at all times:

- Water
- Non-fat or 1% cow's milk
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Flavored milk, including chocolate for special circumstances
- Non-dairy milk alternatives
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Flavored milks, including chocolate
- No more than 5 grams of fat per 8 fluid ounces
- No more than 12 grams of caloric sweetener per 8 fluid ounces.
- Fruit or vegetable juice that contains at least 50% juice

Non – compliant beverages may be sold from ½ hour after school through midnight

#### **MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS**

*References: Education Code sections 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12*

ALLOWABLE SNACKS AND ENTREES (Applies from midnight to ½ hour after school.)

SNACKS (Generally regarded as supplementing a meal)

Individually sold food items must meet the following:

- Not more than 250 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)

EXEMPT SNACKS: Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits and non-fried vegetables, and legumes that do not contain added sugars or fat. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; fruit and non-fried vegetables are exempt from the sugar limit. All must meet the limit of 250 calories or less.

NOTE: Food items for sale containing non-exempt foods or ingredients combined with exempt items shall comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

ENTREES (Generally regarded as the primary food in a meal)

Entrees shall:

- Contain no more than 400 calories per item
- Contain no more than 4 grams of fat per 100 calories (36% fat)

Entrees must contain:

- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g. turkey sandwich, baked potato with chili, fruit and cheese platter) or
- A meat/meat alternative alone (e.g. sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

To determine if an individual snack or entrée meets California's nutrition standards, check the Nutrition Facts label. Visit the on-line snack calculator at: [www.CaliforniaProjectLEAN.org/calculator](http://www.CaliforniaProjectLEAN.org/calculator), which allows you to input information from the Nutrition Facts label to determine if the food meets the standards.

ALLOWABLE BEVERAGES (Applies at all times, regardless of the time of day). Beverages may not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks).

Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine).

Water

- Provide all students and employees with access to clean, safe, palatable drinking water free of charge at every District facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before- and after-school activities
- Allow students to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills
- Encourage all school administrators, teachers, and building staff to model drinking water
- Perform maintenance on all water fountains regularly and as needed
- Conduct periodic testing of all drinking water sources in each District facility. Make the test results available in an easily accessible format (e.g., post on District website), and deliver letters to affected students and parents
- High Schools-Woodville School District does not currently have High School Programs

### **C. FUNDRAISING – STUDENT ORGANIZATIONS**

*References: California Code of Regulations Section 15500*

- Superintendent or designee will ensure that alternative fundraising strategies such as sales of non-food items, promotion of physical activity, and/or sales of nutritious food items that meet or exceed

California Nutrition Standards and Woodville School District food and beverage standards (see 2b) are used in school fundraisers.

- Superintendent and Wellness Committee will provide list of approved fundraising activities to district staff
- The sale must occur after the lunch period has ended.
- Each school is allowed four sales per year.

#### **D. VENDING**

- Vending machines must meet all Food and Beverage standards established in this Policy and be approved by the Food Service Director. (See 2b)

#### **E. PARTIES/CELEBRATIONS**

- All foods provided during parties/celebrations must be purchased through Woodville Nutrition Services and/or approved by Cafeteria Manager.
- Donations of foods by outside party (such as a pizza parlor) must meet or exceed California Nutrition Standards and Nutrition Standards set forth by Woodville School District. Donations must be approved by Food Service Director to assure compliance

#### **F. REWARDS**

- Food, candy and exempt beverages cannot be used as a reward for student accomplishments, including collaboration with private industry that may provide the incentive item

#### **G. SCHOOL EVENTS**

- Any event hosted on school campuses including but not limited to: open house, parent meetings, carnivals that provide food shall meet or exceed California Nutrition Standards and Standards set forth by Woodville School District (See 2b)
- Food items that do not meet or exceed California Nutrition Standards and Standards set forth by Woodville School District (See 2b) cannot be utilized for demonstration purposes. Instead fruits and vegetables as well as nuts or dried fruits will be used. These items must be purchased through Woodville Food Service Department

#### **3. Physical Education (PE)**

- Elementary schools are to meet California State Physical Education standards of 200 minutes per 10 days
- Middle Schools are to meet California State Physical Education standards of 400 minutes per 10 days
- Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity
- The physical activity program shall increase emphasis on teaching fitness and lifelong recreational aerobic activities

- The District and its site administrators will ensure that physical activity is not given out as punishment, the use of detentions, campus clean-up, and other non physical activity punishments will be encouraged
- The summer school program shall include Nutrition Education and Physical Education as part of its curriculum
- Nutrition education will be incorporated in the Physical Education class curriculum at school
- Bringing in local experts will be allowed for sports or activities not traditionally taught during Physical Education classes in the after school setting, such as local law enforcement teaching a self-defense unit, etc.

#### 4. Physical Activity

- Ensure students are offered opportunities for lifelong physical activity
- Intramural sports will be played as part of the after-school enrichment program at Woodville Elementary School
- The District will promote physical activity by offering enrichment classes such as band, cadets, and academic/athletic competition.
- Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus
- Bringing in local experts will be allowed for sports or activities not traditionally taught during physical education classes in the after school setting, such as local law enforcement teaching a self-defense unit, etc.

#### 5. Marketing

- Marketing of healthy food and beverages will be strategically placed in cafeterias promoting wellness through fruit, low-fat milk and water consumption

#### 6. Nutrition Education

- The after-school program shall provide a section of nutrition education as part of their curriculum
- Nutrition related posters shall be displayed in the dining areas of all three sites to encourage healthy food choices
- The summer school program shall include Nutrition Education and Physical Education as part of their curriculum
- Nutrition education will be incorporated in the Physical Education class curriculum at school
- Teachers will be allowed to establish a garden as part of curriculum to give students the opportunity to plant, harvest, and eat food they have grown
- Increase knowledge of nutrition and physical activity as it relates to childhood and adult health

## 7. Other School-Based Activities

### a. Health Education

- Have a local health fair in which, among other health related issues, nutrition and physical activity information will be given.
- Cafeteria may purchase materials needed to provide education to students and families.
- Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus

### b. Health Promotion for Staff- N/A

### c. Family/Community Involvement

- Increase knowledge of nutrition and physical activity as it relates to childhood and adult health
- Share nutrition information through the parent center and through taste-testing at school or community functions (examples: parent nights, fairs, etc)

### d. Healthy School Environment

Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff

- Child Nutrition Service shall work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and/or murals to school cafeteria
- Child Nutrition Service shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes
- Woodville School District staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior
- Students will be provided sufficient time to eat and socialize with classmates

### e. Before-School Activity

- Walking Wednesdays
- The before-school activity shall provide a safe and supervised walk and/or bike ride to school.
- Develop before-school activities that involve physical activity such as walking or bike riding.
- District supports events that encourage students to engage in active transportation to and from school that promote active, healthy lifestyles for the community at large.
- District shall promote at least two active transportation events per school year.



- District will partner with the school to promote events and activities and, if needed, shall provide training on Safe Routes to School encouragement activities.

#### f. After-School Programs

- The after-school program shall provide a section of nutrition education as part of their curriculum
- Develop after-school activities that involve physical activity such as walking clubs and increased access to sports/physical fitness equipment
- The District will sponsor and finance a district-wide comprehensive after school sports program for grades Kindergarten through 8th
- All food and beverages provided in after school programs must meet or exceed the California Nutrition Standards and Woodville Nutrition Standards (see 2b)

#### g. Other

- Farm to School
- 5% of produce purchased and served will be locally grown fresh produce. Locally grown encompasses the region of Stanislaus County to Kern County

#### 8. Policy Implementation and Monitoring

- The Local School Wellness Committee and its' members along with the District Superintendent and site administrators have the responsibility of monitoring and ensuring that the Local School Wellness Policy is followed by all staff and students in Woodville School District
- The local School Wellness Policy will be reviewed and revised on a yearly basis by the school wellness committee

#### 9. Joint use of School Facilities

- All school gates must remain open at designated Joint use time periods.

Editor: Daniel Cano (Cafeteria Manager Woodville School District)

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