

STUDENT WELLNESS POLICY

The Lucerne Elementary School Board of Trustees recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity in district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. [1020](#) - Youth Services)

(cf. [3513.3](#) - Tobacco-Free Schools)

(cf. [3514](#) - Environmental Safety)

(cf. [5131.6](#) - Alcohol and Other Drugs)

(cf. [5131.61](#) - Drug Testing)

(cf. [5131.62](#) - Tobacco)

(cf. [5131.63](#) - Steroids)

(cf. [5141](#) - Health Care and Emergencies)

(cf. [5141.22](#) - Infectious Diseases)

(cf. [5141.3](#) - Health Examinations)

(cf. [5141.31](#) - Immunizations)

(cf. [5141.32](#) - Health Screening for School Entry)

(cf. [5141.6](#) - School Health Services)

(cf. [6142.1](#) - Sexual Health and HIV/AIDS Prevention Education)

(cf. [6164.2](#) - Guidance/Counseling Services)

School Wellness Council

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 student wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

The Board appointed a wellness committee to develop this school wellness policy. The committee was selected from names presented to the Board by the Superintendent, and consisted of a representative from each of the following: parents, students, and representatives of the school food authority, the school board, school administrators, and members of the public.

The wellness committee presented policy recommendations to the Board that included, but were not necessarily limited to, the following topics:

- Goals and strategies for increasing student participation in the school breakfast and lunch programs
- Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards
- The amount of time allowed for students to eat and the adequacy of lunchroom facilities

STUDENT WELLNESS POLICY

- Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers, and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior
- Foods and beverages donated for class parties or other school events
- School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs
- Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change
- Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs
- Outreach strategies to encourage families to reinforce and support healthy eating and physical activity
- Cost estimates of implementing the recommended strategies and potential funding sources
- Priorities for implementing the recommended strategies in the wellness policy
- Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports
- As it deems appropriate, the wellness committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

The Superintendent shall report at a public Board meeting annually on the success of implementing the local wellness policy. The report shall outline to the Board the extent to which each of the provisions of the policy has been complied with. The Superintendent may require reports from persons charged with operational responsibility for ensuring that the school meets some or all of the requirements of the local wellness policy.

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC [1758b](#); 7 CFR [210.30](#))

(cf. [0000](#) - Vision)

(cf. [0200](#) - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research, shall be aligned with established state's curriculum frameworks and content

STUDENT WELLNESS POLICY

standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. [6011](#) - *Academic Standards*)

(cf. [6142.7](#) - *Physical Education and Activity*)

(cf. [6142.8](#) - *Comprehensive Health Education*)

(cf. [6143](#) - *Courses of Study*)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. [5148.2](#) - *Before/After School Programs*)

(cf. [6177](#) - *Summer Learning Programs*)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. [5142.2](#) - *Safe Routes to School Program*)

(cf. [6145](#) - *Extracurricular and Cocurricular Activities*)

(cf. [6145.2](#) - *Athletic Competition*)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. [1330.1](#) - *Joint Use Agreements*)

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

(cf. [4131](#) - *Staff Development*)

(cf. [4231](#) - *Staff Development*)

(cf. [4331](#) - *Staff Development*)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

STUDENT WELLNESS POLICY

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.

(cf. [5131.2](#) - *Bullying*)

(cf. [5145.3](#) - *Nondiscrimination/Harassment*)

The Superintendent or designee shall encourage staff to model healthy eating and physical activity behaviors. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

The school shall promote healthy food items including fruits, vegetables, whole grains and low-fat dairy products. Promotions will include taste tests, posters and signage, highlighting healthy items on the menu in newsletters, school website, flyers, social media, etc.

The Lucerne Elementary School District Board of Trustees has adopted the following goals and strategies to promote healthy eating and physical activity in district students.

Goals for Nutrition Education

The Board adopts the following goals for nutrition education:

- Students in grades pre-K-12 shall receive nutrition education that is behavior focused, interactive, and /or participatory and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education shall be provided in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students shall receive sequential and comprehensive nutrition education.
- Students shall receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
- District health education curriculum standards and guidelines shall include both nutrition and physical education.
- Nutrition shall be integrated into the health education or core curricula (e.g., math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

STUDENT WELLNESS POLICY

- Children will have an opportunity to visit local farms where produce is grown.
- Staff providing nutrition education shall have appropriate training.
- Each school shall conduct nutrition education activities and promotions that involve parents, students, and the community.
- Peanut butter sandwiches will be provided for the “I forgot my lunch” syndrome.

Physical Education**1. What is physical education (PE)?**

PE teaches students how their bodies move and how to perform a variety of physical activities. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. The discipline provides learning experiences that meet the

developmental needs of students. A standards-based PE program also provides an excellent opportunity to ensure that students develop positive social skills, cooperate with others, and accept responsibility for their own actions.

2. Why is physical education (PE) taught in California public schools?

PE contributes significantly to every student’s health and well-being, and it is an instructional priority for California schools. Every student, regardless of disability, ethnicity, gender, native language, race, religion, or sexual orientation, is entitled to a high-quality PE program. PE is an integral part of the overall education program for every student and provides one of the few opportunities students have to develop the skills, knowledge, and confidence necessary to lead a physically active lifestyle. A high-quality PE program promotes an active lifestyle, improved health, motor skill development, and better cognitive performance.

3. What is the difference between physical education (PE) and physical activity?

The terms *physical education* and *physical activity* are often used interchangeably, but they differ in important ways. Understanding the differences between the two is critical to understanding why both contribute to the development of healthy and active youths. Every student needs both a quality PE program and physical activity program.

Physical education instructional programs provide students with the skills and knowledge they need to establish and sustain physical activity as a key component of their lifestyle, as children, adolescents, and adults. The PE model content standards adopted by the State Board of Education involve five overarching standards in kindergarten through grade eight and three overarching standards in grades 9 through 12, including eight required content areas that provide a developmentally appropriate, standards-based sequence of instruction. PE instruction provides students with essential skills and knowledge through a broadly-based curriculum that is age-appropriate and links learning experiences in a sequential and articulated manner.

Physical activity is any bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance, and other movement forms. PE programs, recess periods, intramural sports programs, and athletic

STUDENT WELLNESS POLICY

programs involve physical activity, but each serves a different purpose. Intramural sports and athletic programs provide opportunities for student learning but are not likely to constitute high-quality, standards-based PE instruction.

Recess periods provide students with opportunities for unstructured physical activity time during the school day. These breaks from classroom activities may enhance participation and learning in the classroom, aside from the benefits gained from additional physical activity.

Intramural sports programs provide opportunities for students to be physically active and apply PE learning outside of the curricular program. In addition, intramural programs give students opportunities to implement the skills and knowledge gained in PE.

Athletic programs are essentially designed for youths who have special skills and would like to specialize in one or more sports. They provide students with the opportunities to refine their skills and compete with others of similar interests and abilities.

Physical activity may include recreational, fitness, and sport activities such as jumping rope, playing soccer, lifting weights, or participating in organized sports. National recommendations (such as the National Association of Sport and Physical Education and The Dietary Guidelines for Americans, United States Department of Health and Human Services) urge school-age children to accumulate at least 60 minutes, and up to several hours, of physical activity per day while avoiding prolonged periods of inactivity. Physical activity programs that students participate in outside of school are not the same as PE instructional programs. Such physical activity programs typically provide opportunities for students to develop skills in a single area and are not intended to provide instruction in the essential content areas and standards of PE.

Elementary Physical Education Requirements

Students in grades one through six, inclusive, must be provided with physical education instruction with an emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total of not less than 200 minutes each ten schooldays, exclusive of recesses and the lunch period.

Middle School Physical Education Requirements

All pupils, except pupils excused or exempted pursuant to EC Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten schooldays.

Physical Fitness Test (PFT)

The physical fitness test (PFT) for students in California schools is the FITNESSGRAM®. The main goal of the test is to help students in starting life-long habits of regular physical activity. Students in grades five and seven take the fitness test. The test has six parts that show a level of fitness that offer a degree of defense against diseases that come from inactivity. The test results can be used by students, teachers, and parents.

STUDENT WELLNESS POLICY**Teacher Credentialing**

Elementary physical education instruction shall be delivered by appropriately credentialed teachers. To ensure that students have access to qualified teachers, teachers must hold a credential that authorizes the teaching of physical education (Single Subject Credential in Physical Education or a Multiple Subject Credential). [EC §44256, EC §44258.7]

The holder of a credential authorizing instruction in a self-contained classroom may teach in any of grades 5 to 8, inclusive, in a middle school, provided that he or she teaches two or more subjects for two or more periods per day to the same group of pupils, and, in addition, may teach any of the subjects he or she already is teaching to a separate group of pupils at the same grade level as those pupils he or she already is teaching for an additional period or periods, provided that the additional period or periods do not exceed one-half of the teacher's total assignment. (EC Section 44258.1). Other relevant ECs include EC sections 44256 through 44258.7.

Goals for Physical Activity

The Board adopts the following goals for physical activity and other school based activities. These goals are designed to promote student wellness in a manner that the Board determines is appropriate.

- Students shall be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
- School shall provide at least one physical activity break for every 60 minutes of academic instruction daily.
- Students shall be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools shall work with the community to create ways for students to walk, bike, roller blade, or skateboard, safely to and from school.
- Schools shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools shall provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Teachers and other school personnel do not use physical activity (such as running laps, push-ups) or withhold opportunities for physical activity as punishment.
- Teachers and other school personnel reward students with opportunities for physical activity.
- School facilities are available to students, staff, and community members for physical activity before, during, and after the school day, on weekends, and during vacations.
- Schools provide information to parents about physical education and other school-based physical activity opportunities that are available before, during, and after the school day.
- After-school child care programs provide and encourage—verbally and by providing space, equipment, and activities—daily periods of moderate-to-vigorous physical activity for all participants.

STUDENT WELLNESS POLICY**Nutrition Guidelines for All Foods Available at School**

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC [1758](#), [1766](#), [1773](#), and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

The Board adopts the following nutrition guidelines for all foods available on school campus during the school day with the objectives of promoting student health and reducing childhood obesity.

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 after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. [3550](#) - *Food Service/Child Nutrition Program*)

(cf. [3552](#) - *Summer Meal Program*)

(cf. [3553](#) - *Free and Reduced Price Meals*)

(cf. [5141.27](#) - *Food Allergies/Special Dietary Needs*)

(cf. [5148](#) - *Child Care and Development*)

(cf. [5148.3](#) - *Preschool/Early Childhood Education*)

The school will utilize specific strategies to increase participation in the school meal programs.

- Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
- School shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Students in grades K-3 eat breakfast together as a class after the morning bell rings to ensure all students wanting a breakfast the opportunity to receive one.

The Superintendent or designee shall provide access to free, potable water during meal times and during the school day in the food service area in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

(cf. [3312](#) - *Contracts*)

(cf. [3554](#) - *Other Food Sales*)

STUDENT WELLNESS POLICY

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(*cf.* [1230](#) - *School-Connected Organizations*)

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR [210.30](#))

The advertising of foods and beverages that are not available for sale in school will not be advertised on any school property or promoted on websites, newsletters and social media.

(*cf.* [1325](#) - *Advertising and Promotion*)

Given concerns about student exposure to marketing, the school will not participate in incentive programs that promote brands or provide children with free or discounted foods or beverages.

Guidelines for Nutritious Choices in Vending Machines
(*CURRENTLY NO VENDING MACHINES ON CAMPUS*)

Foods and beverages sold through school vending machines that meet acceptable nutritional standards and may consist of the following:

- Plain, unflavored, noncarbonated water
- Milk, including but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage;
- One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
- An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
- Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
- Any other food item containing not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and not more than thirty-five percent of its total weight in sugar.

STUDENT WELLNESS POLICY

Smart Snacks Standards for foods

At each elementary school (grades one through six), the sale of all foods on school grounds shall be approved for compliance with the nutrition standards by the person designated by the Superintendent.

At each elementary school, the only food that may be sold to a pupil during breakfast and lunch periods is food that is sold as a full meal. This does not prohibit the sale of fruit, non-fried vegetables, legumes, beverages, dairy products, or grain products as individual food items if they meet the requirements set forth below.

An individual food item sold to a pupil during morning or afternoon breaks at an elementary school shall meet all of the following standards:

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats

NUTRIENT	SNACK	ENTREE
Calories	200 calories or less	350 calories or less
Sodium	200 mg. or less	480 mg. or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Finding Information on the Nutrition Facts Panel and Ingredients List

Enter nutrition information into the Smart Snacks Product Calculator to see if your snack meets the standards. <https://foodplanner.healthiergeneration.org/calculator/>

Guidelines for Foods and Beverages Sold as part of School-Sponsored Fundraising Activities

An elementary school may permit the sale of food items that do not comply with the above requirements as part of a school fundraising event in any of the following circumstances:

1. Food items are sold by pupils of the school and the sale of those items takes place off of school premises.
2. Food items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

STUDENT WELLNESS POLICY

3. Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items(e.g., wrapping paper and apparel) are not limited under federal policy.

As adopted in BP 3554 (Other Food Sales), “with the approval of the Superintendent/Principal or designee, food sales may be held by school-related groups, including but not limited to students, teachers, parents/guardians and booster groups, provided that these sales are in compliance with state and federal regulations. Such food sales shall not impair student participation in the District’s food service program. When desiring to raise money for the school or for student groups by selling food items, organizations are encouraged to select items of good nutritional quality. All profits from such fund-raisers shall benefit the school or student groups sponsoring the sale”.

Exempt Fundraisers

Section 15575 of 5 CCR does not allow any competitive food and beverage sales (including fundraisers) to be exempt from the standards established by state and federal law. Exempt fundraisers are not allowed during the school day in California.

State and federal law allows a food fundraiser that meets the competitive food and beverage standards. Although the fundraiser may be in competition with the federal reimbursable meal program, it is allowable. Meeting the standards of “competitive foods” means that the foods or beverages must meet specific criteria to be sold during the school day. Deeming a food or beverage “competitive” does not automatically disallow the sale of the item.

Guidelines for Parties, Celebrations and Meetings During the School Day

Parties, celebrations and meetings that are held during the school day where food is served, must take place after designated lunch periods. Students and parents will be encouraged to bring nutritious foods to these events. The teacher will monitor and limit the quantity of non-nutritious foods available at these gatherings. It is recommended, but not required, that food provided be professionally prepared, individually wrapped and/or packaged. Class parties or celebrations shall be held after the lunch period.

The following is a list of approved party foods:

- All fruits with dips – strawberries dipped in chocolate; apples with caramel or vanilla yogurt; bananas with peanut butter; cantaloupe with honey
- Yogurt covered pretzels
- All vegetables with dips
- Deli trays
- Trail mix with nuts
- Tortilla chips with salsa or guacamole
- Popcorn
- Oatmeal raisin-nut cookies or other “full” calorie cookies (fruit bars)
- Cheese and whole grain crackers
- Fruit roll-ups – fruit trays
- Whole grain bars
- Pickles
- Finger foods (party hors d’oeuvres; sliced wraps)

STUDENT WELLNESS POLICY

- Jell-o with fruit
- Juice bars
- Frozen yogurt
- Fruit or cheese fondue

No Soft Drinks at an Elementary School

Regardless of the time of day, beverages, other than water, milk, 100 percent fruit juices, or fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweeteners, may not be sold to a pupil at an elementary school.

An elementary school may permit the sale of beverages as part of a school fundraising event in any of the following circumstances:

- (1) The items are sold by pupils of the school and the sale of those items takes place off the premises of the school.
- (2) The items are sold by pupils of the school and the sale of those items takes place one-half hour or more after the end of the school day.

This policy does not prohibit an elementary school from making available through a vending machine any beverage allowed under this policy at any time of day.

For the purposes of this section, "added sweetener" means any additive that enhances the sweetness of the beverage, including, but not limited to, added sugar, but does not include the natural sugar or sugars that are contained within the fruit juice which is a component of the beverage.

No Soft Drinks at a Middle School

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 pupil at a middle school:

- (1) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweeteners.
- (2) Drinking water.
- (3) Milk, including, but not limited to, chocolate milk, soy milk, rice milk, and other similar dairy or nondairy milk.
- (4) An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

A middle or junior high school may permit the sale of beverages that do not comply with the above paragraph) as part of a school event if the sale of those items meets all of the following criteria:

- (1) The sale occurs during a school-sponsored event and takes place at the location of that event after the end of the school day.
- (2) Vending machines, pupil stores, and cafeterias are not used no sooner than one-half hour after the end of the school day.

This policy does not prohibit a middle school from making available through a vending machine any beverage allowed under this policy at any time of day, or, any other product if the product only is

STUDENT WELLNESS POLICY

available not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of the school day.

For the purposes of this section, "added sweetener" means any additive that enhances the sweetness of the beverage, including, but not limited to, added sugar, but does not include the natural sugar or sugars that are contained within the fruit juice which is a component of the beverage.

Each school may post a summary of nutrition and physical activity laws and regulations, and shall post the school district's nutrition and physical activity policies, in public view within all school cafeterias or other central eating areas.

Free and Reduced Price Meals EC 49533

A nutritionally adequate meal, for the purposes of this article, is a breakfast or lunch that qualifies for reimbursement under the federal child nutrition program regulations.

Special school nutrition supplements shall be provided to pregnant or lactating pupils in accordance with EC 49553 and 49559.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C- 1779), and the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(l). 1766(a)O) and Healthy, Hunger-Free Kids Act of 2010 as those regulations and guidance apply to schools.

Measuring Implementation of the Local Wellness Policy and
Designating Responsibility for Implementation and Enforcement

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

Mike Brown, Superintendent/Principal
(707) 274-5578
mbrown@lucerne.k12.ca.us

(cf. [0500](#) - Accountability)

(cf. [3555](#) - Nutrition Program Compliance)

The Superintendent or designee shall periodically measure and make available to the public an assessment on the implementation of the local school wellness policy. (42 USC [1758b](#); 7 CFR [210.30](#))

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC [1758b](#))

STUDENT WELLNESS POLICY

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

A. Monitoring

Representatives of the school district shall develop a plan for implementing the district wellness policy and measuring implementation of the policy.

The principal is responsible for ensuring that the school site implements the adopted wellness policy.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report to the superintendent.

B. Training

The district will provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers and school/district food service personnel.

All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. <https://professionalstandards.fns.usda.gov/>

Children age 2 and above must be offered lunches that meet the following nutrition standards for their age/grade group:

Federally Required Nutrition Standards 7 CFR 210.10 --

Federal nutrition standards shall be complied with.

See - https://www.fns.usda.gov/sites/default/files/7cfr210_09.pdf

Nutrition Standards in the National School Lunch and School Breakfast Programs

<https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

USDA Dietary Guidelines for Americans 2015-2020

<https://health.gov/dietaryguidelines/>

STUDENT WELLNESS POLICY

The specific recommendations fit into five overarching guidelines:

- Follow a healthy eating pattern across the lifespan. Eating patterns are the combination of foods and drinks that a person eats over time.
- Focus on variety, nutrient-dense foods, and amount
- Limit calories from added sugars and saturated fats, and reduce sodium intake
- Shift to healthier food and beverage choices
- Support healthy eating patterns for all

Healthy eating patterns include a variety of nutritious foods like vegetables, fruits, grains, low-fat and fat-free dairy, lean meats and other protein foods and oils, while limiting saturated fats, trans fats, added sugars and sodium. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.

Importantly, the guidelines suggest Americans should consume:

- A variety of vegetables, including dark green, red and orange, legumes (beans and peas), starchy and other vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
- Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

Further, Americans should be encouraged to consume:

- Less than 10 percent of calories per day from added sugars. ChooseMyPlate.gov provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.
- Less than 10 percent of calories per day from saturated fats. The Nutrition Facts label can be used to check for saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil.
- Less than 2,300 milligrams (mg) per day of sodium for people over the age of 14 years and less for those younger. The Nutrition Facts label is a helpful tool to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.

Federal Requirements for Lunch Periods

- (1) Timing. Schools must offer lunches meeting the requirements of this section during the period the school has designated as the lunch period. Schools must offer lunches between 10:00 a.m. and 2:00 p.m. Schools may request an exemption from these times only from FNS.
- (2) Lunch periods for young children. Schools are encouraged to serve children ages one through five over two service periods. Schools may divide the quantities and/or the menu items, foods, or food items offered each time any way they wish.
- (3) Adequate lunch periods. Schools shall provide sufficient lunch periods that are long enough to give all students enough time to be served and to eat their lunches. Meal periods shall include at

STUDENT WELLNESS POLICY

least 10 minutes of “seat time” for breakfast and at least 20 minutes of “seat time” for lunch.

(4) Exceptions and Variations Allowed in Meals

The following exceptions and variations are allowed:

- i. Exceptions for medical or special dietary needs.
- ii. Variations for ethnic, religious, or economic reasons.
- iii. Exceptions for natural disasters.
- iv. State agency approaches not subject to approval.

Requirements for Offering Milk

Schools shall offer students fluid milk. All milk served must be pasteurized fluid milk, which meets State and local standards for such milk.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.30](#))

(cf. [5145.6](#) - *Parental Notifications*)

Triennial assessment results will be made available to the public and will include:

1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy.
2. The extent to which the LEA’s local school wellness policy compares to model school wellness policies.
3. A description of the progress made in attaining the goals of the local school wellness policy.

Based on the results of the triennial assessment, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. [1100](#) - *Communication with the Public*)

(cf. [1112](#) - *Media Relations*)

(cf. [1113](#) - *District and School Web Sites*)

(cf. [1114](#) - *District-Sponsored Social Media*)

(cf. [6020](#) - *Parent Involvement*)

STUDENT WELLNESS POLICY**Records**

The Superintendent or designee shall retain records that document compliance with 7 CFR [210.30](#), including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR [210.30](#))

*Legal Reference:**EDUCATION CODE*

[33350-33354](#) *CDE responsibilities re: physical education*

[38086](#) *Free fresh drinking water*

[49430-49434](#) *Pupil Nutrition, Health, and Achievement Act of 2001*

[49490-49494](#) *School breakfast and lunch programs*

[49500-49505](#) *School meals*

[49510-49520](#) *Nutrition*

[49530-49536](#) *Child Nutrition Act*

[49540-49546](#) *Child care food program*

[49547-49548.3](#) *Comprehensive nutrition services*

[49550-49562](#) *Meals for needy students*

[49565-49565.8](#) *California Fresh Start pilot program*

[49570](#) *National School Lunch Act*

[51210](#) *Course of study, grades 1-6*

[51210.1-51210.2](#) *Physical education, grades 1-6*

[51210.4](#) *Nutrition education*

[51220](#) *Course of study, grades 7-12*

[51222](#) *Physical education*

[51223](#) *Physical education, elementary schools*

[51795-51798](#) *School instructional gardens*

[51880-51921](#) *Comprehensive health education*

CODE OF REGULATIONS, TITLE 5

[15500-15501](#) *Food sales by student organizations*

[15510](#) *Mandatory meals for needy students*

[15530-15535](#) *Nutrition education*

[15550-15565](#) *School lunch and breakfast programs*

UNITED STATES CODE, TITLE 42

[1751-1769j](#) *National School Lunch Program, especially:*

[1758b](#) *Local wellness policy*

[1771-1793](#) *Child Nutrition Act, especially:*

[1773](#) *School Breakfast Program*

[1779](#) *Rules and regulations, Child Nutrition Act*

CODE OF FEDERAL REGULATIONS, TITLE 7

[210.1-210.33](#) *National School Lunch Program, especially:*

STUDENT WELLNESS POLICY

[210.30](#) Wellness policy

[220.1-220.22](#) National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Integrating Physical Activity into the School Day, Governance Brief, April 2016

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012

Physical Activity and Physical Education in California Schools, Research Brief, April 2010

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating,

Physical Activity and Food Security in Afterschool Programs, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

Alliance for a Healthier Generation: <http://www.healthiergeneration.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and

Nutrition): <http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

STUDENT WELLNESS POLICY

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness

policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

U.S. Department of Agriculture, Healthy Meals Resource System: <http://healthymeals.fns.usda.gov>

Policy

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Reviewed: February 13, 2019

LUCERNE ELEMENTARY SCHOOL DISTRICT

Lucerne, California

