

STUDENT WELLNESS

As directed by the Board of Education, a series of regulations have been drafted to implement a complete Student Wellness Program. These regulations should be implemented in context with health and physical education classroom activities, school events, food service operations and other food sales.

Health Education

To achieve the goal of health literacy, students must comprehend a set of core health concepts and develop skills to apply the knowledge in their own life. The following are objectives that will be instructed at the elementary, middle and high school. Instruction will occur as part of the Physical Education, health, and/or other appropriate curriculum.

1. Students will develop knowledge and skills related to personal health and disease prevention.
2. Students will demonstrate ways in which they can maintain and enhance their health and well-being.
 - a. Students will demonstrate the ability to use goal-setting and decision-making skills.
 - b. Students will demonstrate the ability to practice health-enhancing behaviors to reduce health risks.
3. Students will understand and demonstrate behaviors that prevent disease.
 - a. Students will demonstrate self-management skills to improve personal health.
4. Students will understand and demonstrate how to play a positive, active role in promoting the health of their families.
5. Students will understand and accept individual differences in growth and development.
6. Students will identify information, products and services that may be helpful or harmful to their health.
 - a. Students will demonstrate the ability to access valid health information and health-promoting products and services.
 - b. Students will analyze the influence of culture, media, technology and other factors on health.
7. Students will receive instruction in nutrition concepts.
 - a. As reinforcement, nutrition education should be integrated into classroom instruction in core subjects such as math, science, language arts, social science, as well as before and after school programs.
 - b. Emphasize promotion of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, food safety and the caloric balance between food intake and energy expenditure.

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Student will receive information and resources to promote healthy mental practices.

By the time a student graduates they will have received instruction in the following areas:

- Nutrition and physical education.
- Growth, development and sexual health.
- Injury prevention and safety.
- Alcohol, tobacco and other drugs
- Mental, emotional and social health
- Personal and community health.

Physical Education

Students in grades K-12, including students with disabilities and special health care needs, will receive physical education instruction.

- a. 200 minutes every 10 days for students in grades K – 6
 - b. 400 minutes every 10 days for students in grades 7 – 8 and two years of Physical Education in Grades 9 – 12.
- Temporary exemptions from physical education should be limited to students whose medical condition(s) do not allow for inclusion in the general, modified, or adapted physical education program.
 - High school students who are exempt from two years of physical education in grades, 10, 11 or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses.
 - High school physical education course content will include each of the following areas: effects of physical activity on dynamic health, mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythm and dance, team sports, and combatives.
 - Class size is consistent with the requirements of good instruction and safety.
 - School districts will administer a physical fitness test annually to all students in grades five, seven, and nine during the months of February, March, April or May.
 - Students will receive their individual fitness test results upon completing the test.
 - All physical education will be taught by credentialed teachers with training in physical education.
 - All elementary students will have at least 20 minutes a day of supervised recess, which will be distributed throughout the day, thus integrating physical activity with classroom learning.

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- Teachers and other school personnel should not use physical activity (e.g. running laps, push-ups) or withhold opportunities of physical activity (e.g. loss of recess or physical education) as punishment.

Classroom Activities and School Events

Activities, which include celebrations, rewards, fundraising, and other school-sponsored events, shall support children's health, nutrition education, and physical fitness.

- Foods of minimal nutritional value shall not be distributed to students by teachers, staff or volunteers.
 - Planners of special events such as PTA's, room parents, and athletic boosters are encouraged to support student wellness by selecting food and beverage items which comply with State and Federal laws, provide opportunities for positive food choices by children and adults, and reinforce the teachings of the District's Health curriculum. (See Exhibit A.) Food prepared in commercial kitchens should be encouraged.
 - Parents are encouraged to support the District's nutrition education efforts by considering nutritional quality when selecting foods sent to school, either for individual or for class consumption. Student allergies and health issues need to be considered when sending food to school.
 - Teachers, staff, and volunteers are encouraged to support student wellness by modeling good nutrition and fitness practices for their students. For example, in the classroom, during instructional time, adults should not consume food and beverages that do not meet nutritional standards.
 - The District will protect and promote mental health by limiting commercial influences in school to those which support a climate of wellness and healthy lifestyle principles.
 - Teachers and parents shall not compete with the National School Lunch Program by providing food to be served to students during the times that school breakfasts or lunches are being served to students.
1. Schools should limit non-holiday *celebrations that involve food* (such as birthdays) during the school day to one party per class per month. Foods and beverages provided for classroom activities should be in accordance with state and federal nutrition standards, with not more than one food or beverage being served that does not meet nutritional standards. Food presentations associated with specific curriculum units may occur more frequently, but should promote healthy choices as part of their instructional nature.
 2. Schools will not use foods or beverages as *rewards* for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
 3. Items and activities for *student clubs and school-wide fundraisers* shall be pre-approved by the

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Superintendent, or designee, and shall follow the Student Wellness standards and shall be health-promoting items when possible. (See Exhibit B.) Fundraising plans by High School clubs and student organizations shall be pre-approved by the Pacific Grove High School administration, and Associated Student Body, Groups should work with the Nutrition Director to ensure that all regulations are followed. Items should not compete with or impair student participation in the school food service program.

4. *School-sponsored events outside of the school day* (i.e. activities formally approved by the school or District administration or Board, and for which the District and its employees have supervisory responsibility, such as, but not limited to athletic events, dances, performances, or fundraisers involving food) will support the principles of the Wellness Policy and will provide children and adults with opportunities for positive food choices by including foods and beverages which comply with State nutrition standards. All positive food choices shall be designated on the menu.

Guidelines for Food Service Operations

To increase cost effectiveness, the Superintendent or designee shall centralize and direct the purchasing of food and supplies, the planning of menus, and the auditing of all food service accounts for the District.

With Board approval, the District may enter into a contract for management consulting services or a contract with a private company that enables a school to offer students food items that comply with State and District nutritional standards. The franchise agreement and food purchases shall be subject to the competitive bidding requirements of the National School Lunch and School Breakfast Programs.

Food Services on School Premises

To reinforce the District's comprehensive program of student wellness activities, foods provided on school premises shall:

1. Be carefully selected so as to contribute to students' nutritional well being and the prevention of chronic illness.
2. Be in compliance with nutritional standards as set forth in California statutes, and meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.
3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthy food choices.
4. Be served in age-appropriate quantities at reasonable prices.
5. Be offered in pleasant surroundings, which provide adequate space and time for student eating, relaxation, and socializing.
6. Students will have access to free, safe drinking water and cups during meal service.

Students shall have access to hand washing before eating any school meal or snack.

Parents/guardians are encouraged to support the District's nutrition education efforts by considering

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nutritional quality when providing foods for individual students, occasional class functions, or school-wide events.

Nutritional Standards for Food and Beverages Sold at Schools

The school day is effective from midnight to one-half hour after the school day ends.

SOLD means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

ELEMENTARY SCHOOLS

FOOD

The Food Services program will ensure the only foods, in addition to the USDA reimbursable meals, that may be sold to a student at an elementary school during the school day must meet all of the following regulation to be considered compliant.(Education Code 49430, 49431, 49431.7: CA Code sections 15575, 15578: Code of Federal Regulations sections 210.11, 220.12

1. No more than 35 percent of total calories from fat;(except nuts, nut butter, seeds, reduced-fat cheese, dried fruit+nut/seed combo), AND
2. No more than 10 percent of total calories from saturated fat;(except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), AND
3. No more than 35 percent sugar by weight (except fruit, non-fried vegetables, dried fruit+nut/seed combo with no added fat/sugar, AND
4. Less than 0.5 grams trans-fat per serving AND
5. No more than 200 mg of sodium AND
6. No more than 175 calories per serving

AND

Must also meet ONE of the following:

- a. Fruit
- b. Non-fried vegetable
- c. Dairy food
- d. Nuts, Seeds, Legumes, Eggs, Cheese
- e. Whole Grain Item

A whole grain items contains:

- The statement "Diets rich in whole grain foods"
- Whole grain listed as the first ingredient
- A combination of whole grain ingredients comprising at least 51% of the total grain weight OR
- At least 51% whole grain by weight

BEVERAGES

A compliant beverage must be marked or labeled as a fruit and/or vegetable juice, milk, non-dairy milk,

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or water AND meet all criteria under the specific category.

(Education Code 49431.5) California Code of Regulations section 15576, Code of Federal Regulations section 210.10, 210.11, 220.8, 220.12

Compliant Beverages:

1. **Fruit or Vegetable juice;**
 - that are composed of no less than 50 percent fruit juice and
 - have no added sweeteners AND
 - No larger than 8 fl.oz. serving size
2. **Drinking water;**
 - with no added sweetener
- 3. **Milk;**
 - Cow's or goat's milk AND
 - 1% and nonfat AND
 - contains Vitamin A & D AND
 - greater than 25% calcium Daily Value per 8 fl.oz AND
 - Less than 28 grams of sugar per 8 fl.oz. AND
 - no more than 8 fl. oz. serving size
- 4. **Non-dairy milk;**
 - nutritionally equivalent to milk

MIDDLE AND HIGH SCHOOL.

The Food Service program will ensure the only foods, in addition to the USDA reimbursable meals, which may be sold to a student during the school day in the middle, or junior, or high schools are: (Education Code 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations section 210.11, 220.12

COMPLIANT FOODS

SNACKS

1. "Snacks" food items must be:

1. Less than or equal to 35 percent of its total calories from fat, except the following foods are exempt from this specific requirement:
(Nuts, nut butters, and seeds, reduced fat cheese, dried fruit+nut/seed combo) **AND**
2. Less than 10 percent of its total calories from saturated fat, except the following foods are exempt from this specific requirement:
(Reduced-fat cheese, dried fruit+nut/seed combo) **AND**
3. Less than or equal to 35 percent sugar by weight
(Except fruits and non-fried vegetables, dried fruit+nut/seed combo), **AND**
4. No more than 200 calories per individual food item **AND**

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No more than 200 milligrams sodium per container

AND must meet one of the following

Be a fruit, vegetable, dairy, protein or whole grain item, (or have one of these listed as the first ingredient **OR**

Be a combination food containing at least ¼ cup fruit or vegetable.

ENTRÉE

5. An individual entrée item sold to a student in middle, junior, or high school must :
 - a. Contain no more than 400 calories per entree, **and**
 - b. Contain no more than 4 grams of fat per 100 calories contained in each entree, and shall be categorized as entree items in the School Breakfast Program or National School Lunch Program.
 - c. Contain less than 0.5 grams trans-fat per serving

Non-compliant food may be sold from one-hour after school through midnight.

BEVERAGES

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-milk, water, or electrolyte replacement beverage/sport drink **AND** meet all the criteria under that specific category. Education Code Section 49431.5, California Code of Regulations Section 15576, Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12

COMPLIANT BEVERAGES

1. Fruit or vegetable juice drinks that are composed of no less than 50 percent juice and have no added sweetener and no larger than 12 fl.oz serving size
2. Drinking water with no added sweetener, and no serving size limit
3.
Milk: one-percent-fat milk, nonfat flavored milk,(cow or goat milk), **and** contains Vitamin A & D **and** more than 25% calcium per 8 fl.oz **and** no more than 28 grams of total sugar per 8 fl oz.**and** 12 fl.oz serving size.
4. Low-calorie Electrolyte Replacement Beverages (NOT ALLOWED IN MIDDLE SCHOOL)
 - Water as first ingredient
 - Less than 16.8 grams added sweetener/8fl.oz.
 - Less than 40 calories/8 fl.oz
 - 10-150 mg sodium/8 fl. oz
 - 10-90 mg potassium/8 fl.oz
 - No added caffeine
 - Less than 12 fl. oz. serving size
5. No-calorie Electrolyte Replacement Beverage (NOT ALLOWED IN MIDDLE SCHOOL)
 - Water as the first ingredient
 - Less than 16.8 grams added sweetener/8 fl.oz

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- Less than 5 calories/8 fl.oz (or less than 10 cal/20 fl.oz)
- 10-150 mg sodium/8 fl.os.
- 10-90 mg potassium/8 fl.oz
- No added caffeine
- Less than 20 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

Free and Reduced Priced Meals

The Board recognizes that adequate nutrition is essential to child development and learning, and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the District shall provide nutritionally adequate free and reduced priced meals for students whose families meet federal eligibility criteria.

Free and reduced lunch application forms are available all year round and parents can apply at any time during the school year. Forms are available in each school site office and online at PGUSD.org.

1. Students eligible to receive free or reduced price meals will not be treated differently from other students or easily identified by their peers or non-designated school employees.
- 2.
3. Food services may utilize electronic identification and payment systems; will promote the availability of school meals to all students; and may use non-traditional methods for serving meals, such as "grab and go" or classroom breakfasts/snacks.
4. Field trip lunches can be requested for when students will be off campus at lunch time.

Other Food Sales

The Board shall ensure that food sales by school-related groups and the use of vending machines are in compliance with the nutrition standard set forth by state and federal law. Such foods and beverages, (including those sold in snack lines, student stores, vending machines, and fundraising efforts) shall not impair, compete, or conflict with student participation in the District's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700 -114455.

The Superintendent, or designee, shall approve the sale of food items by student or adult organizations in accordance with law, Board policy, and administrative regulation.

No foods of minimal nutritional value shall be sold on school premises during the school day (as defined as midnight until one half hour after the official school day ends).

When vending machines are sponsored by the District, the Superintendent, or designee shall determine how and where vending machines may be placed at school sites, District offices, or other school facilities.

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Parent Education

To reinforce and support the District's comprehensive Wellness Policy, the Superintendent or designee will direct each school site to develop a strategy to educate and involve parents/guardians. These strategies shall include: monthly information about healthy eating and/or physical activity, notification and information regarding Wellness Policy updates and any new related regulations.

Policy Implementation

The Superintendent, with the assistance of the Wellness Committee, will establish a plan for measuring implementation of this Student Wellness Policy. The plan will include the designation of one or more persons in the District or at each school charged with operational implementation.

Wellness Committee duties shall include the examination of related research and laws, assessment of student needs, and the review of existing policies. In raising awareness about student health issues, the committee may survey parents, conduct forums, or collaborate with appropriate community agencies.

Each school site shall post the District's policies and regulations on nutrition and physical activity in public view in all school cafeterias or eating areas. The policy will also be posted on the Food Service page on the District's website.