

## VENTURA COUNTY BOARD OF EDUCATION

**ADMINISTRATIVE REGULATION NO. 5030**

**ADOPTED: 2/11/08**

**CLASSIFICATION: Students**

**SUBJECT: Wellness – Physical Activity and Nutrition**

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### **School Health Councils**

VCOE Coordinated School Health Committee will work to develop, implement, monitor, review, and, as necessary, revise school health services, nutrition and physical activity practices and policies. The Committee will serve as a resource to school sites for implementing those policies. The VCOE Coordinated School Health Committee consists of a group of individuals representing VOCE and the community and may include parents, students, specialists, members of the school board, school administrators, teachers, health professionals, and members of the public.

### **Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals**

1. Meals served through the National School Lunch and Breakfast Programs shall:
  - a. Be appealing and attractive to students
  - b. Be served in clean and pleasant settings
  - c. Meet, at a minimum, with the goal of exceeding nutrition requirements established by local, state, and federal statutes and regulations
  - d. Offer a variety of fruits and vegetables
  - e. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-daily alternatives (to be defined by USDA)
  - f. Ensure that half of the served grains are whole grain and/or a mixture of grains

Schools should engage students and parents, through taste-tests of new entrees, surveys and school assemblies, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

2. Breakfast. To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.
  - a. Schools will, to the extent possible, operate the School Breakfast Program.
  - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
  - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
  - d. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
3. Free and Reduced Price Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.
4. Meal Times and Scheduling. Schools shall:
  - a. Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
  - b. Schedule meal periods at appropriate time
  - c. Schedule meetings only if students are allowed to eat during the mealtime
  - d. Encourage lunch periods to follow recess periods
  - e. Encourage students access to hand washing or hand sanitizing before they eat meals or snacks
  - f. Make reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk)
  - g. Encourage lunch table sanitation
5. Sharing of Foods and Beverages. Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

6. Foods and Beverages Sold Individually (This includes: foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)

- a. Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.
- b. Middle Schools. In middle schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- (1) Beverages: from one-half hour before the start of the school day to one-half hour after the end of the school day are permitted as follows:

Allowed:

- a) Water or seltzer water without added caloric sweeteners;
- b) fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners;
- c) unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)
- d) an electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

Not allowed:

- a) soft drinks containing caloric sweeteners;
- b) sports drinks;
- c) iced teas
- d) fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners;
- e) beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine);
- f) all carbonated sodas are strictly prohibited as a beverage.

- (2) Foods: Food items sold individually will contain no more than:

- a. 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined

- b. 35% of its weight from added sugars;
- c. 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- d. A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

(3) Portion Sizes: Limit portion sizes of foods and beverages sold individually to those listed below:

- a. One and three-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- b. One ounce for cookies (elementary only); 2 ounce for Middle Schools
- c. Two and one half ounces for cereal bars, granola bars, muffins, bagels, and other bakery items
- d. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- e. Eight ounces for non-frozen yogurt
- f. Twelve fluid ounces for beverages, excluding water; and
- g. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

7. Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities should not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.

8. Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving healthy snacks, which includes fruit and vegetables and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, student's nutritional needs, student's ages, and other considerations. VCOE will disseminate a list of healthful snack items to teachers and school support staff, after-school program personnel, and parents. In addition, VCOE will disseminate a list of prohibited food items.
9. Rewards. Rewards for academic performance or good behavior will emphasize non-food incentives. Schools will discourage using food (i.e. candy) as a reward or punishment.
10. Celebrations. Schools should limit celebrations that involve food during instructional time to no more than three times per school year. Each party should include no more than one serving per child. The district will disseminate a list of healthy party ideas to parents and teachers.
11. School-sponsored Events: such as, but not limited to, athletic events, dances, or performances. Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually. During such events, two items should be from the approved list. VCOE will provide a list of appropriate and inappropriate items.

### **Nutrition and Physical Activity Promotion and Food Marketing**

1. Nutrition Education and Promotion. VCOE aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that might include but is not limited to the following:
  - a. Be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
  - b. Be a part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
  - c. Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, taste testing, farm visits, and school gardens
  - d. Promote the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices

- e. Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
  - f. Link with school meal programs, other school foods, and nutrition-related community services
  - g. Teach media literacy with an emphasis on food marketing includes training for teachers and other staff.
2. Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:
- a. Classroom health education will complement physical education reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television
  - b. Opportunities for physical activity will be incorporated into other subject lessons
  - c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
3. Communications with Parents. VCOE will support parents' efforts to provide a healthy diet and daily physical activity for their student. VCOE will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. VCOE will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, VCOE will provide opportunities for parents to share their healthy food practices with others in the school community.
4. Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

5. Staff Wellness. VCOE highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a staff wellness committee. The site wellness committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

## **Physical Activity Opportunities and Physical Education**

1. Daily Physical Education (P.E.)

- A. All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education or the equivalent of 200 minutes of physical education every 10 school days for the entire school year. Student involvement in other activities involving physical activity (*e.g.*, interscholastic and intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- B. All students in grades 7-12, including students with disabilities, special health-care needs, and in alternative educational settings, must receive a minimum of 400 minutes of physical education every 10 school days. (Ed. Code 51222) The Board of Education may exempt students from any two years of physical education in grades 10, 11, or 12. To be granted a two year exemption students must pass the physical performance test administered in grade 9. (Ed. Code 51241)

2. Daily Recess. All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. VCOE encourages schools to schedule lunch recess before the designated lunch period.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to be moderately active.

3. Physical Activity Opportunities Before and After School. All elementary and middle school programs, such as physical activity clubs or intramural programs that meet the needs, interests, and abilities of all students, students with disabilities, and students with special health-care needs.

4. Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment. Teachers and other school and community personnel are discouraged to withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
5. Safe Routes to School. VCOE will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, VCOE will work together with local public works, public safety, and/or police departments in those efforts. VCOE will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.
6. Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

### **Monitoring and Policy Review**

1. Monitoring. The Superintendent or designee will ensure compliance with established nutrition and physical activity wellness policies. At each school, the principal or designee will ensure compliance with those policies and report on the school’s compliance to the Superintendent or designee.

The Superintendent or designee will develop a summary report every three years on compliance with VCOE’s established nutrition and physical activity wellness policies, based on input from all school programs. That report will be provided to the school board and also distributed to VCOE parent/teacher organizations, school principals, and school health services personnel.

2. Policy Review. To help with the initial development of VCOE’s wellness policies, each school program will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled 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, VCOE will review 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. VCOE will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.