

Arvin Union ESD

Administrative Regulation

Student Wellness - Physical Activity And Nutrition

AR 5030

Students

The Arvin Union School District, in partnership with parents and the community, is committed to providing a healthy school environment for all students and staff. We know that good health positively impacts student learning, attendance and well-being. We are committed to promoting, protecting, and enhancing children's health, well-being, and their ability to learn by supporting healthy eating habits and physical activity. Research has proven that adult obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. We believe that the Arvin Union School District has the responsibility and opportunity to be a positive influence on our students, staff, and community by offering the healthiest foods, beverages, and physical activity opportunities possible, as well as providing other health-supporting and enhancing programs and opportunities; therefore, the Arvin Union School District commits to the following:

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, and may include parents, students, nutrition services staff, physical education teachers, school site principal or vice principal, member of the school board, health professionals and members of the public at large.

• Convene the School District Wellness Committee at least three 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, Director of Nutrition Services and site administrators with annually ensuring that the Local School Wellness policy is implemented, monitored and revised.

2. Foods and Beverages Served and Sold on Campus

• Ensure that all foods and beverages served and sold on campus are nutritious, appealing and attractive to students and adults.

• Ensure that all 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.

a. School Meals (reimbursable meals)

• Whenever possible, if Arvin Union schools qualify, offer free meals to students through Provision 2 of the National School Lunch and or Breakfast programs.

• Whenever possible, ensure that nutritious breakfasts, lunches, and snacks are offered during school, after school and during summer months.

• Serve food in quantities appropriate to the needs of students at their age level as guided by the National School Lunch Program Food Based Menu Planning Approach.

• Whenever possible, increase the availability of fresh fruits and vegetables by adding a salad bar as part of the school food service program at Haven Drive Middle School and all elementary school sites.

• Beverages may not contain added sweeteners, caloric or non-caloric, with the exception of chocolate flavored milk, served only once a week and only at lunch.

b. Foods and beverages sold individually (e.g., a la carte/competitive products sold outside the school meal programs through vending machines, in the cafeteria a-la-carte lines, as fundraisers and in school stores.)

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

ELEMENTARY SCHOOLS

ALLOWABLE FOODS: The only foods that can be sold to elementary students are full meals, exempt foods or snacks approved by the Director of Nutrition Services and exempt dairy or whole grain foods that meet specific calorie, fat, saturated fat and sugar requirements (Applies ½ hour before the school day, during the school day and until ½ hour after school.)

EXEMPT FOODS: These foods can be sold and do not have to meet calorie and fat limits; however they cannot have added sugars or fat (check the ingredients list to ensure)

• Nuts

• Nut butters (such as peanut butter)

• Seeds (such as sunflower seeds)

• Eggs

• Cheese packaged for individual sale

Â• Fruits and non-fried vegetables

Â• Legumes

NOTE: 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., PTA) may sell a "full meal" provided it meets a USDA meal pattern and is approved by the food services director/department.

DAIRY & WHOLE GRAIN FOODS

Â• Not more than 175 calories

Â• Not more than 35% of total calories from fat

Â• Not more than 10% of total calories from saturated fat

Â• Not more than 35% of total weight from sugar (natural and added)

Â• No artificial trans-fat (see details below)

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

Whole grain:

Â• For purchased grain or bread products:

Â• Contains the statement: Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart diseases and certain cancers," or

Â• The first listed grain ingredient is a whole grain, or

Â• If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within the previous 12 months that lists a combination of whole grains that combined represent at least 51% of the total grain weight of the product.

Â• For bread or grain products prepared by schools:

Â• The weight of the whole grain is at least 51% of the total grain weight of the product.

ALLOWABLE BEVERAGES: (Applies at all times, regardless of the time of day and

includes after school programs.) Beverages may not contain added sweeteners - caloric or non-caloric - with the exception of non-dairy milk alternative (e.g., almond, rice, soy milks).

Only the following beverages are allowed:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine).
- Unflavored non-fat or 1% cow's milk
- With the exception of chocolate flavored milk, served only once a week and only at lunch
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Excludes flavored milks, including chocolate, strawberry and vanilla.
- Unflavored non-dairy milk alternatives
- Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Excludes flavored milks, including chocolate, strawberry and vanilla
- No more than 2.5 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 100% juice

WATER

- Provide all students and employees with access to safe palatable drinking water free of charge at every District cafeteria and eating area. Make every effort to provide safe drinking water in 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 classrooms, provided that the water is in a capped container, such as a bottle, to prevent spills.

MIDDLE/JUNIOR AND HIGH SCHOOLS

ALLOWABLE SNACKS AND ENTREES: (Applies ½ hour before school day and until 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, seeds (such as sunflower seeds), nut butters (such as peanut butter), 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.

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).

Only the following beverages are allowed:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine).

Â• Unflavored non-fat or 1% cow's milk*

*With the exception of chocolate flavored milk, served only once a week and only at lunch

Â• Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces

Â• Excludes flavored milks, including chocolate, strawberry and vanilla.

Â• Unflavored non-dairy milk alternatives

Â• Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces

Â• Excludes flavored milks, including chocolate, strawberry and vanilla

Â• No more than 2.5 grams of fat per 8 fluid ounces

Â• No more than 12 grams of caloric sweetener per 8 fluid ounces.

Â• Fruit or vegetable juice that contains 100% juice

WATER

Â• 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.

Â• Allow students to bring drinking water from home and to take water into classrooms, provide that the water is in a capped container, such as a bottle, to prevent spills.

c. Fundraising

Â• Superintendent or designee will ensure that alternative fundraising strategies such as the sale of non-food/beverage items, promotion of physical activity, and/or sale of nutritious food/beverage items that meet or exceed California Nutrition Standards for foods/beverages sold outside the school meal programs and Arvin Union School District food and beverage standards are used in school fundraisers.

Â• EXCEPTION: One candy sale per year per school site will be allowed for a two week period. No candy will be sold on school site premises, except in staff lounge to be purchased by school staff.

Â• Superintendent or designee and Wellness Committee will provide a list of approved

fundraising activities to district staff.

d. Parties/Celebrations

All foods provided during parties/celebrations, etc. must be purchased through Arvin Nutrition Services or on approved list of store bought items

Â• Parties/Celebrations will be limited to 3 times per year.

Â• Due to unforeseen food allergies, along with health code regulations, individual student birthday celebrations are not permitted.

e. Rewards

Â• Food and beverages used as rewards for student accomplishments must be ordered through the food services department. Non-food rewards are highly encouraged.

3. Physical Education (PE)/Physical Activities

Elementary schools must meet or exceed California State Physical Education standards of 200 minutes per 10 days.

Â• Middle Schools must meet or exceed California State Physical Education standards of 400 minutes per 10 days.

Â• Ensure all students are offered expanded opportunity for physical activity and promote lifelong physical activity

Â• Physical activity programs shall increase emphasis on teaching fitness and lifelong recreational aerobic activities.

Â• Intramural sports will be played as part of the After School enrichment program whenever possible, in Arvin School District elementary schools.

Â• The District and site administrators will ensure that physical activity is not given out as punishment, and will ensure that the use of detentions, campus clean-up, and other non-physical activity punishments be encouraged.

Â• 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.

Â• The Wellness Committee will create & expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.

4 Marketing

Â• Marketing of healthful food and beverages will be strategically placed in cafeterias to promote wellness. Highlighting and encouraging fruits and vegetables, non-fat/low-fat milk and water consumption and participation in the school meal programs.

Â• Marketing of foods and beverages that do not meet the standards outlined in this policy and state and federal regulations is prohibited on district facilities.

5. Nutrition Education

Â• The After School program shall provide a section of nutrition education as part of their curriculum.

Â• Nutrition related posters shall be displayed in the dining areas of all four sites to encourage healthy food choices.

Â• The summer school program shall include Nutrition Education as part of its curriculum.

Â• Nutrition education will be incorporated in the Physical Education class curriculum at all schools.

Â• Schools will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.

6. Other School-Based Activities

a. Health Education

Â• The district will host an annual local health fair where health- related issues, nutrition, physical activity, and child safety information will be given.

Â• The district will create & expand community partnerships to increase the range of physical activity and nutrition education options available to students and staff both on and off campus.

b. Health Promotion for Staff

Â• The District will make the SISC Health Smarts Digital Coaching program available to staff.

c. Family/Community Involvement

Â• The district will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.

Â• The district will share nutrition information through the Family Resource Center and site-based parent/volunteer centers.

• The district in partnership with Wellness Committee members will encourage neighborhood stores in close proximity to school sites to sell healthful foods and beverages and limit marketing of unhealthy foods and beverages.

d. Healthy School Environment

• Nutrition Services will work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and/or murals to school cafeterias.

• Nutrition Services will solicit student preferences in planning menus and snacks through surveys and taste tests of new food and recipes.

• Arvin Union School District staff will be encouraged to periodically eat lunch with students to model good manners and behavior.

• Students will be provided sufficient time to eat and socialize with classmates.

e. After-School Programs

• The After-School program will provide a section of nutrition education as part of their curriculum.

• Develop After-School activities that involve physical activity and increase access to sports/physical fitness equipment.

• All food and beverages provided in After-School programs must meet or exceed the California Nutrition Standards and Arvin School District Nutrition Standards.

7. Street Peddlers/Vendors

• The Arvin Union School District will work collaboratively with the city of Arvin and the Arvin Police Department to assure enforcement of City Ordinance 5.05.190 - Peddlers/Vendors.

8. Farm to School

• Starting in 2016, 25% of produce purchased and served will be locally grown. Each subsequent year the percentage will be raised 10%, with 75% achieved in 2021. Locally grown encompasses a 200 mile radius.

9. Policy Implementation and Monitoring

• The School Wellness Committee and its members, along with the District Superintendent and site administrators, are responsible to monitor and ensure that the Local School Wellness Policy is followed by all staff and students in the Arvin Union School District.

• The School Wellness Policy will be reviewed and revised on a yearly basis by the School Wellness Committee

Regulation ARVIN UNION SCHOOL DISTRICT
approved: February 28, 2011 Arvin, California
revised: May 19, 2016