

BYRON UNION SCHOOL DISTRICT WELLNESS POLICY

The Byron Union School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activities in our students. The District's Wellness Policy will ensure that all students in the Byron Union School District will have the opportunity to achieve life long healthy habits.

The school district will engage students, parents, food service professionals, board members, district administration and community members in developing, implementing and monitoring district-wide nutrition and physical activity policies.

All students in grades one through eight will have opportunities, support and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the diversity of the student body in meal planning and will provide a clean, safe and pleasant setting with adequate time to eat.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast, National School Lunch Program [including after school snacks]).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and related community services.

TO ACHIEVE THESE POLICY GOALS:

School Wellness Council

The school district will create a school wellness council that will develop, implement, monitor, review and revise school nutrition and physical activity policies as necessary. The council shall be comprised of students, parents, food service professional, board members, district administration and community members.

Goals for Nutrition Education

California Education Code Section 51210 requires that health education, including nutrition education, be taught in grades one through six. Education Code Section 51890 declares the intent that districts provide comprehensive education and requires that a variety of health topics be included in middle and high school.

The Byron Union School District plans to teach, encourage, and support healthy eating by students. The district should provide nutrition education and engage in nutrition promotion that include the following goals:

- Develop a health related activity program for student and parent participation that would culminate in a healthy foods lunch with the principal.
- Review and update 6th, 7th and 8th grade nutrition curriculum.
- Establish a "caught being healthy" prizes, from the principal

Goals for Physical Education and Physical Activity

Physical Education

Schools should provide all students in kindergarten through grade eight the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

All K-8 students (including students with disabilities and/or special health care needs and those in alternative educational settings) will receive physical education instruction as designated in Education Code sections 51210, 51222 and 51223:

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-8.

Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified or adapted physical education program. (Education Code 51241)

Physical education instruction is delivered by a teacher credentialed to teach physical education. (Education Code 44203)

Class size is consistent with the requirements of good instruction and safety. (CCR, Title 5, Section 10060)

School Districts will administer a physical fitness test annually to all students in grades five and seven during the months of February, March, April and May. (Education Code 60800)

Students will receive their individual results upon completing the test (Education Code 60800)

Teachers and other school community personnel will not use physical activity (e.g., running laps, push ups) or withhold opportunities for physical activities (e.g. recess, or P.E.) as punishment (Education Code 49001)

Instruction in physical education should be based on the physical education content standards and should include the following:

- Full inclusion of all students
- At least 50% of instructional time is spent in moderate to vigorous physical activity.
- Maximum participation and ample practice opportunities for class activities.
- Well-designed lesson plans that facilitate student learning.
- Out of school assignments that support learning and the practice of learned skills.
- Appropriate discipline and class management
- Instruction in a variety of motor skills designed to enhance the physical, mental and social/emotional development of every child.
- Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being.
- Development of cognitive concepts about motor skills.

Physical Activity

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, including the provision of space and equipment.

School should discourage extended periods (i.e. periods of two hours or more) of inactivity. Students should be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity before and after school

All elementary and middle schools should offer extracurricular physical activity programs, such as physical activity clubs, inter-mural programs and special events that focus on physical activity. After school enrichment programs will provide and encourage- verbally and through the provision of space, equipment and activities- daily periods of moderate to vigorous physical activity for all participants.

Safe Routes to School

The district should assess, and if necessary improve students' ability to safely walk and bike to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school.

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 and on weekends and school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies regarding safety should apply at all times.

Goals to increase and promote increased physical activities for Byron Union students are to provide:

- Staff development for lunch duty staff on providing inter murals and lunch recess physical activities.
- Student store rewards for participating in healthy activities.
- Encourage Liberty High Union High School District's Sport teams to visit Excelsior Middle School to promote continued participation in after school sports.
- Encourage employees to become CPR and first aid certified. District to provide training for interested employee.

NUTRITION GUIDELINES FOR FOOD AND BEVERAGES

See attachments for current Board Policies regulating the sale of food and beverages.

The food service department should have sole authority to provide food and beverages from the beginning of the day until after the last lunch period to ensure food safety and to maximize the district's ability to serve healthy and appealing meals.

The food service department should have the sole authority for the nutritious snack required in the state and federally funded before and after school programs.

The food service department should offer fresh fruit and vegetables with each meal and snack and use whole, fresh unprocessed ingredients whenever possible.

Fund raising

The school district should encourage all school-based organizations to use nonfood items for fund raising.

Student, parent or school groups should sell compliant food or beverages as fundraisers only after the last lunch period.

Rewards/punishment

The school district should not use food or beverage as a reward for student accomplishments nor withhold food or beverages as punishment.

The school district should offer and promote healthy food and beverage products at all school-sponsored events.

Have educational posters advocating hand washing in all restrooms.

Monthly health tip from the district nurse, provided to parents via the weekly packet.

Organize a District Health Faire. Contact John Muir, Blue Cross, Delta Dental and Kaiser for assistance. Include local sports teams and activity providers.

Partner with local government for community-wide effort in Health Education.

NUTRITION GUIDELINES FOR CHILD NUTRITION REIMBURSABLE MEAL PROGRAMS

Current Board policy (see attachments) meet the requirements established by local, state and federal agencies.

Food and beverages sold or served as part of the federally reimbursed meal program meet the nutrition recommendations of the current United States Dietary Guidelines for Americans.

Lunch will be served at appropriate intervals in accordance with USDA Guidelines.

The school district will do everything possible to prevent overt identification of their low-income students and to ensure that those students are not stigmatized or otherwise treated differently.

The school district will meet safety and sanitation requirements, as outlined in current USDA guidelines issued June 10, 2005.

Goals to enhance the current Board policy are to:

- Provide more substantive lunches choices, exceeding Federal Nutritional Guidelines.
- Require all food items included in school lunches to have a nutritional value.
- Request all food fund raisers be reviewed/endorsed by the Wellness Committee.
- Review and enhance the Child Nutrition lunch menu format.

MEASURING IMPLEMENTATION

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies and report on the school's compliance to the superintendent or designee.

School food service staff, at the school or district level will ensure compliance with the nutrition policies within food service areas and will report to the superintendent or designee. In addition, the district will report on the most recent School Meals Initiative review findings and any resulting changes.

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias and other eating areas. (Education Code 49432)

The Wellness Committee shall use the following measures to assess the effectiveness of the goals set forth for the 2006-2007 school year.

Utilize a student and employee goal measuring survey. To be administered and reviewed annually.

Changes in student absence rates, school lunch program participation rate, participation rate for new middle school breakfast program and number of nurse visits.

The Wellness Committee will meet quarterly to review the progress and effectiveness of the policy.