

STUDENT WELLNESS

This policy is a reflection of the Mendocino County Board of Education's commitment to the well-being of students. This policy puts in place:

- ◆ Nutritious meals in accordance with guidelines to demonstrate proper diet needed to maintain health and proper body weight;
- ◆ Nutrition education and nutrition that emphasizes whole foods, organic foods and local produce so that students are taught the quality of food and its bearing on health;
- ◆ Consistency in regard to the sale and promotion of food and beverages in vending machines, fundraising and celebrations;
- ◆ Healthy physical activity to support health and proper body weight;
- ◆ Nutrition education that establishes linkages between health education, exercise and the school meal programs to foster lifelong habits of a healthy life style.

I. SCHOOL HEALTH COUNCILS AND SUPPORT GROUPS

In creating this policy, nutrition professionals, community members, parents and students were invited to participate. The Mendocino County Office of Education will continue to develop, implement, monitor, review and, as necessary, revise school nutrition, nutrition education and student physical activity in consultation with health councils, community groups, health professionals, local farmers, teachers and students.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**School Meals**

The Mendocino County Office of Education will work with food service providers who themselves have required wellness and nutritional policies to assure that their meals, served through the National School Lunch and Breakfast Programs will:

- ◆ in accordance with law, MCOE shall provide free and reduced priced meals for students whose families meet federal eligibility;
- ◆ be appealing and attractive to students;
- ◆ be served in clean and pleasant settings;

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- ◆ meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- ◆ offer a variety of fruits, vegetables and, where possible, organic and whole foods;¹
- ◆ seek to mitigate and eliminate, as much as possible, irradiated food and foods produced from genetically modified plants or animals in foods served to students;
- ◆ serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ◆ ensure that at least half of the served grains in breads and the like are whole grain;³
- ◆ engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices;
- ◆ share information about the nutritional content of meals with parents and students and as feasible include this information on point-of-purchase materials such as menus, websites, cafeteria menu boards, or placards; and
- ◆ ensure foods and beverages sold individually shall also comply (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.). 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. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

Foods and Beverages

The Mendocino County Office of Education will work with the school districts that provide the food service program to the Mendocino County Office of Education and other food providers to ensure that all the reimbursable school meal programs (including those sold through a la

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

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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 below. The Mendocino County Office of Education will assure that foods and beverages sold individually outside the reimbursable school meal program are also in compliance.

Beverages

- ◆ Allowed: water or seltzer water⁴ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- ◆ Not allowed: soft drinks containing caloric sweeteners; sports drinks; sweetened iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

- ◆ will have no more than 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;
- ◆ will have no more than 35% of its weight from added sugars;⁵
- ◆ will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

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

⁴ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

⁵ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

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(canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁶

Fundraising Activities

To support student health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to student diet and health, with an emphasis on serving fruits and vegetables as the primary snacks 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. The Mendocino County Office of Education will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- ♦ If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

Schools will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (see above), as rewards for academic performance or good behavior,⁷ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually such as cakes, cookies and candy (see above). The Mendocino County Office of Education will disseminate a list of healthy party ideas to parents and teachers.

⁶ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

⁷ Unless this practice is allowed by a student's individual education plan (IEP).

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School-Sponsored Events (including, 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 (see previous).

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

The Mendocino County Office of Education aims to teach, encourage, and support healthy eating by students through the process of providing, promoting and selling appropriate food and beverage as defined by this policy. This includes foods for sale in vending machines.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**Daily Physical Education (P.E.) K-12**

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of a minimum of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. When activities such as mandatory school-wide testing, make it necessary for students to remain seated for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, push-ups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

STUDENT WELLNESS (continued)**Promote Student Exercise When Coming To and From School**

The Mendocino County Office of Education will promote physical activity by encouraging and facilitating students to walk, ride a bike or take public transportation to school. MCOE will monitor 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, MCOE will work together with local public works, public safety, and/or police departments in those efforts. The Mendocino County Office of Education may work with the local transit agency to provide transit passes for students.

V. WELLNESS EDUCATION

Schools will provide nutrition education and engage in nutrition promotion that:

- ◆ is 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;
- ◆ is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- ◆ includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- ◆ promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- ◆ demonstrates and explains the bearing on health that the consumption of whole food, organic food and non-processed foods has on overall health;
- ◆ educates students regarding the dangers of irradiated food and food produced from genetically modified plants and animals;
- ◆ emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- ◆ explains the benefits of physical activity to overall health;
- ◆ links with school meal programs, other school foods, and nutrition-related community services;

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- ◆ teaches media literacy with an emphasis on mass marketing of food statements in order to discern appropriate choices; and
- ◆ includes training for teachers and other staff.

In additional programs/sites will be encouraged to develop organic school gardens and local sources of organic fruit and vegetables in order to provide students the opportunity to plant, harvest, cook and consume these foods.

Communications with Parents

The Mendocino County Office of Education will support parents' efforts to provide a healthy diet and daily physical activity for their student. MCOE will send home nutrition information, and post nutrition tips on school websites.

VI. MONITORING AND POLICY REVIEW**Monitoring**

A review will be conducted and a report made to the County Board of Education once a year in which progress toward these policy goals will be reported. The nutritional quality of the food served, physical activity, nutrition curriculum, and other program elements will be evaluated. The overall school environment will also be evaluated to determine if it supports student education and nutrition toward a healthy life style.

Legal Reference:

PUBLIC LAW 108-265

Section 204 Child Nutrition and WIC Reauthorization Act 2004

EDUCATION CODE

49490-49493 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

49550-49560 Meals for needy students

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

STUDENT WELLNESS (continued)

Legal Reference: (continued)

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

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

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

CDC PUBLICATIONS

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

for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)

PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, Team

Nutrition, Food and Nutrition Services, 2000

MENDOCINO COUNTY BOARD OF EDUCATION

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