

San Lucas School District's



School Wellness Policy

2018 - 2021

San Lucas School Wellness Policy

The San Lucas School Wellness Policy was developed by the Superintendent, school food service coordinator, and other school staff. The policy was review and revised by the School Site Council and reviewed and adopted by the School Board. Oversight, review, and monitoring is performed on an ongoing basis by the food service coordinator, staff, administrator, School Site Council, and the School Board.

1. The San Lucas School District Nutrition Standards

- a) The Food Minimal Nutrition Value (FMNV) is the Federal Nutrition Standard. FMNV will not be served at school, nor sold during meal periods where reimbursable meals are sold or eaten. FMNV will not be provided with reimbursable. FMNV are defined by the USDA as "Foods of minimal nutritional value" means (i) in the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamins A, C, niacin, riboflavin, thiamin, calcium and iron.

b) *BEVERAGES*

Water:

Plain or carbonated; no added sweeteners (natural or artificial, including sucralose and aspartame); caffeine, or herbal supplements; may be any size.

Juice:

No less than 50% fruit juice, plain or carbonated; no caffeine or herbal supplements; maximum size 12 oz. Vegetable-based drinks composed of no less than 50% vegetable juice and no added sweeteners.

Milk:

2%, 1%, or fat free (skim) milk; enriched rice, nut or soy milk (may be "low fat"); flavored milk may contain no more than 40 grams of sugar total per 12 oz. (27grams of sugar total per 8 oz), including both naturally-occurring and added sweetener; preferably no Bovine Growth Hormone; maximum size 12 oz. Rice, soy or nut milks must be enriched with calcium to at least 30% of the RDA per 8 oz. serving, or 40% of the RDA per 11 oz serving; maximum size 12 oz.

* The following beverages are not recommended for sale: sports drinks, electrolyte-replacement drinks, or soda

c) *SCHOOL FOOD SALES*

Food sales during the regular school day, including foods provided by the school food service meals and those sold by student groups, shall comply with the following nutritional standards:

1. Have 35 percent or less of its total calories from fat, excluding seeds, nuts, nut butters, eggs, cheese packaged for individual sale, fruits, vegetable (not deep fried), and legumes.
2. Have 10 percent or less of its total calories from saturated plus trans fat, excluding eggs and cheese.
3. Have no more than 35% total sugar by weight, not including fruits and vegetables (not deep fried).
4. Snack foods and side dishes must meet USDA standards for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts.)
5. Have no more than 250 calories
6. Whenever possible, fruits and vegetables shall be offered for sale at the school site where foods are sold.
7. Foods shall be minimally processed, using whole meat whenever possible, whole grains or converted grains that retain most of their whole grain nutrients, minimal dyes, sodium and added sweeteners. Cooking methods shall retain the maximum nutrients possible.
8. There shall be no added trans fatty acids/partially hydrogenated oils in any meal component whenever possible. Processed vegetable oils with high omega-6 fats should be used as minimally as possible.
9. Preference will be given to products grown, processed, and/or packaged in California and to products which are certified organic.
10. Exceptions to these guidelines may be made for individual products, which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products, which are deemed inappropriate for sale to students despite meeting these guidelines.

2. Food fundraising sales

a) Student-run fundraising food sales during the school day are limited to 4 days total per year, per California Code of Regulation. Food sold may be prepared at home or brought in from a restaurant; beverages and snack items must meet District nutrition standards (this means no soda, chips, candy, etc.).

Students may sell food after school hours provided the sale meets the condition set forth in the California Code of Regulation referenced above. Food and beverages sold must be from the District-approved list; only one student group may sell per day; no more than three types of items may be sold (e.g. – beverages, snacks, fresh fruit.) An administrator must take responsibility for scheduling and supervising such sales, and for ensuring that every student group that wants to sell has an equal opportunity to do so. All such sales are at the discretion of the Principal. (See Appendix A)

Student organizations scheduled to sell food will submit to the Food Service Coordinator a list of all items to be sold a minimum of one week before the date of the event. Nutrition label information will be provided if necessary. The Food Service Coordinator will approve of all items to be sold. The list will be retained in the central office with nutrition/food service files.

b) Parent organizations may hold food sales with pre-approval from the school administrator *if* the food they are selling meets District nutrition standards; such sales must be held before school starts or after the end of the school day, so as not to compete with the school lunch program. Adult groups wishing to hold a food-related fundraiser will be provided with the approved list of food items (Appendix A), the list of alternative fundraising ideas (Appendix B), and the District nutrition standards. Other items may be sold with pre-approval from the Food Service Coordinator after he or she has determined that the items are compliant with the nutrition standards.

Parent organizations scheduled to sell food will submit to the Food Service Coordinator a list of all items to be sold a minimum of one week before the date of the event. Nutrition label information will be provided if necessary. The list will be retained in the central office with nutrition/food service files.

c) Healthy food choices are recommended for all parent organization food sales. Food sales by adult which do not meet District nutrition standards are limited to six times per school year and must be either held away from the school premises or at a school-sponsored activity at least one-half hour after the end of the school day. All such sales must receive pre-approval by the school administrator. The six-times per school year rule include all parent groups. Food for these sales may be homemade or come from restaurants, and the beverages and snacks sold do NOT have to meet District nutrition standards.

d) Sale of food at events which are not school-related (i.e. – an outside agency rents the school property and holds an event featuring a food sale) are not subject to District nutrition policy.

e) District nutrition standards apply only to food sold, not food served. Food provided free as refreshments for potlucks, parties, picnics, teacher appreciation luncheons or breakfasts, etc. is not subject to District nutrition standards. Healthy food choices are highly recommended.

f) Sales of candy or other food outside of school as a fundraiser, such as catalog order sales, are at the discretion of the Principal. All other sale of candy at school is prohibited. However, healthy food choices or non-food based fundraising are highly recommended.

The School Site Council and Associated Student Body will identify/develop/enhance the list of non-food based fundraising ideas. (See Appendix B)

3. Vending Machines

- a) Currently no vending machines are used within San Lucas School District. Future vending machines within San Lucas School District will comply with the nutritional standards recommended.

- b) Vending machines will be stocked with products that meet the requirements (an approved list will be provided to the school site administrator and vending machine contractors if vending machines are desired in the future.
- c) School site administrators will monitor vending machines to ensure compliance with the requirements.

4. Wellness Education

- a) Teachers and staff with the guidance and direction of the school administrator will use the Health Education Content Standards and Physical Education Content Standards to provide health and wellness education at the appropriate grade levels.
- b) Site administrators and staff will promote a school environment which is supportive of Board Resolutions regarding health and wellness. Staffs are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimal nutritional value as rewards to students.
- c) Increase physical activity for students

The Teachers and Administrator will:

1. Review and develop implementation plans for physical activities as recommended by the California Department of Education Physical Fitness Standards. The administrator will work with teachers to ensure monitoring and compliance
2. The Teacher for Physical Education will ensure the implementation of the President's Physical Fitness Standards and Practices at all levels K-8. Whenever possible, professional development will be made available to all San Lucas School District staff on best practices and strategies to enhance physical activities and physical education.
3. 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 (*EC* 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

5. Monitor and Review

- 1) The school administrator and/or food service coordinator will ensure compliance with the adopted school wellness policy. He or she will do a visual oversight inspection of food service practices and proper implementation of the school breakfast and lunch programs a minimum of once per trimester. If any problems are witnessed, a food service staff meeting will be conducted to retrain staff on program requirements.

2) The school staff will conduct an assessment survey of nutrition standards for food sales, student organization fundraising and physical activity and wellness education programs and policies annually during one of the regular staff meetings (Appendix C). Input from the School Site Council, students, and families will also be sought on a biannual basis.

3) The results of these assessments will be compiled by the school administrator and reported to the school board, School Site Council, and staff annually on the District's success or needed improvements in the areas of school breakfast and lunch programs, staff assessment survey results, and student and community input reports. All of these stakeholders should be informed of the findings related to policy compliance.

4) The input from the District school board will be sought annually to establish goals and to identify and prioritize needs for the school wellness policy improvement.

5) As necessary, the wellness policy will be revised to address the needs assessed from the above oversight and monitoring results and to reflect changes in state and federal laws.

6. Professional Development

The district should provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school/district food service personnel, and other staff members of the school health council.

The administrator will incorporate physical fitness activities/physical education professional development.

7. Communication

The administrator, teacher, school staff, and the Food Service Coordinator will work to promote these healthy changes to school meals to district, students, parents and the public.

The School Wellness Policy will be displayed in food service and eating areas. Copies are available in Spanish upon request.

Appendix A

Recommended San Lucas School snacks

Fruits – dried or fresh
Vegetables – dried or fresh (not deep fried)
Nuts
Legumes
Jerked Meats
Energy Bars
Cereal Bars
Granola and Granola Mixes
Yogurt
Low-fat Dairy Products
Whole grain breads and crackers
Trail mixes
Juices
Popcorn

Or any food items which comply with the nutritional standards laid out in this plan

Appendix B

San Lucas School suggestions for non-food based fundraising

Jump rope contest

Grow a garden and sell the produce

Sponsored community clean-up

Walk-a-thon – Just Run

Track race event

School Spirit Supply Store

Read-a-thon

Talent Show with admission

Yard Sale

Gift wrap sales

Silent auction

Car wash

Appendix C

Staff Assessment Survey of Wellness Policy

Name: _____

Position: _____

Health and fitness education

1) How many minutes of physical activity did your class participate in every ten school days? _____

2) Have you included health education this year in your class this school year? **YES NO**

3) What topics did you teach? _____

4) What materials, equipment, or supplies would assist you in health and fitness instruction?

Student organizations

5) Were you in charge of any student organizations this school year? **YES NO**
(If yes, answer questions # 6-8. If no, skip to question # 9.)

6) Did the organization hold food or beverage sales? **YES NO**

7) If yes, were the items sold compliant with the District nutrition standards? **YES NO**

8) What kinds of non-food sales fundraisers did the organization participate in?

School food service

9) What do you think of the quality of food being served to the students during school breakfast and lunch service? _____

10) Do you have any suggestions for improvement?

Signature Page

Superintendent, Jessica D. Riley

Date

School Board President, Miguel Lomeli

Date of Board Approval