

## **Local School Wellness Policy**

### **Background as Stated by the California Department of Education**

#### **Child Nutrition and Women, Infants and Children's Reauthorization Act of 2004**

The Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004 mandated that all LEAs participating in a federal meal reimbursement program establish a Local School Wellness Policy (LSWP).

#### **The Healthy, Hunger-Free Kids Act of 2010**

On December 13, 2010, President Obama signed the [Healthy, Hunger-Free Kids Act \(HHFKA\) of 2010](#) (PDF) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 1758b), LSWP Implementation. The provisions enhanced the previous LSWP requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community.

#### **Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010**

##### **Proposed Rule of 2014**

On February 26, 2014, the U.S. Department of Agriculture (USDA), Food and Nutrition Service (FNS), released its proposed LSWP regulations entitled the Proposed Rules for Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010. Comments were due on April 28, 2014.

##### **Final Rule of 2016**

On July 29, 2016, the USDA FNS released finalized regulations to create a framework and guidelines for written LSWP entitled [Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010](#). The Final Rule (FR) became **effective on August 29, 2016**.

The new LSWP requirements apply to LEAs who participate in the NSLP and SBP. It mandates that all LEAs meet expanded LSWP requirements set forth in Section 204 of the HHFKA. The LSWP provision establishes the framework for the content of LSWP, ensures stakeholder participation in the development of such policies, and requires triennial assessment of compliance and reporting on the progress toward achieving the LSWP goals. By June 30, 2017, the LSWP, at a minimum, must include:

- Measurable goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness
- Nutrition guidelines for all foods and beverages sold or made available on school campus during the school day
- Policies for food and beverage marketing
- Requirements that stakeholders be provided opportunities to participate in the development, implementation, and periodic review and update of the wellness policy
- A plan for measuring effectiveness that is measured triennially and made available to the public
- Annual notification informing and updating the public (parents, students, and others in the community) about the content and implementation of the LSWP
- Designation of one or more LEA officials or school officials, by position or title, to ensure that each school complies with the LSWP

### **Creation of Local School Wellness Policy and Committee**

The Washington Unified School District (the District) will assemble a committee (the Committee) dedicated to the implementation, monitoring, review, and updates of the local school wellness policy (LSWP) and will be made up of various district staff including, but not limited to:

- Superintendent, Assistant Superintendent, and any other district-level staff
- Principals, Vice Principals, and other administrative-level staff
- Director of Nutrition
- Child Nutrition Professionals such as site leads and assistants
- Maintenance and Custodial staff
- Teachers and supporting staff

The committee will also be available to members of the public such as:

- Public health professionals

- Health and wellness professionals such as those who work with school districts, local health clinics, and state authorities
- Parents of students

The committee will convene at least four times during the school year at hours convenient for public participation and will discuss implementation, monitoring, and revision of the local school wellness policy and provide recommendations to the governing board.

The LSWP will be reviewed every three years, at minimum, per the final rule of 2016 and will be made available to the public via the district website, Food Services.

### **Information Regarding Creation of LSWP**

1. The district will follow the guidelines of School Breakfast Program (SBP), the National School Lunch Program (NSLP), the After School Program (ASP), and the Smart Snack (SS) along with the recommendations set by the Healthy People, the Dietary Guidelines for Americans, California Department of Education, and other local, state, and federal guidelines.
2. The district will also take into consideration LSWP's from nearby districts along with those who are seeking new and innovative ways to increase healthy eating and physical activity.

### **Reasons to Implement LSWP**

1. Access to healthy food and opportunity to increase physical activity leads to an increase in learning and thriving.
2. Implementing and encouraging healthy eating and increased physical activity has been scientifically proven to increase test scores thus linking good dietary habits to education
3. Increasing access and opportunity to consume healthy foods and increase physical activity leads to better health, which leads to better attendance.
  - a. Better attendance increases funding for schools, which increases the district's opportunity to provide more resources to continue encouraging and supporting policies such as these that directly impact our students, staff, and community.
4. Increasing the opportunity to eat well and move more will directly battle the childhood obesity epidemic we are currently fighting. Establishing healthy eating habits and higher levels of physical activity in childhood lowers the risk of heart disease, cancer, stroke, and diabetes all of which increase premature morbidity and are the leading causes of death.

- a. Childhood diabetes is continuing to increase along with obesity and encouraging healthy eating and physical activity will aid in bettering this.
5. Increasing and encouraging healthy eating and physical activity will increase the percentage of school-aged children consuming the recommended diet based on the My Plate guidelines.

### **Essential Aspects of Implementing the LSWP**

1. The support, encouragement, and monitoring of the LSWP by district staff, local health officials, and parents will be absolutely essential to the success of this policy.
  - a. Staff, local support, and the community will be informed of the LSWP and encouraged to follow it as well to support the district and its students in a healthier lifestyle.
2. The district is committed to providing a school environment that promotes and protects the health, well-being, and the ability to learn by supporting healthy eating habits and physical activity.

### **Washington Unified School District's Policies on Nutrition and Physical Activity**

The district will implement, support, monitor, review, and update the following policies.

#### **Students**

##### **Student Wellness- Physical Activity and Nutrition**

The Washington Unified School District, in partnership with parents and the community, is committed to providing a healthy school environment. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well-being, and the ability to learn. The District has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages, and physical activity opportunities possible and by providing other health-supporting programs and opportunities.

##### **Foods and Beverages Served and Sold on Campus**

Washington Unified School District will:

- Ensure that foods and beverages served and sold on campus are nutritious, appealing, and attractive to students
- Ensure that foods and beverages served and sold on campus meet all local, state, and federal guidelines and regulations including, but not limited to:
  - The National School Lunch Program
  - The School Breakfast Program
  - Smart Snack Guidelines
  - Competitive Foods Guidelines
  - Fundraisers and Parties/ Celebrations Guidelines
- Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water
- Ensure that no foods or beverages will be sold during the school day, including lunchtime. Foods and beverages may be sold thirty minutes before the school day begins or thirty minutes after the school day is over, which includes the After School Program

### **School Meals (Reimbursable Meals)**

- Offer free breakfast, lunch, and after school meals to students through Community Eligibility Provision-CEP or Universal Meals
- Whenever possible, ensure that nutritious breakfasts, lunches, and snacks are offered during school, after school, and during the summer months
- Serve food in quantities appropriate to the needs of students at their age level as guided by the National School Lunch Program's enhanced food menu planning approach
- Increase the availability of fresh fruits and vegetables through the use of:
  - Programs such as the Fresh Fruit and Vegetable Program
    - Implemented at West Fresno Elementary and American Union in 2021
  - Salad bars to increase opportunity to grab those foods

**Foods and Beverages Sold Individually** (foods sold outside the school meal programs through vending machines, a la carte sales, fundraisers, and school stores)

- Ensure that foods and beverages sold individually comply with local, state, and federal regulations. Currently, no a la carte sales are supported within the district.

### **Smart Snacks in Schools**

The Healthy, Hunger-Free Kids Act of 2010 required the USDA to establish nutrition standards for all foods and beverages sold to students outside the federal reimbursable meal program throughout the school day and on the school campus. Through this authorization, the USDA created national competitive food regulations, known as Smart Snacks in School (SSIS), which became effective on July 1, 2014.

The federal SSIS requirements apply to all schools and school districts across the nation participating in the National School Lunch Program (NSLP) or School Breakfast Program (SBP). As of July 1, 2014, the FMNV regulations were repealed and replaced with the SSIS regulations.

## **Integration of the Competitive Food Rules**

The SSIS rule integrates with current California competitive food rules, which originate and set forth in:

- California *Education Code (EC)*, sections 49430–49434
- Title 5, *California Code of Regulations (5 CCR)*, sections 15500–15501
- Sections 15575–15578 of 5 *CCR*
- Title 7, *Code of Federal Regulations (7 CFR)*, Section 210.11

Implementation and enforcement dictate that the stricter rule, be it state or federal, takes precedence. In situations where there is no stricter rule between state and federal standards, both sets of rules are combined and followed. School districts should review the actual laws, regulations, and policies to ensure compliance.

## **Elementary Schools (no grade higher than 6)**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

**Allowable Foods:** The only foods that can be sold to elementary students are full meals, exempt foods, and dairy or whole grain foods that meet specific calorie, fat, saturated fat, and sugar requirements as dictated by the NSLP, SBP, and ASP.

Effective from midnight to one-half hour after the end of the official school day.

Applies to all foods sold to students by any entity.

## **Compliant foods**

**Must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10 percent calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, eggs, dried fruit and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans. fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions)

### **Paired foods**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans. fat, sodium, and calories.

## **Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**Exempt Foods:** These foods can be sold and do not have to meet the calories and fat limits discussed above; however, they cannot have added sugar or fat (check the nutrition label to ensure)

- Nuts, nut butters (such as peanut butter, almond butter, and sunflower butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits, and non-fried vegetable, and legumes
- Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards

**Notes:** 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. Parents Club) may sell a “full meal” provided it meets a USDA meal pattern.

**Dairy and Whole Grain Foods:** Individually sold dairy or whole grain foods can be sold if they adhere to the following guidelines:

**Dairy is defined as a food made from milk with the exception of cheese packaged for individual sale.**

- Less than or equal to 175 calories
- Less than or equal to 35% calories from fat
- Less than or equal to 10% total calories from saturated fat
- Less than or equal to 35% total weight from sugar (natural and added)
- No trans fat

**Whole grain: Purchased grain or bread products**

- Label contains the statement: “Diets rich in whole grains and other plant foods and are low in total fat, saturated fat, and cholesterol and may help reduce the risk of heart diseases and certain cancers” or
- The first listed grain ingredient is a whole grain, or
- If the first listed grain ingredient is not identified as a whole grain, obtain documentation from the manufacturer, within the last 12 months, that lists a combination of whole grains that, combined, represent at least 51% of the weight of the total grains

**Whole grain: Prepared by schools:**

- The weight of the whole grains is at least 51% of the total grain weight of the product

**Allowable Beverages:** (Applies at all times, regardless of the time of day)

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

**Fruit or Vegetable Juice:**

- At least 50% juice, and
- No added sweeteners, and
- Less than or equal to 8 fluid ounce serving size

**Milk:**

- Cow’s or goat’s milk, and
- 1 percent (unflavored), nonfat (flavored, unflavored), and
- Contains Vitamins A and D, and
- At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 8 fluid ounce serving size

**Non-dairy milk:** Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fluid ounces:

- At least 276 milligrams calcium
- At least 8 grams protein
- At least 500 IU Vitamin A
- At least 100 IU Vitamin D
- At least 24 milligrams magnesium
- At least 222 milligrams phosphorus
- At least 349 milligrams potassium
- At least 0.44 milligrams riboflavin
- At least 1.1 micrograms Vitamin B12, and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 5 grams fat per 8 fluid ounces, and
- Less than or equal to 8 fluid ounce serving size

**Water:**

- No added sweeteners
- No serving size limit

**All beverages must be caffeine-free** (trace amounts are allowable).

## **Student Organizations:**

Defined as a group of students that are **not** associated with the curricula or academics of the school or district.

Reference: *California Code of Regulations* Section 15500

- Effective from midnight to one-half hour after the end of the official school day.
- Student organization sales must comply with all food and beverage standards **and** all of the following:
  - Only one food or beverage item per sale.
  - The food or beverage item **must be pre-approved** by the governing board of the school district.
  - The sale must occur after the last lunch period has ended.
  - The food or beverage item cannot be prepared on campus.
  - Each school is allowed **four sales per year**.

- The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

**Middle/ Junior High Schools (Grades 7, 8, 7-9, or 7-10/ Grades 9-12, or 10-12)** References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

**Allowable Snacks and Entrees:** Effective from midnight to one-half hour after the end of the official school day.

**Snacks** (Generally regarded as supplementing a meal) Individually sold food items must meet the following criteria:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these be the first ingredient), or
- Be a combination food containing at least a quarter cup of fruit or vegetable
- Be less than or equal to 35% of calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit, and nut/seed combo, fruit, non-fried vegetables, seafood), and
- Less than 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, eggs, dried fruit, and nut/seed combo), and
- Less than or equal to 35 percent sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), and
- Less than 0.5 grams trans. fat per serving (no exceptions), and
- Less than or equal to 200 milligrams sodium per item/container (no exceptions), and
- Less than or equal to 200 calories per item/container (no exceptions)

### Paired Foods

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans. fat, sodium, and calories.
- **“Entrée” foods must be intended as the main dish and be a:**
  - Meat/meat alternate and whole grain rich food; or
  - Meat/meat alternate and fruit or non-fried vegetable; or

- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food),
- **A competitive entrée sold by the District/School Food Service the day of or the next day after it appears on the reimbursable meal program menu must be:**
  - Less than or equal to 400 calories, and
  - Less than or equal to 35 percent calories from fat, and
  - Less than 0.5 grams trans. fat per serving
- **A competitive entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:**
  - Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
  - Be a combination food containing at least ¼ cup fruit or vegetable
- **And meet the following nutrition standards:**
  - Less than or equal to 35 percent calories from fat, and
  - Less than 10 percent calories from saturated fat, and
  - Less than or equal to 35 percent sugar by weight, and
  - Less than 0.5 grams trans. fat per serving, and
  - Less than or equal to 480 milligrams sodium, and
  - Less than or equal to 350 calories
- **Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**Beverage Restrictions** References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

**Compliant beverages:** A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water and meet all criteria under that specific category.

**Fruit or Vegetable juice:**

- At least 50 percent juice, and
- No added sweeteners, and
- Less than or equal to 12 fluid ounce serving size

**Milk:**

- Cow’s or goat’s milk, and
- 1 percent (unflavored), nonfat (flavored, unflavored), and
- Contains Vitamins A and D, and
- At least 25 percent of the calcium Daily Value per 8 fluid ounces, and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 12 fluid ounce serving size

**Non-dairy milk:**

- Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
- Less than or equal to 28 grams of total sugar per 8 fluid ounces, and
- Less than or equal to 5 grams fat per 8 fluid ounces, and
- Less than or equal to 12 fluid ounce serving size

**Water:**

- No added sweeteners
- No serving size limit

**Electrolyte Replacement Beverages (High Schools Only):**

- Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
- OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
- Water as the first ingredient, and
- Less than or equal to 16.8 grams added sweetener per 8 fluid ounces, and
- 10-150 milligrams sodium per 8 fluid ounces, and
- 10-90 milligrams potassium per 8 fluid ounces, and
- No added caffeine, and
- Less than or equal to 20 fluid ounce serving size (no calorie)
- OR less than or equal to 12 fluid ounces per serving size (low calorie)

**Flavored Water (High Schools Only):**

- Must be either less than or equal to 5 calories per 8 fluid ounces (no calorie)
- OR less than or equal to 40 calories per 8 fluid ounces (low calorie), and
- No added sweetener, and
- No added caffeine, and
- Less than or equal to 20 fluid ounce serving size (no calorie)
- OR less than or equal to 12 fluid ounce serving size (low calorie)

**All beverages must be caffeine-free** (trace amounts are allowable).

**Student Organizations:** Reference: *California Code of Regulations* Section 15501

Defined as a group of students that are **not** associated with the curricula or academics of the school or district.

Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **and** all of the following:

- Up to three categories of foods or beverages may be sold each day (e.g. chips, sandwiches, juices, etc.)
- Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
- Only one student organization is allowed to sell each day.
- Food(s) or beverage(s) **cannot be prepared on campus**.
- The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
- In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

## Fundraising

California requires that all competitive foods and beverages meet applicable standards; therefore, California does not allow any exempted food or beverage fundraisers during the school day. Fundraisers can still occur during the school day, but they must follow all applicable state and federal competitive food rules. For additional information regarding fundraisers, please visit the CDE Grain Entrées/Fundraisers Related to Smart Snacks web page at <http://www.cde.ca.gov/ls/nu/sn/mbsnp252014.asp>.

- **Recordkeeping:** According to 7 *CFR*, Section 210.11(b)(2), the school district is responsible for ensuring that each group or individual selling competitive foods maintain records that demonstrate compliance with competitive food and beverage requirements. This section states: “[a]t a minimum, records must include receipts, nutrition labels and/or product specifications for the competitive food available for sale to students.” Additional documentation, such as ingredient lists or nutrient analysis may be necessary to demonstrate compliance with the competitive food and beverage requirements.
- **Monitoring and Enforcement:** According to 7 *CFR*, Section 210 and *EC* Section 49434 the NSD is required to monitor and enforce all state and federal competitive food rules during the Administrative Review. While there is no fiscal action taken for noncompliance with competitive food or beverage regulations, if infractions are not corrected in a timely manner, the NSD does have authority to withhold SNP reimbursements until the district or SFA corrects the identified issues.

**Vending** Reference: United States Department of Agriculture, Food and Nutrition Service, Policy Memos SP-03-2007, Vending Machines in School Meal Programs; SP 13-2008, Use of Vending Machines in School Meals Programs; and SNP-05-2015, Nutrition Services Division Management Bulletin

- The vending machines must sell only foods or beverages, or both, which comply with state and federal competitive food laws and regulations. These must be approved by the Director of Nutrition

### **Parties/ Celebrations**

- All foods provided during parties/ celebrations must be approved by the Washington Unified Director of Nutrition
- Foods brought in from an outside source (e.g. a pizza parlor) must meet California nutrition standards and nutrition standards set forth by Washington Unified School District and must be approved by the Director of Nutrition
- The following are exemptions to the above:
  - Halloween parties
  - Christmas gift bags
  - Valentine's Day parties
  - Easter parties
  - Food Fairs at Washington Union High School (twice a year)
  - First grade Christmas parties at Washington Union High School
  - Grandparent's Day
  - Donuts with Dad
  - Muffins with mom

### **Rewards**

- Food, candy, and beverages cannot be used as a reward for student accomplishments, including collaboration with a private industry that may provide the incentive item
- Teachers and staff must emphasize nonfood items as rewards such as clothing, backpacks, hats, pens and pencils, etc.
- No food or sales of food and beverages in classrooms at any school at any time between thirty minutes before school begins and thirty minutes after school ends, including the after school program
- Teachers and staff must emphasize that parents do not bring snacks for the students during the school day
- Teachers and staff must encourage students to eat breakfast, lunch, and after school snack (if applicable) to each student

### **School Events**

- Any event hosted on school campuses, excluding open house, parent meetings, back-to-school night, and/or carnivals that provide food shall meet California nutrition standards and standards set forth by Washington Unified School District
- Food items that do not meet or exceed California nutrition standards and standards set forth by Washington Unified School District cannot be utilized for demonstration purposes; instead fruits and vegetables as well as nuts or dried fruits may be used

## Marketing

- Marketing of healthy food and beverages will be strategically placed in cafeterias promoting wellness through fruit, low-fat milk, and water consumption
- Under the LSWP requirements, only foods and beverages that meet the federal Smart Snacks in Schools (SSIS) standards can be marketed or advertised on school campus, during the school day.

**Physical Education (PE)**- Instructional programs that provide students with the skills and knowledge they need to establish and sustain physical activity as a key component of their lifestyle.

- Elementary schools are to meet California State Physical Education standards of 200 minutes per 10 days- *Education Code Section 51223*
- **Overarching Standards for Grade 1 Through Grade Eight:** The five overarching model content standards for elementary and middle school students are as follows:
  - **Overarching Standard 1:** Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
  - **Overarching Standard 2:** Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
  - **Overarching Standard 3:** Students assess and maintain a level of physical fitness to improve health and performance.
  - **Overarching Standard 4:** Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
  - **Overarching Standard 5:** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
- Middle school are to meet California State Physical Education standards of 400 minutes per 10 days- *Education Code Section 51222*

- Local school boards may exempt students from any two years of physical education in grades 10, 11, or 12.
  - Beginning in July 2007, students must pass the physical performance test administered in grade 9 to receive the two-year exemption. (*Education Code Section 51241*)
- If exempted, students must be provided a variety of physical education elective courses. (*Education Code Section 51222*)
- High school physical education course content must include instruction in each of the eight content areas:
  - The effect of physical activity upon dynamic health
  - Mechanics of body movement
  - Aquatics
  - Individual/dual sports
  - Gymnastics/tumbling
  - Team sports
  - Rhythms/dance
  - Combatives
- **Overarching Standards for High School:**
  - Overarching Standard 1: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
  - Overarching Standard 2: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
  - Overarching Standard 3: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity
- Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity
- The physical activity program shall increase emphasis on teaching fitness and lifelong recreational aerobic activities
- Intramural sports will be played as part of the after school enrichment program at the elementary and middle schools apart of Washington Unified School District
- The District and its site administrators will ensure the physical activity is not given out as punishment, the use of detentions, campus clean-up, and other non-physical activity punishments will be encouraged
- Nutrition education will be incorporated in the Physical Education class curriculum at all schools
- Bringing in local experts will be allowed for sports or activities not traditionally taught during Physical Education classes or during the after school program setting such as martial arts, self-defense unit, dance, etc.

**Physical Activity-** Any bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure, including exercise, sport, dance, and other movement forms.

- Ensure students are offered opportunities for lifelong physical activity
- Intramural sports will be played as part of the after-school enrichment program at American Union Elementary and West Fresno Elementary schools
- The District and its site administrators will ensure that physical activity is not given out as punishment. The use of detention, campus clean-up, and other non-physical activity will be encouraged
- Create/ expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus
- 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 class, etc.
- Increase the amount of physical activity related enrichment classes through intramural sports such as soccer, dodgeball, flag football, ping pong, kickball, and other sports

### **Nutrition Education**

- Nutrition-related posters shall be displayed in the dining areas of all three sites to encourage healthy food choices
- Nutrition education will be incorporated into the classroom curriculum at the elementary level and in the physical education class at the middle and high school levels
- School gardens will be allowed as part of the curriculum to give students the opportunity to plant, harvest, and eat food they have grown
- Increase knowledge of nutrition and physical activity as it relates to childhood and adult health

### **Other School-Based Activities**

- **Health Education**
  - Hold an annual health fair in which, among other health-related issues, nutrition and physical activity information will be available
  - Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus

- **Health Promotion for Staff**
  - Nothing has been established at this time though there have been several department-wide bonds that foster an increase in movement (i.e. a 10-minute walk to get up from the desk) and healthy eating.
- **Family/ Community Involvement**
  - Increase knowledge of nutrition and physical activity as it relates to childhood and adult health
  - Share nutrition information at school or community functions
  - Have an annual local health fair in which, among other health-related issues, nutrition and physical activity information will be available
- **Healthy School Environment-** Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff
  - District Food Services will work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and/or murals to all school cafeterias
  - District Food Services shall solicit student preferences in planning menus and snacks
  - Washington Unified School District Staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior
  - Students will be provided sufficient time to eat and socialize with classmates. The amount of time allotted for breakfast and lunch meal periods is not a federal or state requirement, however, the California Department of Education Nutrition Services Department recognizes ensuring adequate time to eat should be accessed and used as a best practice. The former State Superintendent of Public Instruction (SSPI) Tom Torlakson recommended each student should have no less than 10 minutes for breakfast and no less than 20 minutes for lunch after being served.
    - The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) improved nutrition standards in the Child Nutrition Programs (CNP), requiring more fruits, vegetables, and whole grains, all of which can take longer to eat. The California Department of Education (CDE) Nutrition Services Division (NSD) **strongly encourages** schools to ensure their students have adequate time to eat after being served to maximize the nutritional benefits of the meal pattern. Longer lunch periods have been associated with increased student consumption of fruits and vegetables
    - Adequate Time to Eat: Tips and Strategies has tips for no- or low-cost ideas on how to maximize time to eat
    - Current guidelines on the timeframe for eating on a district level?
- **After School Environment**

- Develop afterschool activities that involve physical activity such as walking groups and increase access to sports/ physical fitness equipment
- All food and beverages provided in the afterschool programs must meet or exceed the California Nutrition Standards and the Washington Unified School District Nutrition Standards and be preapproved by the Director of Nutrition
- **Farm to School-** Reference: U.S. Department of Agriculture Policy Memoranda: SP 07, SFSP 07-2016: Local Foods and Related Activities in Summer Meal Programs; SP 01-2016, CACFP 01-2016, SFSP 01-2016; Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs
  - Over 20 years ago, the U.S. Department of Agriculture (USDA) began a comprehensive effort to connect small farms to school meal programs. This effort, known as the **Farm to School (F2S)** initiative, encourages small farms to sell fresh fruits and vegetables to schools and encourages schools to increase the percentage of produce purchased from small farms. In a 2015 USDA F2S census, 5,498 California schools indicated they participated in F2S activities. As a result, 3.46 million students are developing healthy eating habits and learning where their food comes from.
  - 5% of produce purchased and served will be locally grown fresh produce. Locally grown encompasses the region of San Joaquin County to Kern County; however, any produce grown in California is acceptable
- **Policy Implementation and Monitoring**
  - The Local School Wellness Policy Committee along with the Superintendent and site administrators have the responsibility of monitoring and ensuring that the Local School Wellness Policy is followed by all staff and students in the Washington Unified School District
  - The Committee will be led by the Director of Nutrition. All staff members, community members, board members, and local health professionals are welcome and encouraged to join
  - The Local School Wellness Policy will be reviewed and revised at a minimum of every three years as described in the Final Rule by the Committee

## **Non-Discrimination Statement**

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