

GERBER UNION ELEMENTARY SCHOOL DISTRICT Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 45% of elementary school students do not participate in sufficient vigorous physical activity and 32% of the state's youth are overweight and 7% are unfit.

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Gerber School District is committed to providing school environments that promote nutrition, protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Gerber Union Elementary School District that:

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades Kindergarten - 8th 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 religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, 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 with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, representative of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:
be appealing and attractive to children;

be served in clean and pleasant settings;

meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

offer a variety of fruits and vegetables;

serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

ensure that half of the served grains are whole grain.

Schools should engage students, through taste-tests of new entrees in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Schools will, to the extent possible, operate the School Breakfast Program.

Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts.

Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems.

Meal Times and Scheduling.

Gerber Union Elementary School

will provide students with at least 20 minutes to eat after sitting down for breakfast and up to 30 minutes after sitting down for lunch;

should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m.;

should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Fundraising Activities. To support children's 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 children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and juice or 1% low fat milk as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

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; especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, 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 (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events, (such as, but not limited to, athletic events, dances, or performances).

Senate Bill 965,

Elementary, Middle/Junior High School-the following beverages may be sold to pupils:

Non compliant beverages may be sold as part of a school event provided:

- **The sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day.**

Senate Bill 12,

Elementary Schools-the following foods may be sold to pupils:

Non compliant foods may be sold provided:

- The items are sold by pupils of the school and the school and the sale of those items takes place off of and away from school premises, or
- The items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

Middle, Junior High School – the following foods may be sold to pupils:

Non-compliant foods may be sold provided:

- The sale of those items takes place off of and away from school premises, or
- The sale of those items takes place on school premises at least one-half hour after the end of the school day, or
- The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Gerber Union Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should 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;

emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

links with school meal programs, other school foods, and nutrition-related community services;

teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

opportunities for physical activity will be incorporated into other subject lessons; and

classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. 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 (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. Gerber Union Elementary School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8. All students in grades K - 8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for 200 minutes every 10 day period for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools can offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Our school as appropriate, can offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. The school district will assess 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.

Use of School Facilities Outside of School Hours. These spaces and facilities may be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of the school assessment will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**GERBER UNION ELEMENTARY SCHOOL DISTRICT
WELLNESS POLICY - ACCEPTABLE SNACK LIST
REGLAS DE BIENESTAR - LISTA DE BOCADILLAS ACEPTABLES**

Examples of Acceptable Snacks / <i>Ejemplos de Bocadillos Aceptables</i>	Examples of Prohibited Snacks / <i>Ejemplos de Bocadillos Prohibidos</i>
Water / <i>Agua</i>	Soda
Fresh or dried fruits / <i>Frutas frescas o secas</i>	Carbonated beverages / <i>Bebidas gaseosas</i>
Fresh or dried vegetables / <i>Vegetales frescos o secos</i>	Hard candies / <i>Dulces</i>
100% fruit juice / <i>100% jugo de frutas</i>	Gummy candies / <i>Dulces de goma</i>
Sport drinks / <i>Bebidas de deporte</i>	Licorice / <i>Regaliz</i>
100% juice bars / <i>100% helados de fruta</i>	Candy coated popcorn
Granola bars / <i>barras de granola</i>	Chewing gum / <i>chicle</i>
Fat free breakfast or cereal bars / <i>barras de cereal o desayuno</i>	Regular potato or corn chips / <i>chips de papitas o maiz regulares</i>
Baked chips or pretzels / <i>chips horneadas o pretzels</i>	Doughnuts / <i>Donas</i>
Unsalted nuts / <i>nueces sin sal</i>	Baked items (cookies, cakes, etc.) prepared at home / <i>comidas horneadas (galletas, pasteles, etc.) preparadas en casa</i>
Rice cakes	Items not meeting the criteria listed below / <i>comidas que no esten de acuerdo con el criterio de abajo</i>
Whole wheat crackers / <i>galletas de trigo</i>	
Fat free popcorn / <i>palomitas de maiz sin grasa</i>	
Other (must meet class celebrations / snack criteria below) / <i>Otro (debe cumplir con el criterio de celebraciones en clases / bocadillos de abajo)</i>	

Class celebrations / snack criteria as set forth by the State Department of Health and your Food Service Department.
Criterio para celebraciones en clase / meriendas asignadas por El Departamento del Estado de Salud y su Departamento de

Servicios de Comida:

- * Must be pre-packaged with a nutritional label clearly visible
- * *Deben ser empacados con el rotulo de nutricion claramente visible*

- * Less than 30% fat
- * *Menos de 30% de grasa*

- * Less than 480 mg. sodium
- * *Menos de 480 mg. de sodio*

- * No more than 35% sugar by weight

* *No mas de 35% de azucar por peso*

* *For dairy snacks, 4 oz. servings must have at least 120 mg. Calcium, 6 oz. servings must have 245 mg. Calcium and must adhere to*

the above guidelines for fat, sodium, and sugar

* *Para productos lacteos, servicios de 4 oz. deben tener por lo menos 120 mg. de calcio, 6 oz. de servicio debe tener por lo menos 245 mg. de calcio y debe de cumplir con las anteriores guias de grasa, sodio, y azucar*

Items not adhering to criteria will not be served and will be returned to the child at the end of the day

Comidas que no sigan el criterio no se serviran y seran mandados de regreso a casa con el estudiante al fin del dia.

**Gerber Union Elementary School District
Food Service Department**

Gerber School District's food service department has taken a very pro-active approach to the health and well being of our students and staff.

We have eliminated serving all food and beverages of minimal nutritional value during school hours. All ala carte items must have no more than 35% calories from fat. Gerber School has also eliminated all beverages that contain carbonation and juices and waters that contain more than 50% sugar.

Students often get rewards for their good grades, jobs, etc. The staff has committed to not rewarding students with foods of minimal nutritional value. We have had vendors coming up with some very healthy alternatives that we have been offering. Classes have been ordering our low-fat cookies, baked potato chips and state approved menu items.

**GERBER UNION ELEMENTARY SCHOOL DISTRICT
SCHOOL HEALTH COUNCIL**

Board Member – Cherrie Kennedy
Parent/Community Member – Silvia Caldera
Superintendent/Principal – Jenny Marr
School Nurse – Kami Witte
Instructor – Nancy Compton
Head Cook – Jeannie Fite

Reviewed by the Gerber School Site Council on September 16, 2014

Policy

Adopted: October 20, 2014

GERBER UNION ELEMENTARY SCHOOL DISTRICT

Gerber, California