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## Preamble

Gerber Union Elementary School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

**I. School Wellness Committee**

***Committee Role and Membership***

The District will convene a representative district wellness committee (DWC) through the existing School Site Council (SSC) that meets multiple times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all schools and include (to the extent possible), but not be limited to: parents/caregivers; students; representatives of the school nutrition program; the school nurse; school administrators; school board members; and the general public. If these participants are not regular members of the SSC, one pre-scheduled SSC meeting will be designated as a DWC meeting and additional members will be invited to attend. Due to the district’s small size, if a separate DWC meeting is not feasible, the plan will be reviewed electronically and suggestions will be sent to the Superintendent to evaluate and take to the SSC as revisions. Members of the public wishing to make comments are encouraged to attend the annual DWC meeting. Members of the SSC are selected for two-year terms, all parents are encouraged to contact the Superintendent if they are interested in participating.

***Leadership***

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is:

Jenny Montoya, Superintendent [jmontoya@gerschool.org](mailto:jmontoya@gerschool.org)

***Committee Members***

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>
Jenny Montoya	Superintendent	<a href="mailto:jmontoya@gerschool.org">jmontoya@gerschool.org</a>
Jeannie Fite	Head Cook	<a href="mailto:jfite@gerschool.org">jfite@gerschool.org</a>
Amber Badgett	Board Member	N/A
Jenny Raschein	School Nurse	<a href="mailto:jraschein@tehamaschools.org">jraschein@tehamaschools.org</a>
Todd Bateman	Teacher	<a href="mailto:tbateman@gerschool.org">tbateman@gerschool.org</a>
Julie Matlock	Parent/Community Member	<a href="mailto:matlockjulie77@yahoo.com">matlockjulie77@yahoo.com</a>

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: [www.gerberschool.org](http://www.gerberschool.org)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the District Office and/or on the district website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's SSC meeting dates. Annually, the District will also publicize the name and contact information of the District leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Jenny Montoya, Superintendent, [jmontoya@gerberschool.org](mailto:jmontoya@gerberschool.org).

The DWC, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report via updates of the Wellness Policy on the district website.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters or postings, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong

healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Afterschool Snack Program. The District also operates additional nutrition-related programs and activities including a school garden and a recess snack as well as participating in the UC CalFresh Nutrition Education classroom lessons program. The District is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Entry display is used to promote and market menu options and strategically placed by bus unloading zone.
- Menus will be posted on the District website.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will participate in the Provision Two Claiming program so that all students are encouraged to participate regardless of socio-economic status.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. Whenever possible, the District will restrict the sale of competitive foods and beverages. The District itself does not vend competitive foods and beverages.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold.

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties may be held once a month. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that

encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will partner with programs that provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Utilizes offered nutrition education trainings for teachers and other staff.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by



permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District students in each grade will receive physical education for at least 200 minutes per ten day period throughout the school year.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

### ***Recess***

All elementary schools will offer at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: recess, intramural sports, and community programs such as (but not limited to): Girls on the Run.

**V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Community Partnerships***

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

***Community Health Promotion and Family Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Staff Wellness and Health Promotion***

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The Superintendent will coordinate this in collaboration with the Human Resources Director.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs.

***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

*Glossary:*

**Extended School Day** – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- 2) fax: (202) 690-7442; or
- 3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider."

**WELLNESS POLICY - ACCEPTABLE SNACK LIST**

**REGLAS DE BIENESTAR - LISTA DE BOCADILLAS ACEPTABLES**

Examples of Acceptable Snacks / <i>Ejemplos de Bocadoillos Aceptables</i>	Examples of Prohibited Snacks / <i>Ejemplos de Bocadoillos 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>
Fat free popcorn / <i>palomitas de maiz sin grasa</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>	Sport drinks (Gatorade) / <i>Bebidas de deporte</i>
Other (must meet class celebrations / snack criteria below) / <i>Otro (debe cumplir con el criterio de celebraciones en clases / bocadoillos de abajo)</i>	

**WELLNESS POLICY - ACCEPTABLE SNACK LIST**  
**REGLAS DE BIENESTAR - LISTA DE BOCADILLAS ACEPTABLES**

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:*

- \* 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.

Approved: November 11, 2017

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- <sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
- <sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.
- <sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.
- <sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.
- <sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
- <sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
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Reviewed by the Gerber School Site Council on November 7, 2017.

Policy

**GERBER UNION ELEMENTARY SCHOOL DISTRICT**

Adopted: November 13, 2017

Gerber, California



## Triennial Assessment Results:

Evaluation Date: 11/3/17

### Evaluation Matrix

Points	0	1	2	3	Score
Criteria	Not in Place	Partially in Place	Meets Standard	Exceeds Standard	
1) Wellness Policy meets Federal Standards	No Wellness Policy in Place	Policy is in Development	Policy meets Federal and State requirements	District uses innovative strategies and model practices to implement the wellness policy.	2.75
2) Wellness Policy coordinator is assigned.	No staff have been assigned.	District is developing a plan for coordination.	Coordinator is assigned and is monitoring implementation.	The District Wellness Policy is implemented by a coordinator.	2.25
3) Wellness Policy advisory committee is in place.	No committee is in place.	Planning for a committee is in place.	A district wellness committee is in place.	Key school, parent, and community members are represented and meet regularly.	2.25
4) Evaluation and monitoring system is in place.	No evaluation or monitoring is in place.	Planning for monitoring and/or evaluating is in place.	An evaluation and monitoring system is in place to track implementation.	Evaluation and/or monitoring regularly occurs to provide feedback on the Wellness Policy.	1.50
5) Priority issues are identified.	No issues are targeted in the policy.	Staff are planning to target issues.	Issues and needs have been identified and are being addressed.	Staff are actively using data to identify priorities and measure progress.	2.0
6) Nutritious, compliant school breakfasts are available.	No breakfast is served.	Planning is underway to begin/improve the breakfast program.	Breakfast is available and meets menu planning requirements.	Model breakfast program is evident and offerings are high quality and nutritious.	2.25
7) Nutritious, compliant school lunches are available.	No lunch is served.	Planning is underway to begin/improve the lunch program.	Lunch is available and meets menu planning requirements.	Model lunch program is evident; innovative service, selections and local farms are being used.	2.50
8) Salad bar or offering of fruit and vegetable choices is available with school meals.	No salad bar is available.	Plans are underway to begin salad bar.	Salad bar is in place offering a variety of fruits and vegetables.	Model salad bar program is evident and farm to school is being utilized with a variety of seasonal and local produce.	2.25

GERBER UNION ELEMENTARY SCHOOL DISTRICT  
WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

GP5030

Points	0	1	2	3	Score
Criteria	Not in Place	Partially in Place	Meets Standard	Exceeds Standard	
9) Students are provided with a safe and inviting location with adequate time for meals.	No dining area is available.	A dining area is available but students have less than 10 minutes at breakfast and 15 minutes at lunch.	Students are provided a safe and inviting dining location with sufficient time for meal consumption.	Innovated strategies are used to create a dining space that is pleasant and inviting and ensures adequate time for meal consumption.	2.00
10) A school garden is on the school site.	No school garden.	Plans are underway for a school garden.	A school garden is available for garden-enhanced education.	Exemplary school garden exists with community participation and is integrated into the nutrition and education programs.	2.20
11) Food and beverages offered outside the school meal program model healthy choices.	Foods and drinks do not meet state/federal requirements.	Staff is developing procedures and policies to meet compliance.	All foods and drinks are state/federal compliant or foods other than meal offerings have been removed.	The school is implementing exemplary meal program practices that model healthy foods choices and no highly sweetened beverages are available on campus.	2.20
12) Media and marketing messages on campus reinforce food and nutrition education.	Commercial food products are allowed on school premises.	Messages are in the process of evaluation with a goal to reinforce nutrition education.	Standards for media/marketing messages for food and beverage products are in place.	Healthy food choices are available on campus and are marketed using innovative methods.	2.50
13) Students have a place to engage in physical activity on campus.	No locations are available to engage in physical activity.	Staff are planning to improve opportunities for physical activity.	Locations for physical activity are available.	School environment encourages physical activity and programs and equipment are available to students.	3.00
14) Nutrition education and curriculum are used in the classroom.	No nutrition materials are available.	Planning is in place to provide materials to teachers.	Classrooms have access to nutrition education and curriculum.	Innovative nutrition programs and materials exist and 50 hours of instruction per year is offered.	2.20
15) Garden-enhanced instruction is provided.	No staff are using garden-enhanced instruction.	Plans are underway to use the garden in student instruction.	Staff are using the garden to enhance education curricula.	Innovative use of the garden is evident and food education is integrated with core content standards.	2.20
16) Students participate in the school breakfast program.	Less than 10 percent of students participate.	Less than 20 percent of students participate.	A minimum of 30 percent of students participate.	More than 30 percent of students participate.	2.75

GERBER UNION ELEMENTARY SCHOOL DISTRICT  
WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

GP5030

Points	0	1	2	3	Score
Criteria	Not in Place	Partially in Place	Meets Standard	Exceeds Standard	
17) Students participate in the school lunch program.	Less than 30 percent of students participate.	Less than 40 percent of students participate.	A minimum of 60 percent of students participate.	More than 60 percent of students participate.	3.00
18) The district participates in programs to encourage participation.	The district does no plan to improve participation.	The district has plans to improve participation.	The district has implemented a policy to not collect payments from Reduced Price students.	The district participates in CEP or Provision claiming to eliminate socioeconomic status stigmas.	2.80
19) Physical Education is based on state standards.	No physical education program is in place.	Physical Education meets the state requirements.	Physical Education meets the state requirements and uses the state standards as a guide.	Physical education programs go beyond the minimum standards and use innovative practices that integrate with nutrition instruction.	2.00
20) Teachers are trained in nutrition science and use of nutrition curricula.	No nutrition education or training is provided.	School staff participate in independent nutrition related trainings.	Teachers have received at least one hour of nutrition related training.	Staff participate in more than one hour of a variety of nutrition education and training programs.	2.25
21) Food service staff are trained in federal and state requirements, menu planning and nutrition science.	No training has been provided.	One hour or less has been provided to food service staff with a minimum of 3 hours to new staff.	A district training plan is in place and employees are supported in off-site training opportunities.	A comprehensive professional development plan is in place and certification in professional organizations is encouraged.	2.67
22) The district has access to nutrition education specialists for consultation regarding nutrition programs.	A nutrition education specialist is not available.	A nutrition education specialist is used to provide training.	A nutrition education specialist is available for consultation regarding nutrition related programs.	A nutrition education specialist participates in planning and implementing comprehensive staff and/or student training/education programs.	2.25
23) Parents have opportunities to participate in nutrition education programs and planning.	No parent involvement is available.	A plan to involve parents is in development.	Parents receive information about nutrition education at planned school events.	Parents are encouraged to participate in the development of nutrition policies and educational programs.	2.00
24) The district encourages participation with community partners to reinforce nutrition education programs.	The district has not attempted to partner with community members.	The school district has reached out to community partners to encourage participation.	The district involves community partners in nutrition education programs.	Innovative strategies are used to involve community partners to enhance nutrition education. E.g. farm visits and cooking demonstrations.	2.00

Points	0	1	2	3	Score
Criteria	Not in Place	Partially in Place	Meets Standard	Exceeds Standard	
25) Outside of school hours programs reinforce healthy food choices and nutrition instruction.	There are no outside of school hours programs.	Planning to seek funds for outside of school hours programs is underway.	Outside of school hours programs reinforce healthy food choices and provide nutrition instruction.	Innovative model programs for outside of school hour exist; summer nutrition class coordinated with summer feeding program .	2.40
<b>Total score out of 75 possible points:</b>					58.167

Evaluation committee comments: Overall, the assessment revealed only one area that was not at standard, #4, Evaluation and monitoring; this assessment is the first step in creating those elements and we hope that future assessments reflect that this area has been addressed.

With 24 of 25 areas meeting standards, this gives GUESD a 96% rate of meeting standards.

Other comments from committee:

“Jesse and Annie did a great job on the garden! Kids loved the watermelon grown in the garden.”

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