

STUDENT WELLNESS

The Sausalito Marin City School District acknowledges that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive and that good health fosters student attendance and achievement. Students are at risk for heart disease, cancer, strokes and diabetes among serious chronic diseases because of dramatically increased childhood obesity rates, physical inactivity and excessive caloric intake. Therefore, the Sausalito Marin City School District is committed to providing school environments that promote and protect children's health, well being and ability to learn by supporting healthy eating and physical activity by:

- Providing opportunities for students to be physically active on a deliberate and regular basis;
- Providing and serving beverages at school which meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans 2010 (Released 1/31/11);
- Providing a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students;
- Providing clean, safe and pleasant settings and adequate time for students to eat;
- Providing meals that accommodate the ethnic and cultural diversity of the student body;
- Providing nutrition education and physical education that meet current/updated California Department of Education (CDE) standards and guidelines to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE GOALS:**School Health Council**

The Sausalito Marin City School District Board of Trustees will maintain a School Health Council charged with monitoring, recommending and potentially revising guidelines regarding foods served to students in the district as well as to monitor activities and report to the Board of Trustees on the status of recommendations in this policy. The School Health Council will ideally consist of a group of no fewer than five (5) and no more than seven (7) individuals who represent the schools and the community. The membership may include parents, students, representatives of school food services, members of the Board of Trustees, school administrators, teachers, health professionals and others as deemed most effective to maintain the interest of student wellness. The Chair, which will be elected by the Council, will be rotated annually. The Board of Trustees shall announce an invitation for potential candidate membership as necessary to complete the seven person roster. Preferential consideration will be given to the unrepresented category(s).

STUDENT WELLNESS (continued)

Nutritional Quality of Foods and Beverages Offered and Served on Campus

School Meals

Meals served through the Sausalito Marin City School District Breakfast and Lunch Programs will:

1. Be appealing and attractive to children;
2. Be served in clean and pleasant settings;
3. Meet and exceed the “GOLD PLUS” standard as defined by the HealthierUS School Challenge and meet the U. S. Dietary Guidelines for Americans 2010;
4. Be inclusive of, and, as much as practical and feasible, accommodate the needs of children with special, documented food needs. Included will be children with medical needs, religious needs, and specific culturally driven dietary needs as well as others on a case by case basis;
5. Feature foods that reflect community and cultural diversity.

Sausalito Marin City School District 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 or who have special food needs as discussed.

Sausalito Marin City School District will make every effort to provide students with at least 20 minutes to eat after sitting down for lunch and will only schedule tutoring, class or activities during mealtimes, if students may eat during such activities.

Sausalito Marin City School District will deliberately encourage hand washing and provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sausalito Marin City School District will make available information about the nutritional content of meals to parents and students. Such information will be made available with menus, on websites, at the main office of the schools and in parent newsletters.

Breakfast

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

1. Operate and maintain the School Breakfast Program and notify parents and students of the availability of the School Breakfast Program;
2. Encourage parents who choose to opt out of the School Breakfast Program to provide a healthy breakfast for their children through newsletter articles, take-home materials, classroom instructional materials, and other means.

STUDENT WELLNESS (continued)

Beverages

There shall be no beverage vending equipment that dispense soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners, or beverages containing caffeine, excluding low fat regular milk or fat free-flavored milk on campus to students.

Standard of Competitive Food That is Offered in Addition to the School Breakfast and Lunch

The content recommendation for food items offered for sale individually and/or donated to the classrooms for special occasions will:

- Have no more than 35% of its calories from total fats (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Saturated and Trans fats: contain no trans fat (label must indicate zero grams of trans fat per serving), contain less than 10% of total calories in saturated fats;
- Have no more than 35% of its weight from added sugars;
- Have no more than twelve fluid ounces for beverages, excluding water and;
- If fruits and vegetables (non-fried), be exempt from portion-size limits.

Foods for School Donation or Sale and Celebration

Resources and suggested items for school donation or sale and celebrations shall be disseminated and made available to parents at each site at the start of the school year and be available for examination throughout the school year.

Fundraising Activities

The schools shall work closely with parents, students and other fundraising groups to identify fundraising alternatives that meet nutrition guidelines and are attractive to target audiences. The schools shall further engage young people to identify healthy and creative student fundraisers that will appeal to their peers. Guidelines that reflect the school's policy around foods provided in school for celebration, snacks and at school sponsored events shall be made readily available and disseminated at the beginning of the school year.

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 water 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.

STUDENT WELLNESS (continued)

Rewards

Schools will encourage use of non food items for rewards. When foods are used as rewards for academic performance or good behavior, foods or beverages that meet the nutrition standards for foods and beverages are strongly encouraged.

Foods and beverages will not be withheld as punishment.

Celebrations

School celebrations should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

School-Sponsored Events

Foods and beverages offered or sold at school sponsored events outside the school day are encouraged to be in keeping with the nutrition standards for meals or for foods and beverages.

Sharing of Foods and Beverages

Schools will discourage students from sharing their foods or beverages with one another during meals or snack times in consideration of concerns about allergies and other restrictions on some children's diets.

Food Service and Acquisition of Foods

The Sausalito Marin City School District Board of Trustees will approve and provide all food and beverage sales to students in elementary and middle schools through vendors who have been examined and approved by the Board of Trustees in cooperation with the School Health Council and District administration. Vendors who follow the USDA approved nutrient guidelines for food preparation, who utilize fresh, whole ingredients rather than pre-packaged, processed foods and who consistently practice at the highest standard of food handling and preparation shall be favorably considered.

Deliberate and periodic assessment by the food service staff in cooperation with the contracted meal vendor shall be conducted on the consumption of foods provided by the schools' breakfast and lunch programs. Assessment findings will be reported to the Sausalito Marin City School Board of Trustees and the School Health Council. These assessments will guide as to which meals are enjoyed and consumed by the majority of students as well as those that the majority of students tend to reject in part or in whole. Each component of the meals should be examined for student consumption. Feedback regarding these findings should be provided to the food vendors in an effort to provide meals that students will consume and enjoy.

STUDENT WELLNESS (continued)

Nutrition and Physical Activity Promotion and Food Marketing Literacy

*“Healthy, active and well-nourished children are more prepared to learn and more likely to attend school and class, and are able to take advantage of educational opportunities.”
Jack O’Connell State Superintendent of Schools, 2003.*

Sausalito Marin City School District will begin to focus on nutrition and physical activity promotion by sharing with students, parents and school staff the essential knowledge and skills they need to become “health literate”. Schools in the Sausalito Marin City District will be prepared and organized to reinforce healthy behavior by supporting school staff and teachers to model healthy lifestyles and food choices.

Nutrition Education and Promotion

The Sausalito Marin City School District has committed to building and maintaining gardens at each of its schools. Gardens provide teaching and learning opportunities for students at all grade levels. Therefore, students shall receive lessons on nutrition, planting and maintaining fruits and vegetables, healthy eating and preparation of healthy foods:

- Lessons shall be integrated across the curriculum;
- Lessons that teach media literacy with emphasis on food marketing and advertising shall be included;
- Hosted opportunities for parents and families shall be provided to educate them in nutrition and wellness;
- A sequential, comprehensive standards-based program at each grade level, designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Nutrition education and health promotion not only as a part of health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Program that is enjoyable, developmentally appropriate, culturally relevant, including participatory activities such as contests, promotions, taste testing, farm visits and school gardens;
- Regular and periodic professional development training for teachers and other staff including the food service staff to include but not be limited to safe food handling, nutrition education, recognition of the signs, symptoms and appropriate responses to severe food allergy reactions and methods for introduction of a wide variety of foods to elementary aged children and their parents;
- Periodic evaluations of this curriculum using pre and post assessments that are a part of the standards based curriculum;
- Rejection of any food or beverages that does not meet the nutrition guidelines (e.g. through signage, vending machine fronts, logos, scoreboards, school supplies);

STUDENT WELLNESS (continued)

- Maintenance of the instructional gardens at the school sites to provide students with experiences in planting, harvesting, preparation, serving and tasting foods including ceremonies, and celebrations that observe food traditions, integrated with nutrition education and core curriculum that meet state standards;
- Integration of hands-on experiences in gardens and kitchen classrooms with enriched activities such as farmers' market tours and visits to community gardens so that students begin to understand how food reaches the table and implications for health and future.

Integrating Physical Activity into the Classroom Setting

The Physical Education Framework for California Public Schools shall be the adopted and guiding principles for physical education in the schools of our district.

Students in the Sausalito Marin City School District will continue to receive the recommended/required 100 – 225 minutes of dedicated physical education each week.

The Sausalito Marin City School District shall promote the philosophy that students should embrace regular physical activity as a personal behavior for lifelong wellness and success as well as:

- Teach positive messages about eating healthy and being active;
- Teach health and physical education from a “health at any size approach”, using health based rather than weight based principles;
- Maintain sensitivity when taking height and weight measurements in physical education classes;
- Educate students, staff, and parents on physical changes that are part of normal adolescent development, and the impact of the media on body image;
- Have designated staff to address these issues on campus and partner with local resources on body image and disordered eating and physical lifestyle to prevent and intervene in major health issues before they arise;
- Have a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle and, embracing this, strive to provide one staff member dedicated to provision of physical education for all students and /or provide staff with physical education curriculum support ;
- Ensure that students spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The school district will not allow substitution for meeting that requirement with other activities involving physical activity;

STUDENT WELLNESS (continued)

- To the extent possible, adopt and conduct the Safe Routes to School program. The Sausalito Marin City School District will encourage parents and students to walk and bike to school where safe routes are available and assist the parent-teacher organization in organizing adult supervised groups;
- Not *use* physical activity or *withhold* opportunities for physical activity as punishment.

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 the schools and will report on the schools' compliance to the school district superintendent or designee.

The Superintendent or designee will ensure that the Sausalito Marin City School District board policy, Student Wellness, on nutrition and physical activity will be posted, at minimum in salient part, in public view within all school central eating areas. Salient parts as an example will include brief text that the students and staff will be able to easily read and understand. The full policy will be made available for public inspection as requested via the school office.

The school food service staff, at the school and district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or the school principal. In addition, the school food service staff will report on the most recent USDA School Meals Initiative review findings and any resulting changes.

The superintendent or designee will develop a summary report in the spring every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools. Included in the report will be assessment and summary in the areas of successes, gains and deficiency and, if necessary, revised financial, resource, functional and curricula recommendations. The report will be provided to the Board of Trustees and also distributed to the School Health Council, parent/teacher organizations and school principal(s) along with suggested revision(s) and work plans to facilitate the implementation of the suggested revision(s).

Policy Review

An initial baseline assessment of the schools' existing nutrition and physical activity environments and policies were conducted utilizing the modified form of School Health Index provided by the Center for Disease Control and Prevention and the U.S. Dietary Guidelines for Healthier Americans 2010. These assessments will be repeated every three years in the spring as part of the district wide compliance report preparation. Findings of the policy review

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that highlight need for modification will be reviewed and revised to reflect Sausalito Marin City School District's commitment to the health and wellness of children in our district.

All guidelines referenced in this document shall be posted on the Sausalito Marin City School District website.

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for need students

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for need students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

WEB SITES

<http://www.sausalitomarincityschools.org>

<http://www.fns.usda.gov/tn/HealthierUS/vision.html>

http://teammnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf