

SANTA ANA UNIFIED SCHOOL DISTRICT
Student Wellness

AR 5030 (a)

STUDENTS

STUDENT WELLNESS

Local wellness policy goals shall be considered in planning all school-based activities.

For purposes of these regulations, the school day is defined as one-half hour before the official school day begins until one-half hour after the official school day ends.

Food or beverages shall not be used as rewards for students' academic performances, accomplishments, or behavior unless this practice is allowed by a student's Individual Education Plan (IEP). Food or beverages that comply with the guidelines below may be served at events that are intended to recognize student achievements or accomplishments and are scheduled during the school day.

NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS

Foods/Beverages Sold on Campus

All foods and beverages sold outside of the National School Breakfast and Lunch Program shall comply with current state and federal legislation, excluding curricular or cultural events as described below. No foods of minimal nutritional value shall be sold on school premises during the school day. These nutritional standards shall apply to the following:

- Vending machines
- Cafeteria a-la-carte items
- Student stores
- Student incentives
- Fundraisers
- Clubs (curricular and non-curricular)

OTHER FOOD SALES

Director of Food Services shall provide a list of foods and beverages approved for sale on campus and shall serve as a consultant to evaluate and approve for sale any other foods and beverages not included on the approved list.

The sale of food items that do not comply with the nutrition standard in Education Code 49431.2, when effective, may be permitted at an intermediate, or high school in any of the following circumstances: (Education Code 49431.2)

The sale takes place off and away from school premises.

The sale occurs during a school-sponsored student activity after the end of the school day.

Beverages sales that do not comply with the nutritional standards in law may be permitted at an intermediate school as part of a school event under the following circumstances: (Education Code 49431.5)

1. The sale occurs during a school-sponsored event and takes place at the location of the event at least one half hour after the end of the school day.
2. Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.
3. Fundraising that does not take place on the school campus may include the sale of food items that are not subject to the approved District Wellness Policy, but are subject to state and federal regulations.

CLASSROOM ELEMENTARY GUIDELINES; Grades K-6

PARTIES

Parties are defined as fun, recreational classroom activities not associated with the instructional program. There shall be no more than three (3) parties during each school year. Typically, these parties shall be scheduled just prior to the winter recess, during February, and at the conclusion of the school year.

Food at parties may include no more than one food or beverage that does not meet nutrition standards for foods and beverages as defined by state and federal regulations. Parties should occur after the lunch period. Parents and teachers are encouraged to utilize District Food Services for assistance in planning or catering parties to ensure food safety and adherence to nutrition guidelines. Nutritious beverages and foods are defined by state and federal regulations as the following:

- Beverages:
Any one or more of the guidelines below apply to any individual beverage item:

Fruit-based drinks, no less than 50% fruit juice and no added sweetener
Vegetable-based drinks, no less than 50% vegetable juices and no added sweetener
Drinking water, no added sweetener
2% fat milk, 1% fat milk, non-fat milk, soy milk, rice milk, etc.

- Food

All of the guidelines below apply to any individual item of food:

- Not to contain more than 30% fat
- Not to contain more than 10% saturated fat
- Not to contain more than 35% sugar
- Not to contain more than 175 calories per item

CELEBRATIONS

Celebrations are defined as an individual recognition of a special event, such as a birthday or a student accomplishment.

Celebrations may not include food items, must have advance approval by the classroom teacher or school principal, and should be scheduled during non-instructional time whenever possible. Alternative suggestions for recognition are distribution of school or art supplies; the opportunity to read a favorite book to the class; a greeting card (purchased by parent) signed by the school administration, teacher or classmates; a donation to the classroom, i.e., games, balls, jump ropes, books; or other non-food items or activities.

SCHOOL-WIDE RECOGNIZED EVENTS

School-wide events are defined as an event during the school day in which all or most students may participate, i.e., Jog-a-Thon or Field Trip Day, or a recognition ceremony for selected students.

Food and beverages offered or sold at school-wide events shall meet the nutrition standards for meals or individually packaged foods or beverages outlined in SB 12 regulations.

SECONDARY GUIDELINES; Grades 7-12

CLASS PARTIES/CELEBRATIONS;

The number of class parties and celebrations shall be limited to three (3) per year. Teachers at the secondary level are encouraged to work together to monitor the number of and frequency of class parties and celebrations.

COMPANY SPONSORSHIPS AND/OR ADVERTISEMENTS;

Company sponsorships and/or advertisements are allowed and their logos may be displayed. However, whenever a specific product(s) are highlighted, only nutritious foods and beverages that meet the state and federal regulations stated in SB12 (see appendix B), may be advertised. Example; soft drink corporation logo or name may be displayed showing support for a specific team, but the display may not encourage or advocate the consumption of the non-approved soft drink in the writing used on the poster. Example; A phrase

such as, "Drink soft drink Y", would not be allowed if "soft drink Y" did not meet the state and federal guidelines outlined in SB12.

STUDENT NUTRITION EDUCATION

The goal of nutrition education shall be to teach, encourage, and support healthy eating by students for the reason that promoting student health and nutrition will enhance readiness for learning and increase student achievement.

Santa Ana Unified School District shall follow sequential and comprehensive health education curriculum standards and guidelines as stated by the California State Department of Education.

Students in pre-kindergarten through grade 12 shall receive age appropriate and behavior focused nutrition education that is interactive and teaches the skills they need to adopt healthy behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

The staff responsible for providing nutrition education shall be trained, prepared, and shall participate in professional development. Resources shall be available to teachers through the District's website.

Nutrition education shall be offered in the school cafeteria and in the classroom, with coordination between school food service staff and teachers. In addition, they may display posters, videos, websites, etc. on nutrition topics.

The nutrition education programs shall include interactive activities such as contests, promotions, taste testing, field trips, and school gardens.

STUDENT PHYSICAL EDUCATION

Physical Education shall be taught in accordance with California Physical Education Code, California Code of Regulations and Statutes, and California content standards that pertain to physical education.

Instruction in physical education shall be provided for a total period of time not less than 200 minutes each ten (10) school days for student in grades 1-6 and not less than 400 minutes each ten (10) school days for students in grades 7-12 (Ed Code 51210, 51222)

- Lesson content should be age appropriate and consistent with District and State physical education standards.

- Over the course of study, all five (5) California Standards for Physical Education are addressed in grades K-8 and include all three (3) standards for high school.
- Each lesson shall be conducted so that individual students are actively participating in skill or fitness development activities for at least 50% of the lesson.
- The state legal class size for the grade level shall be maintained during physical education instruction.
- The Principal, formally and informally, observes physical education instruction at least three (3) times per month to make certain that all students are moderately to vigorously, active at least 50% during the lesson time.

State Regulation Education Code 5124(b)(1) or (c) states that students in Grades 10-12 who are exempted from physical education shall not be permitted to attend fewer total hours of courses and classes than they would have attended if enrolled in a physical education course. Students in a regional occupational program or center who are exempted from physical education, pursuant to Education Code 52316, shall have a minimum school day of 180 minutes. (Education Code 51241, 52316)

CURRICULUM

It is the intention of the Board to follow all applicability Education Codes and Regulations set forth by the California Department of Education, including the requirements for course content and minutes of instruction.

The District provides elementary classroom teachers with a sequential course of study that addresses all standards through a variety of content areas such as EPIC, CATCH, SPARK, OCDE Physical Education Lesson Plans, or other evidence based curriculum.

Teachers shall participate in six (6) hours of staff development annually that renews their knowledge of physical education content standards and methods for teaching and assessing movement skills of students with diverse abilities.

MATERIALS AND FACILITIES

The District shall provide funds to purchase and annually replenish the basic set of physical education equipment required to make use of curriculum. The amount of equipment to be purchased shall be relative to the number of students at the school sites.

The equipment shall be centrally stored with a system for all teachers to conveniently access (and return) for direct instruction.

The District shall ensure use of courts and turf is scheduled equitably among all grade levels and a master schedule shall be posted at all times.

The District maintains facilities to ensure that physical education instruction takes place in a safe environment. Repair, shall be made in a timely manner for student safety. Examples: Holes in the turf are filled, asphalt is sealed to prevent falls on loose gravel.

FITNESS/PERFORMANCE TESTING

Physical fitness test results shall be used for goal setting by students and not for grading purposes. School and class results, along with other data, shall be used for program evaluation. Students in physical education classes shall be assessed by the content standards adopted by SBE 1/12/05.

Preparation for physical fitness testing shall occur in all grades.

During the months of February, March or April, students in 5th, 7th, and 9th grades shall undergo the physical performance testing designated by the State Board of Education, which may include the Presidential Fitness Test*. Students with a physical disability, and/or students who are physically unable to take the entire test, shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

* Presidential Physical Fitness Test: For decades, the Presidential Physical Fitness Test has served as a strong incentive for promoting fitness through its award program. The Presidential Test correlates closely to the items tested in the State mandated physical performance test (California Fitness-gram). Teachers are encouraged to conduct both tests concurrently because they overlap and the Presidential test provides incentive awards.

Teachers administering the fitness tests shall be trained in the Fitness-gram Test procedures.

Students shall be provided with their individual results after completing physical performance testing. Test results may be provided orally as students complete the testing (Education Code 60800 as amended by SB 78 (Ch. 459, Statutes of 2003)).

Students shall be offered all options within Fitness-gram to maximize student success. Scores shall be maintained in his/her cumulative record.