

SEELEY UNION ELEMENTARY SCHOOL DISTRICT

Board Policy No. 5055: Wellness Policy

In accordance with the Child Nutrition and WIC Reauthorization Act of 2004, the Seeley Union Elementary School District Wellness Policy, which promotes and protects children's health, wellbeing, and ability, to learn by supporting healthy eating and physical activities is hereby adopted.

A. Wellness Goals

Nutrition Education

1. Classroom Instruction - All K-8 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition will be emphasized. These nutritional themes include but are not limited to:
 - a. Knowledge of the Food Guide Pyramid
 - b. Healthy heart choices
 - c. Diet and disease
 - d. Food labels
 - e. Healthy diet
 - f. Food safety/sanitation
 - g. Serving sizes
2. Bulletin Boards - At least one bulletin board in each eating area will be devoted to nutrition education.
3. Menus - Menus will be posted and made available to parents. Nutritional information is available upon request.
4. Healthy Snacks – The District Office will provide parents and schools a list of suggested food that meet the district’s snack standards and ideas for healthy celebrations, parties, and rewards.
5. Instructional Materials – Classroom instructional materials received through the federally funded Team Nutrition Program will be disseminated to the classrooms if/when they are received.

Physical Activity

1. Physical Education - All students in grades K- 8, including students with disabilities, special health-care needs will receive a minimum of 200 minutes every 10 school days for the entire school year, unless otherwise specified in the students IEP or 504 plan. (ED Code 51223)
2. Daily Recess - All students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which time the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Adopted by the Board: February 9th, 2010

3. Physical Activity Opportunities Before and After School - Junior High students have access to extracurricular physical activity programs, such as physical activity clubs or intramural programs after school. The school offers 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. All students may enter the campus at 7:45AM for the purpose of supervised play on the athletic fields and courts prior to the commencement of class instruction.

B. Policies – All Available Foods and Beverages on Campus

1. Student Stores and Fund Raisers on Campus - All food and beverage sales on district campuses must comply with all federal, state and local regulations. The school will not maintain any vending machines accessible to students unless specifically authorized by the governing board. Any such sales shall comply with applicable state and federal guidelines.

The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.

2. The District will disseminate a Procedural Bulletin outlining federal, state and local regulations regarding foods and beverages sold or served on campus. This bulletin will be updated as needed to address changes in regulations.
3. The District will maintain and distribute a list of suggested foods and beverages approved for sale on district campuses. All foods and beverages sold or served on district property during school hours (including 30 minutes before and 30 minutes after the school day) must be from the approved list (items may be added to the list with approval from Administration).
4. Food and beverage sales on campus may not be conducted in competition with the District's School Lunch Program. All such sales must be pre-approved by administration and take place after the lunch period is complete.
5. Rewards – Foods of minimal nutritional value, as defined by the United States Department of Agriculture will not be offered as incentives or rewards.
6. Celebrations/Parties – With the exception of 3 (three) pre-approved parties per class and 3 (three) school-based (principal parties) per year, all foods and beverages offered as part of an on-campus celebration (dances, carnivals etc.) must comply with all federal, state and local regulations. On field trips or other off-campus events, students will be encouraged to choose healthy snacks and other foods for consumption.

C. National School Lunch Program Nutrition Objectives

Adopted by the Board: February 9th, 2010

1. All meals served to the students will meet the nutritional guidelines as established by the United States Department of Agriculture Food & Nutrition Services.
2. The school will provide students at least 15 minutes to eat after sitting down for lunch.
3. The school will meet safety and sanitation requirements, as required by the USDA.
4. A variety of fresh fruits and vegetables will be offered daily to all students participating in the National School Lunch Program.
5. Lunch is available free/reduced of charge for all students who qualify based on USDA Guidelines.

D. Monitoring and Policy Review

1. Monitoring - The Superintendent or designee will ensure that all aspects of the Wellness Policy are implemented.
2. The district shall post the district's policies and regulations on nutrition and physical activity in public view within the school cafeteria. The District Business Manager shall be responsible for keeping notices up to date.
3. The District Business Manager will ensure compliance with the Seeley Union Elementary School District Wellness Policy where reimbursable meals are served and consumed. The District Business Manager will report on a regular basis this matter to the Superintendent.
4. The District Wellness Committee will develop an annual summary report on district-wide compliance with the Seeley Union Elementary School District Wellness Policy, based on reviews. That report will be provided to the school board, and made available to parents via the School Site Council as well as having copies available in the school office.

E. District Wellness Committee

1. The District Wellness Committee will consist of a group of individuals representing the schools and community, and will include parents, students, and representatives of the school food services department, the school board, school administrators, and teachers. Parents will be included on the committee through their involvement in the School Site Council, Migrant Parent Advisory Council and the District English Learner Advisory Committee. School administrators shall include the Principal, Superintendent, Chief Business Official (CBO), and the Cafeteria Manager. All school employees will be given the opportunity to provide input at any time.
2. The District Wellness Committee will develop, implement, monitor and review the Seeley Union Elementary School District Wellness Policy as necessary. The committee will revise the policy as needed and present the revisions to the School Board for adoption.

3. The Committee will serve as a resource for implementing the Seeley Union Elementary School District's Wellness Policy.

Legal Reference:

Federal Law – Section 204 of the Child Nutrition Act

Senate Bill 19 (Escutia) Chapter 913 (adding to Section 49430 of the Education Code)

Senate Bill 65 (Torkalson), Chapter 458, Statutes of 2003

Senate Bill 677 (Ortiz), Chapter 415 (amending Section 49431 of the Education Code)

Senate Bill 12 Chapter 235 (amending sections 49430,49431, 49433.9 and 49434 and adding to Section 49431.2 of the Education Code)

Senate Bill 965 (amending Section 49431.5 of the Education Code)

Senate Bill 281 (adding to Section 49565 of the Education Code)