



***Wellness Policy
On Physical Activity and Nutrition***

Committee Members:

The following committee members are involved in the development of this policy and its implementation throughout the school year.

- Parents: Dilcia Coto and Ada Mejicanos
- Students: Felix Prado and Chassidy Acevdeo
- School Food Service: Nidya Vazquez
- The Governing Board: Moctesuma Esparza and Hector Orci
- School Administrator: David Calvo
- Physical and Health Education: Anthony Berkenkamp

Setting Nutrition Education Goals

Nutrition. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- (b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

Health Education and Life Skills. Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- (a) The school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- (b) Students shall have access to valid and useful health information and health promotion products and services.
- (c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- (d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Nutrition Education:

- (a) School: The school will put up posters that promote good eating habits and healthy food options. Other information will be available through the school website, flyers and/or school newsletter.
- (b) Students: Nutrition education is included in the classroom as well as the dining room. Students are required to participate in physical education courses offered by credentialed teachers.
- (c) Staff: School staff will attend in-services and/or nutrition trainings.
- (d) Parent: The school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school website or through school flyers. School should encourage parents to pack healthy lunches and snacks. Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials or physical education homework.

Setting Physical Activity Goals

The goals for Physical Education are as follows:

- (a) All students in all grades should experience quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment;
- (b) Provide adequate space to maximize practice opportunities for each child;
- (c) Provide adequate equipment for students to be actively engaged individually, with partners, or in small groups to maximize practice opportunities;
- (d) Ensure physical education class sizes are comparable to class sizes in other subject areas where possible;
- (e) Provide Physical Education Instructional Guides that support a written comprehensive and sequential standards-based physical education curriculum provided for all teachers of physical education for use in their classes;
- (f) Ensure all students in Grade 9 are enrolled in a Physical Education course to participate in the required FITNESSGRAM test (EC 51241). As of July 1, 2010, students in Grade 9 not passing the FITNESSGRAM test will lose the current two-year exemption from physical education and will be placed in subsequent physical education courses with an opportunity to retake the FITNESSGRAM test; and
- (g) Offer extracurricular physical activity programs for students before and after school with physical activity clubs or intramural programs, in a variety of supervised activities.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

School Meals: Meals served through the National School Lunch and Breakfast Program will:

- (a) Be appealing and attractive to children;
- (b) Be served in clean and pleasant setting;
- (c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; and
- (d) Serve only low-fat (1%) white, chocolate, or strawberry milk.

Vending Machines (Beverage machine with No Student Access)

- (a) Beverage vending machines in faculty/staff areas at school and school sites shall include water and 100% fruit juice.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Staff Wellness. The school shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

- (a) The school site shall be in compliance with drug, alcohol and tobacco free policies.
- (b) The school site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- (c) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

Setting Goals for Measurement and Evaluation

The designee will ensure compliance with established nutrition and physical activity wellness policies and will report on the schools compliance to the school principal.

School food service staff, will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the school principal. In accordance with the Department of Education, Food and Nutrition Department, an SMI review will be done once every five years and will report all findings and resulting changes to the school.

To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies, and revise the policies and develop work plans to facilitate their implementation every three years.

All records and activity log will be collected for each physical and nutritional activity and stored at the school site in order to ensure that all activities are documented and complied with, using the current wellness policy.

Prohibited Substances

Tobacco

While under school jurisdiction, students shall be prohibited at all times from smoking or having tobacco in any form in their possession.

Alcoholic Beverages, Narcotics, Illegal Drugs, and/or Prohibited Substances

Possession of controlled substances, by any student while on school property or in attendance at a school function is prohibited. Student possession of or being under the influence of alcoholic beverages, and/or hallucinogenic drugs or combinations of drugs or substances that have hallucinatory effects, marijuana, or under the influence of glue or other drugs, or combinations of drugs or drug paraphernalia expressly prohibited by federal, state, or local laws, including prohibited substances which shall include those substances possessed, sold, and/or used that are held out to be, or represented to be, controlled substances, illegal substances, or counterfeit in any respect illegal or controlled substances, at any school function or on school property may be grounds for expulsion recommendation and referral to proper law enforcement agencies.

Possession of prescription drugs, or any over-the-counter medication, not specifically ordered for the student by a physician or the student's parent or guardian while the student is at any school function or on school property is grounds for disciplinary action which may include suspension, recommendation for expulsion and referral to proper law enforcement agencies.