

PVUSD – WELLNESS POLICY

BP 5030 (approved 7/2018)

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BOARD POLICY**

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INTRO TO PVUSD WELLNESS POLICY

The Board of Education seeks to create school communities that promote the development of healthy human beings through the implementation of a comprehensive wellness policy designed to (1) promote overall student wellness using the eight components of coordinated school health, (2) promote healthy nutrition and physical activity, and (3) reduce childhood obesity and diet-related diseases.

The coordinated school health approach can help reduce the negative impact of acute and chronic health conditions on student attendance and performance. This approach provides a system designed to address the needs of the whole child by effectively connecting health with education. This coordinated approach provides the framework for families, communities, and schools to work together to improve students' health and their capacity to learn. Each component of the coordinated school health approach makes a unique contribution while complementing the other components, ultimately creating a whole that is greater than the sum of its parts. The eight components include Nutrition Services, Physical Education, Counseling/Psychological/Social Services, Health Services, Health Education, A Healthy and Safe School Environment, Family/Community Involvement, and Health Promotions for Staff.

Representatives of the eight components of coordinated health shall be involved in the development of the Board's policy related to student wellness. These may include parents/guardians, school foodservice professionals, school administrators, members of the school board, school nurses, health and physical educators, and other teachers and/or community members interested in school health issues.

The following guidelines provide a framework to improve health and wellness of district students and the community.

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NUTRITION

A. Nutrition Guidelines for Foods Available at Schools

a.) School Meals

The District shall ensure that all PVUSD students have access to nutritious meals while in school, throughout the school year, and via the summer meal program. The District shall make every effort to ensure that all the PVUSD students have access to nutritious school breakfasts and after school snacks. The District shall make every effort to ensure that all eligible PVUSD students are enrolled in the free/reduced meal program.

In order to maximize the District's ability to provide nutritious meals and snacks and enhance student participation in school meal programs, all district schools shall participate in, promote, and educate parents/guardians on available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

To maximize student utilization of these programs and ensure that no student goes hungry, the district will explore available USDA waivers allowing the feeding of all children for free and apply for these waivers if the percentage of free and reduced qualifying students makes the program cost effective.

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

School meals will offer food that is appealing and attractive to children in appropriate portion sizes. Meals will be offered in clean and pleasant settings that provide a calm environment for students and staff and adequate time for unhurried eating. Food and Nutrition Services will use Smarter Lunchrooms Movement tools and strategies to encourage healthy eating for students. Meal accommodations shall be provided when appropriate.

Schools will serve enjoyable, culturally-appropriate food that will reflect the diversity of the student body. Menus will include fresh foods, lean proteins, less sugary options, and offer choice and variety.

Charter schools that participate in the National School Lunch Program and childcare sites that participate in Child and Adult Care Feeding Program will adhere to the nutrition guidelines set forth in this policy.

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The Superintendent or designee shall encourage school sites to work with the Food and Nutrition Services Department to coordinate recycling and composting inside and out of the cafeteria when possible.

The District and the Food and Nutrition Services Department shall work together with community organizations, farmers, and businesses to maintain a Farm to School program.

b.) Fruits and Vegetables

A variety of fresh fruits and vegetables from school gardens and local farms will be used in the school meal program and nutrition education activities as much as possible. The Food and Nutrition Services Department will strive to establish relationships with local farms and farmers' markets. The Food and Nutrition Services Department will source at least 40% or more of fresh produce used for meals from local farms, through farmer direct purchasing and/or distribution companies. Local farms are defined as existing within 250 miles from the District.

c.) Water

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area. This District shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

d.) Food and Drinks Sold on Campus **During the School Day**

(Midnight to 30 minutes after end of school day)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

Healthy choices will be encouraged by developing innovative strategies for preparing, presenting, packaging, and marketing nutritious foods. Availability of non-nutritious foods and beverages will be reduced and these foods and beverages will not be advertised as the Board prohibits marketing of non-nutritious food and beverages to students. Only food and beverages that meet state and federal guidelines can be marketed and advertised in schools during the school day.

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(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5148 - Child Care and Development)
(cf. 6300 - Preschool/Early Childhood Education)

No food sales outside of Food and Nutrition Services, including vending machines, fundraisers, and student stores shall take place until after regular school hours, with the exception of:

- Secondary schools may have up to **four** approved days per year of food sales during school hours. All foods sold on these approved days must meet Federal and State regulations.
- Elementary schools may have up **two** approved days per year of food sales during school hours. All foods sold on food days must meet the Federal and State guidelines.
- Food and Nutrition Services will be notified 2 weeks prior to any sales taking place.

All food items sold to students on campus during the school day must be purchased from a retail food store or a restaurant that can list and/or provide ingredient information and confirm nutrition fact information.

Foods shall not be sold on District school premises by outside commercial food vendors except on approved sales days. The profits from all food sales, including vending machines that sell approved food and drinks, must benefit the school, the school food service program, or the student groups sponsoring the sales.

When unpackaged food items are being sold there must at least be one person present at the sale that holds a valid food safety certificate.

School sponsored vending machines will not be available to students during the school day.

The Principal shall encourage school sponsored organizations and groups to use healthy food items or non-food strategies for fundraising purposes.

The Principal shall ensure that all federal, state, and local nutrition guidelines regarding fundraising during the school day are being followed.

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District approved curriculum and classes that include food preparation and sales will work with the Food and Nutrition Services Department to ensure that regulations and food safety laws are being followed.

e.) Food and Drinks Sold on Campus **Outside** of the School Day
(From 30 minutes after end of school day or all non-school days)

The school shall encourage healthy food and drinks sales at events and activities outside of the school day. Sales should include healthy options like water, fruit, and/or vegetables. Events and/or activities outside the school day might include; dances, performances, athletic activities, award ceremonies, promotions, or athletic snack shacks or concession stands.

f.) Food Rewards

As the general rule, school staff should not use food as a reward or punishment. Instead, staff are encouraged to use non-food items as a reward for students' academic performance, accomplishments, or classroom behavior.

Classroom celebrations for holidays, birthdays, or other events will be limited to one to two times per month. Food at these monthly celebrations shall include healthy food choices. Parties shall take place after the school lunch period.

Food items such as candy, soda, chips, or other items high in sugar or fat are discouraged. Lists of recommended food for events will be distributed to administration, departments, principals, school staff, parents, and students.

Parents and all school community members will be encouraged to support the district nutrition policy by sending only food, whether for either individual consumption, for class consumption, or for other on-campus activities, that is in accordance with the district policy.

B. Nutrition Education Policy

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and before- and after-school programs.

(cf. 6142.8 - Comprehensive Health Education)

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The District's nutrition education and physical education programs shall be based on research, consistent with the mandates established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The Food and Nutrition Services Department shall ensure that the food service areas display posters and information promoting healthy eating and physical activity.

a) Curriculum

The District shall encourage the implementation of comprehensive, grade level appropriate, standards-based nutrition/garden curriculum in all schools throughout the district which reflects NGSS and common core standards.

The District shall encourage such activities as the development of organic school gardens, utilization of fruits and vegetables grown at the schools in cafeteria programs, cooking classes, and healthy food taste-test sessions. Whenever applicable, such activities should be integrated with other classroom subject areas, such as, language arts, math, physical education, art, science, and social sciences.

The District shall also encourage farm-to-school programs including, but not limited to, field trips to farms and farmers' markets.

The District shall work with outside agencies to support nutrition education as part of its curriculum.

The District's nutrition curriculum shall utilize available materials and service learning to examine the root causes of hunger and food insecurity in our community.

The District will develop partnerships between schools and organizations offering programs on good nutrition and healthy lifestyles.

b) Parental Support

School sites shall work in collaboration with community partners to involve parents/guardians in good nutrition activities by connecting parents to community food, gardening resources, local nonprofits, and providing nutrition education.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian

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meetings, the District or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

A. Goals for Physical Education and Physical Activity

The Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity provided by the district.

The Board will provide a physical education program which builds interest and proficiency in movement skills and leads to students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities will teach students how to cooperate in the achievement of common goals.

School staff will be instructed to not require nor deny physical activity as a means of punishment. For example, withholding recess or physical activity or forcing a student to run laps as a punishment.

The District shall work with outside agencies to support physical education as part of its curriculum.

The District will develop partnerships between schools and organizations offering programs on physical activity and healthy lifestyles.

Schools will provide all students in grades K-12 the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities.

Physical activity refers to being physically active and may include structured activity (games, sports, etc.), unstructured activity (walking programs, dances, etc.), or opportunities to participate in physical activity in the daily routine.

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Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

B. Minimum Requirements for Physical Education

All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive standards-based physical education instruction as designated (Education Code 51210, 51222, and 51223).

- A minimum of 200 minutes for every 10 school days for elementary students in grades 1-6.
- A minimum of 400 minutes for every 10 school days for middle/ junior high school and high school students in grades 7-12.

High school physical education course content will include each of the following areas: (1) effects of physical activity on dynamic health; (2) mechanics of body movement; (3) aquatics; (4) gymnastics and tumbling; (5) individual and dual sports; (6) rhythm and dance; (7) team sports; and (8) combatives. (CCR Title 5, Section 10060)

The Board shall approve the components of the physical education program. An appropriate alternative physical activity shall be provided for students with known limitations or medical needs.

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SCHOOL HEALTH AND SAFETY

A. Counseling, Psychological, and Social Services

The District shall partner with programs to provide counseling services to their students. All schools shall provide professionals qualified to provide student counseling services to promote social and emotional well-being. For students attending secondary schools, counseling services for substance abuse and other social-emotional concerns shall be provided.

B. Health Services

The District shall provide the services of school nurses to conduct health assessments, screenings, etc. The District shall support collaboration between school health services and other community-based support services as a means to increase students' and their families' access to quality health care.

School nurses and health assistants shall also provide referrals to other appropriate health service professionals in order to best serve students needing additional health-related services.

C. Health Education

The District shall provide K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum should motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The comprehensive health education curriculum should include a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease and substance use and abuse.

D. Healthy and Safe School Environment

The District shall promote and preserve school environments that are emotionally and physically safe. This includes the presence of caring adults trained in behavior management, cultural sensitivity, and violence and bullying intervention. Tolerance for diverse abilities, ethnicities, language preference, socio-economic status, and gender identity will be encouraged and supported. Efforts will be made to maintain school properties in a safe, clean, and functional condition.

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FAMILY, COMMUNITY, AND STAFF INVOLVEMENT

A. Family/Community Involvement

The District shall actively promote the fitness, safety, and overall health of students through collaborating with community organizations to provide additional quality educational programs. Families shall also be encouraged to participate and engage in such programs along with their students.

The District shall support student means of active transportation such as biking, walking, and skating to and from school in order to increase physical activity outside of the school day. School will be encouraged to promote and market health-related activities such as a bike to school day.

B. Health Promotions for Staff

School staff members serve as role models to students and have the opportunity to advocate the principles set up within the Wellness Policy. Therefore, the District shall utilize various ways to support staff in promoting healthy eating and physical activity behaviors.

The District shall promote opportunities for staff members to participate in health promotion programs. When feasible, the District will offer professional development opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

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WELLNESS POLICY IMPLEMENTATION AND ASSESSMENT

A. Implementation

The District and/or individual schools within the District will create, strengthen, or work within existing school wellness councils to develop, implement, monitor, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. The District and/or individual schools will notify households on an annual basis of the wellness policy and any updates.

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within the school office, cafeterias and/or in other central eating areas. (Education Code 49432)

School principals shall ensure that food and beverage items sold to students outside of the Food and Nutrition Services Department meet all federal, state and local nutrition guidelines, including school sponsored vending machines, competitive food sale days and that the District adopted course of study for K12 physical education will be implemented and other District approved physical education programs will be provided.

The director of Food and Nutrition Services shall ensure that all federal, state, and local laws and regulations regarding child nutrition programs are strictly enforced.

The Superintendent or designee shall ensure that goals for nutrition education, physical education and physical activity, and other school based activities, designed to promote student wellness, are achieved.

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

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B. Assessment

The Board shall establish a plan for conducting a compliance assessment of the policy. Assessment shall be done every three years. The Superintendent shall designate one person within the District and the school site principal to be charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. These designees are ultimately responsible for assuring the wellness policy compliance of their respective schools. (42 USC 1751)

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 needy students

49565-49565.8 California Fresh Start pilot program

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 needy 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: CSBA

POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005 CSBA

PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

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School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)
PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition

Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):
<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

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STUDENT WELLNESS

- A. Definitions for Elementary, Middle and High Schools
- B. Elementary Schools Food Restrictions
- C. Elementary Schools Beverage Restrictions
- D. Middle and High Schools Food Restrictions
- E. Middle and High Schools Beverage Restrictions
- F. Records
- G. Physical Education

A. Definitions for Elementary, Middle and High Schools:

Competitive Foods: All food and drinks sold at schools that are not part of the federal school meals program.

Sold: The exchange of food or beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

School Hours: From midnight to 30 minutes after the school day.

School Day: The end of regular school day. Unless the school has an extended learning program, then the end of the extending learning program day.

Compliant Food or Beverages: Food and beverage items that meet the nutritional requirements.

B. Elementary Schools Food Restrictions

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

Food and beverages sold to students at school on the two approved sale days must meet the requirements below.

An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

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Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

1. MUST meet ONE of the following general food standards:

- a. Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- b. Be a combination food containing at least ¼ cup fruit or vegetable

AND

2. MUST meet the following nutrition standards:

- a. ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried veggies, seafood), **and**
- b. < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, dried fruit and nut/seed combo), **and**
- c. ≤ 35% sugar by weight (except fruit**, non-fried veggies, dried Fruit and nut/seed combo), **and**
- d. < 0.5 grams trans fat per serving (no exceptions), **and**
- e. ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- f. ≤ 200 calories per item/container (no exceptions)

Paired foods:

If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

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Non-compliant foods may be sold from one-half hour after school through midnight.

School sites shall keep records of food and beverage items sold to students by all groups or individuals during the school day. These records shall include: date and time of sale, groups selling the food or beverage item, list of ingredients for the item being sold and nutrition facts information for the items being sold.

School sites found in violation of the regulations to the effect of causing fiscal action to the Food and Nutrition Services Department shall reimburse the Food and Nutrition Services Department the amount of the penalty.

C. Elementary Schools Beverage Restrictions

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water, AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:

- a. \geq 50% juice **and**
- b. No added sweeteners
- c. \leq 8 fl. oz. serving size

2. Milk:

- a. Cow's or goat's milk, **and**
- b. 1% (unflavored), nonfat (flavored, unflavored), **and**
- c. Contains Vitamins A & D, **and**
- d. \geq 25% of the calcium Daily Value per 8 fl. oz, **and**
- e. \leq 28 grams of total sugar per 8 fl. oz.
- f. \leq 8 fl. oz. serving size

3. Non-dairy milk:

- a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - \geq 276 mg calcium

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- \geq 8 g protein
 - \geq 500 IU Vit A
 - \geq 100 IU Vit D
 - \geq 24 mg magnesium
 - \geq 222 mg phosphorus
 - \geq 349 mg potassium
 - \geq 0.44 mg riboflavin
 - \geq 1.1 mcg Vit B12, **and**
- b. \leq 28 grams of total sugar per 8 fl. oz, **and**
- c. \leq 5 grams fat per 8 fl. oz.
- d. \leq 8 fl. oz. serving size
4. Water:
- a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

Electrolyte Replacement Beverages are not allowed for sale at an Elementary School during the school day.

Non-compliant beverages may be sold from one-half hour after school through midnight.

School sites shall keep records of food and beverage items sold to students by all groups or individuals during the school day. These records shall include: date and time of sale, groups selling the food or beverage item, list of ingredients for the item being sold and nutrition facts information for the items being sold.

School sites found in violation of the regulations to the effect of causing fiscal action to the Food and Nutrition Services Department shall reimburse the Food and Nutrition Services Department the amount of the penalty.

D. Middle and High Schools Food Restrictions

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

Food and beverages sold to students at school on the four approved sale days must meet the requirements below.

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A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods:

“Snack” foods MUST meet ONE of the following general food standards:

Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or

Be a combination food containing at least ¼ cup fruit or vegetable

AND

MUST meet the following nutrition standards:

- a. ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried veggies, seafood), **and**
- b. < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part-skim mozzarella, dried fruit and nut/seed combo), **and**
- c. ≤ 35% sugar by weight (except fruit**, non-fried veggies, dried fruit and nut/seed combo), **and**
- d. < 0.5 grams trans fat per serving (no exceptions), **and**
- e. ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- f. ≤ 200 calories per item/container (no exceptions)

Paired foods:

If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

“Entrée” food items must be intended as the main dish and be a:

- a. Meat/meat alternate and whole grain rich food; **or**
- b. Meat/meat alternate and fruit or non-fried vegetable; **or**
- c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

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A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories, **and**
- b. ≤ 35% calories from fat
- c. < 0.5 grams trans-fat per serving

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- a. Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- b. Be a combination food containing at least ¼ cup fruit or vegetable

And meet the following nutrition standards:

- a. ≤ 35% calories from fat, **and**
- c. < 10% calories from saturated fat, **and**
- d. ≤ 35% sugar by weight, **and**
- e. < 0.5 grams trans-fat per serving, **and**
- f. ≤ 480 milligrams sodium, **and**
- g. ≤ 350 calories

* A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

Non-compliant foods may be sold from one-half hour after school through midnight.

School sites shall keep records of food and beverage items sold to students by all groups or individuals during the school day. These records shall include: date and time of sale, groups selling the food or beverage item, list of ingredients for the item being sold and nutrition facts information for the items being sold.

School sites found in violation of the regulations to the effect of causing fiscal action to the Food and Nutrition Services Department shall reimburse the Food and Nutrition Services Department the amount of the penalty.

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E. Middle and High Schools Beverage Restrictions

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice **and**
 - b. No added sweeteners
 - c. \leq 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz, **and**
 - e. \leq 28 grams of total sugar per 8 fl. oz.
 - f. \leq 12 fl. oz. serving size
3. Non-Dairy Milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
 - b. \leq 28 grams of total sugar per 8 fl. oz, **and**
 - c. \leq 5 grams fat per 8 fl. oz.
 - d. \leq 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY):
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/8 fl. oz.
 - c. \leq 5 calories /8 fl. oz. (no calorie) or \leq 40 calories /8 fl. oz.

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- (low calorie)
- d. 10-150 mg sodium /8 fl. oz.
- e. 10-90 mg potassium /8 fl. oz.
- f. No added caffeine
- g. ≤ 20 fl. oz. serving size (no calorie) or ≤ 12 fl. oz. serving size (low calorie)

6. Flavored Water (High Schools Only)

- a. ≤ 5 calories /8 fl. oz. (no calorie) or ≤ 40 calories /8 fl. oz. (low calorie)
- b. No added sweetener
- c. No added caffeine
- d. ≤ 20 fl. oz. serving size (no calorie) or ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

Electrolyte Replacement Beverages are not allowed for sale at a Middle School during the school day.

Non-compliant beverages may be sold from one-half hour after school through midnight.

School sites shall keep records of food and beverage items sold to students by all groups or individuals during the school day. These records shall include: date and time of sale, groups selling the food or beverage item, list of ingredients for the item being sold and nutrition facts information for the items being sold.

School sites found in violation of the regulations to the effect of causing fiscal action to the Food and Nutrition Services Department shall reimburse the Food and Nutrition Services Department the amount of the penalty.

F. Records

School sites shall keep records of food and beverage items sold to students by all groups or individuals during the school day. These records shall include, date and time of sale, groups selling the food or beverage item, list of ingredients for the item being sold and nutrition facts information for the items being sold.

G. Physical Education

Instruction in physical education shall be provided for a total period of time not less than 200 minutes each 10 school days for elementary school students in grade 1 through 6, and not

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less than 400 minutes each 10 school days for middle/junior high school and high school students in grade 7 through 12. (Education Code 51210, 51222)

During the month of February, March, April, or May, students in Grade 5, Grade 7, and Grade 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to complete the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

1. Curriculum and Instruction

The District's physical education program shall be based on research consistent with the expectations established in the State's curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The district's physical education program will incorporate the following:

- Full inclusion of all students
- At least 50 percent of instructional time spent in moderate-to-vigorous physical activity
- Maximum participation and ample practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out-of-school assignments that support learning and the practice of learned skills
- Appropriate discipline and class management
- Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
- Instruction of fitness components and assessment to help students understand, improve, and/or maintain a healthy level of fitness
- Development of cognitive concepts about motor skill and fitness

2. Professional Development

Teachers assigned to deliver physical education instruction will receive professional development related to curriculum, instruction, and assessment in physical education. Professional development shall include a focus on instructional strategies that assess health

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knowledge and skills and promote healthy behaviors. Teachers who are credentialed in physical education and assigned to teach physical education classes will receive focused on-going professional development.

The Superintendent or designee shall encourage staff to serve as positive, physically active role models. He/She shall promote and may provide opportunities for regular physical activity among employees.

3. Goals for Student Learning

The CDE's *2005 Physical Education Model Content Standards for California Public Schools: K Through Grade 12* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching standards for a district physical education program are:

- Demonstrate motor skills and movement patterns to perform a variety of physical activities
- Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities
- Assess and maintain a level of physical fitness to improve health and performance
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance
- Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to the positive outcomes associated with learning and performing physical activities.

4. Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate-to vigorous physical activity, including the provision of space and equipment.

School staff will be instructed to not require nor deny physical activity as a means of punishment. For example, withholding recess or physical activity or forcing a student to run laps as a punishment.

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5. Integrating Physical Activity into the Classroom

It is recommended that schools encourage physical activity breaks if students are inactive for extended periods (i.e. periods of two or more hours).

6. Opportunities for Physical Activity Before and After School

It is recommended that schools will offer a range of activities that meet the needs, interests, and abilities of all students. When possible, all schools will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. High schools and middle schools should offer interscholastic and intramural sports programs when possible.