

# Baker Valley USO Wellness Policy

Local Wellness Policy for Baker Valley Unified School District

The Baker Valley USO is committed to creating a healthy School environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

## **Nutrition Education**

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the California Health Education Content Standards and Benchmarks. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

Staff members who provide nutrition education shall have the appropriate training.

## **Nutrition Standards**

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The district superintendent shall continually evaluate vending policies and contracts. Vending contract that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

## **Physical Education and Physical Activity Opportunities**

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the California Physical Education Content Standards and Benchmarks.

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

The district superintendent shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

### **Model Local Administrative Rules Regarding Baker Valley USD's Local Wellness Policy**

In order to enact and enforce Baker Valley USD's Local Wellness Policy, the superintendent and the administrative team will have developed these local administrative rules. Administrative team members should be comprised of teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Baker Valley USD's Local Wellness Policy and these local administrative

The superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration
- Counseling/psychological/and social services
- Food services
- Health education
- Health services
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team)

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- 1. Self respect.
- 2. Respect for others.
- 3. Health eating.
- 4. Physical activity

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Baker Valley Unified School District Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Milan Stijepovic  
72100 School House Lane  
(760) 733-4567  
(760) 733-4605 (Fax)

Students, staff, community will be informed about the Local Wellness Policy annually.

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the district. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:

#### *Curriculum:*

- Has a curriculum aligned with California Health Education Content Standards and Benchmarks.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition.

#### *Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds student's confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teacher of healthy diets."

### *Opportunity to Learn*

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be available to parents and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, posting on the District website.

### **Nutrition Standards**

The District shall offer school meal programs with menus meeting patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with District's policy of promoting a healthy school environment shall be discouraged.

The District shall offer and promote the following food and beverage in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.

- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A). The District shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix B.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C).

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D). (Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, see Appendix E. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. The District shall implement a quality physical education program that addresses the following:

#### *Curriculum:*

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *California Physical Education Content Standards and Benchmarks*.
  - Influences personal and social skill development.

#### *Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.

- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice
- Physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

*Opportunity to Learn:*

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
- Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports.

Physical activity opportunities might include:

- before- and after-school extracurricular physical activity programs and use of school facilities outside of school hours

**Other School-Based Activities Designed to Promote Student Wellness**  
The District shall strive to create a healthy school environment that promotes

healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

*Dining Environment*

- The school district shall provide:
- a clean, safe, enjoyable meal environment for students, enough space and serving areas to ensure all students have access to school meals with minimum wait time,
- drinking fountains in all schools, so that students can get water at meals and throughout the day, encouragement to maximize student participation in school meal programs, and
- identity protection of students who eat free and reduced-price meals.

*Time to Eat*

The school district shall ensure:

- adequate time for students to enjoy eating healthy foods with friends in schools, that lunch time is scheduled as near to the middle of the school day as possible, and that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

*Food or Physical Activity as a Reward or Punishment*

The school district shall:

- prohibit the use of food as a reward or punishment in schools, (see Appendix B),
- prohibit the use of food as a reward or punishment in schools, (see Appendix B),
- not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
- not use physical activity as a punishment, and encourage using physical activity as a reward, such as teacher or principal
- walking or playing with students at recess. (See Appendix F).

*Consistent School Activities and Environment*

The school district shall:

- ensure that all school fundraising efforts support healthy eating and physical activity, (see

Appendix D), provide opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition and physical education.

- make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
- encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks and School Breakfast programs),

### **Implementation and Measurement**

- All employees of the District are encouraged to be a positive healthy lifestyle role model for students. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.



**Local Wellness Policy  
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