

SUNDALE SCHOOL DISTRICT WELLNESS PLAN

To achieve the Sundale School District Wellness Policy:

The district will have a Wellness Committee to engage students, parents, teachers, food service professionals, health professionals, the school board, administrators, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness policy, goals and practices for comprehensive school health. The council's purpose should be to address health issues using a coordinated approach in order to improve student health and wellness.

This plan outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This plan establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day— both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The district establishes and maintains an infrastructure for management, oversight, implementation, communication, and evaluation of the policy and its established goals and objectives. This plan applies to all students, staff, and schools in the district.

I. Introduction and Background Information

On June 30, 2004, President George W. Bush signed Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) to establish a local school wellness policy by July 1, 2006.

- Appendix – Child Nutrition and WIC Reauthorization Act of 2004 In June 2006, the Fulton County Board of Education adopted Policy EEE – Wellness Policy to address the requirements of the Child Nutrition and WIC Reauthorization Act of 2004

- Appendix – Wellness Policy In December 2010, President Barack Obama signed The Healthy, Hunger-Free Kids Act (HHFKA) of 2010. This law required the establishment of national regulations for all foods sold in the breakfast and lunch programs.

- Appendix – Healthy, Hunger-Free Kids Act of 2010 In July 2014, the regulations of HHFKA were expanded to cover the entire school building. This is known as the Smart Snacks Guidelines. In July 2016, the HHFKA finalized the regulations for the Local School Wellness Policy Implementation.

- Appendix – Smart Snacks in School Nutrition Standards

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

As required by law, the Sundale School District Wellness Policy includes:

- Goals for nutrition education and promotion, physical education and activity, and other school-based activities that are designed to promote student wellness;
- Nutrition guidelines for all foods sold during the school day with the objectives of promoting student health;
- Guidelines for reimbursable school meals
- A plan for fostering community involvement and notification, including parents, students, the school board, school administrators, and the public in the development and implementation of the school wellness policy

- A plan for monitoring and measuring implementation of the wellness policy

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II. Whole School, Whole Community, Whole Child: School Level Wellness Council and/or School Level Councils

Whole School, Whole Community, Whole Child (WSCC) is a ten component model created by the Centers for Disease Control and Prevention addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators. The components include the following: Physical Education and Physical Activity; Health Education; Health Services; Counseling, Psychological & Social Services; Social and Emotional School Climate; Physical Environment; Employee Wellness; Community Involvement; Family Engagement; and Nutrition Environment and Services. Schools can modify the model to fit the needs of their school, students, and community.

III. Goal Areas for School Level Wellness Plans

1. Nutrition Education and Promotion
2. Nutrition Guidelines for Foods Available During the School Day
3. Other School-Based Activities that Promote Wellness
4. Physical Education and Physical Activity
5. Public Notification: Communication Engaging Parents, School Board/Administrative Staff and the Community
6. Implementation and Evaluation

The following objectives and standards are outlined for each goal area. The school level wellness committee should comply with the goals of the district wellness policy and choose to implement one or more standards for each goal.

IV. School Wellness Committee

Sundale School District will convene a representative district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district wellness policy. The district must allow parents, students, school nutrition staff, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy. The district wellness council meetings will be announced to the public to receive feedback in the development, implementation, review and any updates to the wellness policy.

District Wellness Committee Leadership 2023-2024

Health and Wellness Coordinator - Linda Allen
Special Services Instructor and, RSP – Whitney Gonzalez
School Counselor – Brooke Espindola
Community Liaison – Renee Farias, Dairy Council
Cafeteria Director - Lezlee Medeiros
Teacher and Parent Member - Elizabeth Nunes
Student Leadership Member – Ella Chandler
Student Leadership Member – Julia Nunes

1. Nutrition Education and Promotion

The district aims to teach, model, encourage, and support healthy eating for all students throughout the school campus. Nutrition education and promotion positively influences lifelong eating behaviors by using evidenced-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Nutrition promotion includes marketing nutritious foods and beverages to students throughout the school campus.

Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students’ eating behaviors and help develop healthy lifestyle practices.

Standards:	Choose All that Apply
<p><u>Educational Reinforcement (Public Involvement)</u> Collaborate with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc. Examples:</p> <ul style="list-style-type: none"> • School wellness committee • PTA/PTO and other parent volunteer’s organizations • Local health departments • Nonprofit health and community organizations 	<p>X</p>

<p><u>Cafeteria Based Nutrition Education and Promotions at the School</u> The school supports coordinated school nutrition programs with cafeteria-based lessons and activities that promote and reinforce healthy school nutrition environments. School Nutrition staff conduct promotions and nutrition activities that include students, staff and community. Examples:</p> <ul style="list-style-type: none"> • School Nutrition staff visit classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans. • Classes visit the cafeteria kitchen for a tour and demonstration on how meals are prepared. • Involve students in planning the school menus. • Display nutrition posters in the cafeteria and distribute nutrition information. • Invite School Nutrition staff to conduct training sessions. 	<p>X</p>
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<ul style="list-style-type: none"> • Presentations and/or information about the School Nutrition Program for students, staff and parents 	
<p><u>Curriculum Content Areas</u> The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.</p>	X
<p><u>Education Links with School</u> Staff provides nutrition education lessons in the classroom and coordinates with the school nutrition manager and teachers. Staff integrates nutrition education with other school health initiatives.</p>	X
<p><u>Marketing on the School Campus Complies with USDA Standards</u> Only food items that meet USDA Smart Snacks in School nutrition standards are marketed on the school campus during the school day</p> <ul style="list-style-type: none"> • Appendix –Smart Snacks 	X

2. Nutrition Guidelines for Foods Available During the School Day

Sundale School District is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Other programs The district operates additional nutrition-related programs and activities, at applicable schools, which includes: Farm to School programs, school gardens. School menus will be posted and will include nutrient content. All school nutrition program menus are created and reviewed. The district is committed to ensure that all food and beverages made available to students on the school campus during the school day supports healthy eating. Food and beverages sold

and served outside of the school nutrition program will meet the USDA Smart Snacks in School nutrition standards. These standards apply at all locations and services that food and beverages are sold to students during the school day, which may include, but are not limited to, a la cart options in cafeterias, vending machines, school stores, and snack or food carts.

Goal/Objective: To provide students with a variety of affordable nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.

Standards:	Choose All that Apply
<p><u>Foods available during the School Day</u></p> <p>School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), California Board of Education, and Sundale School District Board of Education. Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutes.</p>	X
<p><u>Extra Food Sales</u></p> <p>All foods sold in school adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), California Board of Education, and Sundale School District Board of Education.</p> <ul style="list-style-type: none"> • Appendix – Smart Snacks in School Nutrition Standards 	X
<p><u>Vending/Student Stores/Concession Stands</u></p> <p>Schools follow the existing Sundale School District Board Policy (Sales of Food on School Premises) regarding sales of food on school premises.</p>	X

<ul style="list-style-type: none"> • Appendix – Board Policy – Sales of Food on School Premises 	
<p><u>Fundraisers</u></p> <p>Schools follow the existing Sundale School Board of Education fund raising policy/procedures. Standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day (ex. cookie dough, pizza dough, vouchers for food).</p>	X
<p><u>Snacks</u></p> <p>Food provided, but not sold, to students during the school day should meet Smart Snacks in School nutrition standards.</p> <p>This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition.</p> <p>Use of nonfood treats as a reward is encouraged.</p> <p>A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators.</p> <ul style="list-style-type: none"> • Appendix – Recommended List for Healthy Snacks 	X
<p><u>Water</u></p> <p>Unflavored drinking water is available to all students throughout the school day.</p>	X
<p><u>Documentation</u></p> <p>Schools maintain files to document that all items sold within the school meet the Smart Snack requirements. This includes nutrition fact labels and ingredient statements for each item.</p>	X

3. Other School-Based Activities to Promote Wellness

Schools in the District are encouraged to promote health and wellness to all students and staff members. Schools will provide a clean, healthy and safe environment.

Goal/Objective: To provide school-based activities that are designed to promote student and staff wellness.

Standards:	Choose All that Apply
<p><u>Encourage student and staff members to improve their health and wellness through promotions and programs</u></p> <p>Examples of promotions/programs:</p> <ul style="list-style-type: none"> ▪ Introduce wellness programs to staff members ▪ Health screenings <ul style="list-style-type: none"> ▪ Physical activity and fitness ▪ Nutrition education ▪ Tobacco Prevention programs <ul style="list-style-type: none"> ▪ Influenza vaccinations ▪ Stress management in-services/activities ▪ Present health and wellness information at regular staff meetings ▪ Place health information into newsletter articles, brochures and e-mail messages through the new Wellness Committee communication forums. 	X
<p><u>Promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff.</u></p> <p>Examples:</p> <ul style="list-style-type: none"> • Environmental Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting. 	X

<ul style="list-style-type: none"> • Dining areas will be attractive and have sufficient space for seating. • School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students. • Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times. • Water fountains will be available for students to get water throughout the day. • School classrooms will be kept clean and neat. • Schools will have appropriate required safety plans. • Schools will meet the district policy on staff being trained in CPR 	
<p><u>Schedule meal times to provide adequate time for students to enjoy eating healthy foods.</u></p> <p>Students should be allowed a minimum of 20 minutes to eat after sitting down for lunch. Lunch should be scheduled between 10:00AM and 2:00PM daily. Schools should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities.</p>	X
<p><u>Food Safety</u></p> <p>All foods not prepared by trained district school nutrition staff on campus and made available to students, should be purchased from a reputable commercial establishment to ensure the safety of students. This does not pertain to an individual student’s lunch from home. Schools discourage students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies</p>	X

and other dietary restrictions. Each food preparation site is represented by at least one person credentialed in food safety. All food handlers and foods available on campus adhere to food safety standards. Sanitation deficiencies cited on local inspections are corrected immediately, including facility deficiencies.	
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4. Physical Education and Physical Activity

Children should participate in 200 minutes of physical activity, every 10 school days. A substantial percentage of students’ daily physical activity requirements can be met through comprehensive school-based physical activity programs. The district will provide students with physical education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

Goal/Objective: To provide students with opportunities for a quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Standards:	Choose All that Apply
<p><u>Sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-8. (Health-related fitness focuses on activities that promote a healthy lifestyle).</u> Elementary: Each school containing any grade K-8 shall provide a minimum of 200 minutes of instruction every 10 days, at each grade level K-6 in health and physical education. 400 minutes grades 7-8. Extended periods of inactivity should be discouraged. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students should have periodic “brain breaks,” where they are encouraged to stand up and be moderately active.</p>	X

<u>Daily physical activity will be available for students in grades K-8.</u>	X
<u>The School is encouraged to provide physical activity opportunities before and after-school for students in grades 6-8.</u>	X
<u>Recess is available for all elementary age children for at least 15 minutes on all or most days during the school year. Recess will compliment, not replace, physical education class</u>	X

5. Public Notification: Communication Engaging Parents, School Board/ Administrative Staff and the Community

Sundale School District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Goal/Objective: To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.

Standards:	Choose All that Apply
<u>Public Notification</u> The Wellness Committee will use electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.	X

<p><u>Promote messages in school communications that exemplify:</u></p> <ul style="list-style-type: none"> • Healthy foods taste good and are good for you • Fitness is fun • Healthier students are smarter students • Our school provides healthy foods for our students and staff • Our school promotes healthy lifestyles • Healthier lifestyles enable school employees to be happier and more productive 	X
<p><u>Engage parents through activities that promote healthier lifestyles</u></p> <p>Examples:</p> <ul style="list-style-type: none"> • PTO/parent activity nights • School, charity and foundation fun runs, walks, fund raisers • Healthy eating workshops for parents • Post nutrition tips on the school website and Cafeteria boards • Send home nutrition information with children • Share information about local active events and/or education, through the website or take-home materials. • Assign student work that prompts family discussion on healthy habits. 	X
<p><u>Establish partnerships with community organizations and make outreach to groups that support the school’s wellness goals</u></p>	X

6. Implementation and Evaluation

The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. At least once every three years,

the district with evaluate compliance with the wellness policy to assess implementation.

Goal/Objective: To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

Standards:	Choose All that Apply
<p><u>Establish a plan for measuring, monitoring and completing the school level Sundale District Wellness Plan</u></p> <ul style="list-style-type: none"> • Appendix – Wellness Plan Assessment 	X
<p>Submit a completed Wellness Policy Assessment to the School Nutrition Department.</p>	X

Health and Wellness Committee Members will be responsible for collecting the data to document the school level implementation of the Wellness Policy.

Appendices

I. Introduction and Background Information

- Child Nutrition and WIC Reauthorization Act of 2004
- Board Policy – Wellness Policy
- Healthy, Hunger-Free Kids Act of 2010 II. Coordinated School Health Council = School Level Wellness Committee and/or School Level Committees

II. Coordinated School Health Council = School Level Wellness Council and/or School Level Councils

- <http://www.cdc.gov/healthyschools/wsc/index.htm>

III. Goal Areas for Sundale School District Wellness Plan

1. Nutrition Education and Promotion

- <http://www.fns.usda.gov/healthierschoolday/tools-schools>
- <http://www.fns.usda.gov/sbp/marketing-ideas>

2. Nutrition Guidelines for Foods Available During the School Day

- Sundale School District Nutrition breakfast, lunch, and after-school snack menu standards
- Board Policy – Sales of Food on School Premises
- Board Policy/Procedure – Fund Raising
- Recommended List for Healthy Snacks
- Smart Snacks in School Nutrition Standards (USDA)
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3. Other School-Based Activities to Promote Wellness

- Hand-washing

4. Physical Education and Physical Activity

- Board Policy – Family, Life, and Sex Education
- Board Policy – Intramural and Extracurricular Activities
- Board Policy – Recess

5. Public Notification: Communication Engaging Parents, School Board/Administrative Staff, and the Community

- Sundale School District Nutrition Program Dairy Council of California - HealthyEating.org

6. Implementation and Evaluation

- Wellness Policy Assessment Checklist

Glossary

1. **School Day**- Midnight the night before to 30 minutes after the end of the instructional day.

2. **School Campus**- areas that are owned or leased by the school and used at any time for school related activities, such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots

3. **Smart Snacks**- nutrition standards for all foods sold in schools as required by the Healthy, Hunger-Free Kids Act of 2010. a. See link to requirements under appendices.