

TWAIN HARTE SCHOOL DISTRICT WELLNESS POLICY

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

NUTRITION EDUCATION:

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).

The district's nutrition education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

NUTRITION PROMOTION:

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).

PHYSICAL ACTIVITY:

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31).

The district's physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

STANDARDS OF FOODS SOLD

SCHOOL MEALS:

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

COMPETITIVE FOODS:

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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

FUNDRAISING:

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

STANDARDS OF FOODS GIVEN AWAY

REWARDS:

The Superintendent or designee shall encourage school staff to minimize the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

CELEBRATIONS:

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality and potential food allergies when selecting any snacks which they may donate for occasional class parties. Only store bought, pre-packaged food items will be allowed for classroom celebrations. Celebrations shall be held after the lunch period when possible.

OTHER GOALS

EMPLOYEE WELLNESS:

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

HEALTH SERVICES:

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

PROFESSIONAL DEVELOPMENT:

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

ANTI-BULLYING:

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

ACCESS TO WATER:

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall

encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner. Perform regular maintenance on all water fountains, conduct periodic testing of all drinking water sources in the district, and make test results available in an easily accessible format.

COMMUNICATION TO FAMILIES:

Twain Harte School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. In addition, Twain Harte School will provide information about physical education and other school-based physical activity opportunities before, during and after the school day. Twain Harte School will share information about the nutritional content of meals with parents and students upon request.

NON-DISCRIMINATION POLICY:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

TO ACHIEVE THESE POLICY GOALS:

The Superintendent or designee will convene a School Wellness Committee once every three years to develop, monitor, review, and as necessary, make recommendations for school nutrition, health and physical activity policies. The School Wellness Committee will consist of a group of individuals representing the school and community, including parents, students, and manager of school food services, members of the school board, school administrators, classified and certificated staff, and members of the public. The School Health Council will provide information to the Board at the conclusion of their three year cycle. Families will be notified of the wellness policy updates annually and the wellness policy will be published on the school website for public review.

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7CFR 210.31)

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