

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 be build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, counseling services, health promotion for staff, a self and healthy school environment, and parent/guardian and community involvement.

It is the policy of the Bennett Valley Union School District ('District') to educate students about nutrition and to provide each student access to a nutritious lunch each day. The District endeavors to promote health-consciousness and help students excel at learning through better nutrition. The District will educate students in ways to establish and maintain life-long healthy eating habits that will benefit them and the larger community in which they live.

Goals:

1. Embrace and support the concept of "wellness" in the District by promoting nutrition education and physical fitness activities.
2. Assist students in self-regulating their food selections to minimize the consumption of less nutritious foods that compete with healthier choices at mealtime.
3. Ensure that no student in the District lacks basic nutritional needs during the school day.
4. Make a healthy lunch available every day for all students desiring it.
5. Ensure that all children who are eligible for the free lunch program are properly identified .
6. Maintain nutrient-based lunch menu planning (per USDA guidelines) to allow for more flexible food selection.
7. Serve meals in a pleasant environment with sufficient time for eating, while fostering good manners and respect for fellow students.
8. Integrate nutrition into the District's Education Program in heath, science and physical education curricula.

Responsibilities:

The School Site Council shall be empowered to serve as the Wellness Advisory Board ('Advisory Board') and shall oversee the implementation of this policy under the direction of the District Board of Trustees.

Nutrition Education and Physical Activity Guidelines

The Advisory Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1751 Note)

Nutrition education shall be provided as part of the health education program in all grades and, as appropriate, shall be integrated into core academic subjects. Three themes will be addressed throughout each school year in instruction to students and/or parent communication: the importance of eating breakfast, the role of nutrition and the importance of physical activity in preventing heart and other diseases and obesity.

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, recess, school athletic programs, extracurricular programs, after-school programs and other structured and unstructured activities.

The Superintendent/Principals shall encourage staff to serve as positive role models. The Superintendent and/or principals shall promote and may provide opportunities for regular physical activity among employees. Professional development opportunities provided shall include instructional strategies that assess health knowledge and skills, and promote healthy behaviors.

To encourage consistent health messages between home and school environment, the Superintendent and principals shall periodically disseminate health information to parents/ guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site and other communications. Outreach to parents/ guardians shall emphasize the relationship between student health and peak academic performance.

The marketing and advertising of non-nutritious foods and beverages through signage, vending machines, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs or other means is prohibited. Non-nutritious foods are considered those that:

- 1) Exceed 30% of calories from fat (e.g. donuts, fried foods, etc.)
- 2) Exceed 35% sugar by weight (e.g. sodas, sugared fruit juices, candy)
- 3) “Juices” with less than 25% juice.

Nutrition Guidelines for Foods Available at School

The Advisory Board shall establish nutrition guidelines for foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Food 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 districts food service program, student stores, fundraisers or other venues, shall meet or exceed state and federal nutrition standards.

School organizations should use healthy food items or non-food items for fundraising purposes when such fundraisers take place on campus during the school day. School staff should avoid the use of non-nutritious foods as rewards for students’ academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/ guardians or other volunteers to support the District’s nutrition education program by considering nutritional quality when selecting any snacks that they may send to school for the “snack” recess, and/or that they may donate for birthdays and occasional class parties.

Guidelines for class parties:

- 1) Class parties or celebrations that involve food shall be held after the lunch period. On a limited basis, with prior approval of the school principal (to comply with the National School Lunch Program regulations), curriculum-related nutritious breakfast events may be approved provided that they take place before or during morning recess (allowing adequate time before lunch).
- 2) No more than one food and/or beverage per party should fail to meet nutritional standards (see definition of ‘non-nutritious’ foods above).
- 3) Healthy foods and beverages should be provided at each class party. Recommended foods and beverages include: fresh fruits, vegetables, whole grain items, baked rather than fried snack foods, milk-based products such as yogurt, 1% and 2% milk, water, and fruit juice (with at least 25% juice).
- 4) Plan a game, craft, or activity for the event so that party food is not the sole focus.

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

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 Program to the extent possible.