

## **AR 6140 Wellness Policy on Physical Activity and Nutrition**

### Physical Activity Component

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long-term benefits of a physically active and healthful lifestyle.

Physical education in the Etiwanda School District will be implemented in accordance with state law and consistent with the content of this policy and the following Board policies of the Etiwanda School District:

- Board Policy 6142.7: Physical Education
- Administrative Regulation 6142.7: Physical Education

### Physical Activity Opportunities Before or After School

- All elementary and middle schools are encouraged to offer physical activity programs, such as physical activity clubs or intramural programs.
- Schools will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

### Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the following ideas are offered:

- Encouraging parents to promote their child's participation in any school physical education programs and after school activities.
- Inviting families to attend and participate in physical education activity programs and health fairs.
- Including physical education homework that students can do with their families.
- Encouraging school staff to cooperate with other agencies and community groups to provide opportunities for student to participate in physical activity programs.

### Community Access to Facilities for Physical Activity

- City-school partnerships to institute recreation programs utilizing school facilities when possible shall be encouraged.

### Physical Activity across the Curriculum

- Teachers are encouraged to provide opportunities for physical activity incorporated into other subject areas (e.g., math, language arts, science and social studies).

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### Daily Recess

- In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.

### Nutrition Education Component

Nutrition education will be offered as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day when possible. The primary goal of nutrition education is to positively influence students' eating behaviors.

Nutrition education will include instruction that helps students learn more about the importance of various food groups; calories, sugar and fat intake; healthy cooking; the recognition of the role media play in marketing and advertising foods and beverages; and, the relationship of a balanced diet and regular exercise to a healthy lifestyle.

### Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal and Child Nutrition Manager are responsible for ensuring:

- Nutritional education materials and meal menus are made available to parents.
- Parents will be encouraged to provide their children with healthy snacks/meals.
- Nutrition education curriculum may include homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newspapers, preparing healthy recipes, etc.).
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.
- School staff consider various cultural preferences in the development of nutrition education programs and food options.

### Parent Nutrition Information and Communication

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. These efforts may include healthy eating seminars for parents, sending home nutrition information, posting nutrition tips on school websites, and providing nutrient analyses of school menus. Schools will encourage parents to pack healthy lunches and snacks. Parents will be provided with a list of suggested healthy foods or non-food items and other items that meet the ideas for healthy celebrations/parties, rewards, and fundraising activities.

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Nutritional Standards Component

Foods & Beverages on Campus

Foods and beverages sold and available to students on campus shall be consistent with the content of this policy and following Board policies of the Etiwanda School District:

- Board Policy & Administrative Regulation 3550: Food Service /Child Nutrition program
- Board Policy & Administrative Regulation 3554: Other Food Sales
- Administrative Regulation 3554.1: Beverages Sold on Campus

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, including where meals are served during lunchtime, through drinking fountains.

Foods/Beverages Available on Campus (PTA events, fundraisers, class parties, rewards)

Foods available to students during the school day (class parties, birthday celebrations, and rewards) should provide students with healthy food options whenever possible.

The district shall distribute to each student, annually, and post on the district website, a list of suggested items that parents/teachers should consider when planning class parties/celebrations.

Teachers may involve students in the planning of menus for parties/celebrations that include healthy food options for students.

With the approval of the school principal, limited special celebratory events may be planned for students such as rewards for participation in special school programs or end of the year activities. Principals will consider the overall nutritional needs of students in approving these celebrations. Nutritious food items will be included in these events.

Fundraisers

Foods and beverages sold through fundraisers on the school campus during the school day must meet or exceed the USDA Smart Snacks nutrition standards.

All major student organizations and PTA/PTSA/PTO fundraisers involving off campus sales will include non-food or healthy food items.

Other School-Based Activities Component

Schools will create an environment that provides a consistent wellness message, is conducive to healthy eating and physical activity, and contributes to forming healthy, life-long habits.

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Professional Development

- The district/schools may provide professional development and education opportunities or information for educators, administrators and other staff.
- The district/schools may provide information related to nutrition and physical education for students, staff, parents, and where appropriate, community members.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing and socializing so as to allow ten minutes for breakfast and fifteen minutes for lunch once the student is seated.

Vending Machines

- With the exception of machines that vend only water, vending machines with food and beverages will not be available to students in elementary schools.
- Vending machines at the middle school shall only provide beverages that meet specified nutritional standards listed in this or related policies.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity.

These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the "state nutrition standards," such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

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Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards. (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Fundraising and Support Organizations

- Schools and support organizations will encourage fundraising activities that promote physical activity when possible.
- Schools and support organizations are strongly encouraged to offer non-food items or healthy food items as a choice in fundraising.

Rewards, Incentives and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Teachers and school staff are encouraged to provide rewards to students that are healthy. The district shall provide teachers and school staff with a list of non-food incentive and reward items on an annual basis.
- In balancing the need to promote accountability and responsibility with the importance of physical activity, students may occasionally lose recess or lunch play time as a consequence for classroom behavior. If this intervention is not successful in modifying student behavior, other interventions should be explored.

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Staff Wellness

- The district shall provide information to employees about wellness resources and services that support the health, safety and well-being of site staff.
- Each school and the district shall be in compliance with drug, alcohol and tobacco free policies.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

Wellness Committee

The superintendent shall convene a district Wellness advisory committee to assist in the development and implementation of the districtwide Wellness Policy.

Monitoring/Evaluation Component

The District Wellness Committee, composed of parents, site administrators, teachers (regular education and physical education), child nutrition staff, district nurses, counselors, administrators and community members shall meet at least two times per year to review wellness policy implementation, progress towards Wellness Program goals and to provide direction for goals for the following year.

The District Wellness Committee shall update/revise the district wellness policy as needed based upon annual and triennial progress evaluations and as required based upon new legislation or state/federal guidance.

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.

Triennial Progress Assessment

At least once every three years, the Superintendent or designee shall measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The District Wellness Policy, Administrative Regulation, annual Wellness Goals, and annual progress towards goals, and triennial assessment will be posted on the district website.

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Wellness Program Goals

Wellness Program goals will be adopted by the Board of Trustees annually based upon input from the Superintendent's Wellness Committee. Wellness Goals will be posted on the district website for review by parents, staff and community members.

Non-Discrimination Statement

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, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office or write a letter addressed to USDA and provide in the letter, all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1) Mail:  
U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW Washington, D.C. 20250-9410.
- (2) Fax: (202) 690-7442; and
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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Board Approved Revisions:

July 25, 2019  
July 25, 2018  
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