

# **Alview-Dairyland Union Elementary School District Wellness Policy**

**Adopted by Board of Trustees 5-12-20**

## **Preamble**

### **District Mission and Vision**

The Alview-Dairyland School District's mission is to provide an exceptional setting for students to learn. We strive to maintain high academic standards within a positive, nurturing environment. We endeavor to inspire active learners that are challenged to their maximum potential. We want our students to become productive citizens with high moral character. We also believe that a strong line of communication between students, staff, parents, and community is imperative for children to reach their goals.

The vision of the Alview-Dairyland School District is to develop literacy in all students. Our goal is to help students develop into successful and responsible citizens in our society. We believe our vision is possible through the teaching of California State Standards along with differentiated instruction to reach individualized student needs.

### **Local Control Accountability Plan – Goal #2 (adopted June 2019)**

***ADUSD is dedicated to providing a positive, clean, safe, and healthy environment in which students are able to learn to the best of their abilities.***

As outlined in the District's Mission Statement, Vision and LCAP goal, the Alview-Dairyland Union School District is committed to the optimal development of every student. The District has included activities and services in its LCAP that support healthy lifestyles, connectedness to school and maintaining a positive school climate. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Research has also demonstrated that student participation in School Lunch Programs is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, studies have indicated that students who are physically active - having recess/physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

## General Overview

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school. Specifically, this policy 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, when appropriate, 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 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; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

## Needs Assessment

### ***Physical Fitness Testing Results***

The Physical Fitness standards represent minimum levels of fitness known to be associated with those health and physical characteristics that offer protection against diseases resulting from physical inactivity. Achievement of the fitness standards is based upon a score falling in the Healthy Fitness Zone (HFZ) for each of six fitness areas. The fitness areas tested include aerobic capacity, body composition, abdominal strength, trunk extension strength, upper body strength and flexibility. The HFZ represents minimal levels of satisfactory achievement on the tasks. The goal is for students to achieve the HFZ for all six fitness areas of the physical fitness test.

Students scoring in the HFZ for 6 of 6 standards

2016-17	Grade 5	Grade 7	2017-18	Grade 5	Grade 7	2018-19	Grade 5	Grade 7
# Students	40	30	# Students	52	43	# Students	35	42
Scoring HFZ in all areas	16	15	Scoring HFZ in all areas	29	10	Scoring HFZ in all areas	17	7

Percentage	40%	50%	Percentage	55.8%	23.3%	Percentage	50%	16.7%
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The Madera County Community Health Assessment gathered wellness data from throughout the county. Findings included:

The Madera County death rate per 100,000 population for cardiovascular disease is significantly higher than both the California and United States rates per 100,000.

No physical activity, smoking and poor diet lead to cancer, lung disease, heart disease and type 2 diabetes lead to more than 50% of the deaths in Madera County.

Over 30% of adolescents in Madera County are overweight or obese. This rate is higher than the rate for the same group of students in California.

Madera County individuals are less likely to be physically active than individuals surveyed in the rest of the state and Madera County has 51.7 fast food restaurants per 100,000 population compared to the state rate of 5.9 per 100,000.

### ***Childhood Obesity and Child Wellbeing***

Childhood obesity has immediate and long-term impacts on physical, social, and emotional health. The percentage of children with obesity in the United States has more than tripled since the 1970s. Today, about one in five school-aged children (ages 6–19) has obesity. The Centers for Disease Control and Prevention share the following facts about childhood obesity:

- Children with obesity are at higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.
- Children with obesity are bullied and teased more than their normal weight peers, and are more likely to suffer from social isolation, depression, and lower self-esteem.
- In the long term, childhood obesity also is associated with having obesity as an adult, which is linked to serious conditions and diseases such as heart disease, type 2 diabetes, metabolic syndrome, and several types of cancer.

For the District, the percentages of students with Body Composition scores above the Healthy Fitness Zone (HFZ) as measured by the California Physical Fitness Test:

	2017	2018	2019
Grade 5	47.5%	32.6%	41.2%
Grade 7	56.6%	60.4%	42.9%

Some data show that children struggling with obesity miss more days of school when compared to students with normal weights. Missed days of school can make it hard for students to keep up academically. The District has begun tracking chronic absence rates for its students. Chronically absent students are students who miss more than 10% (18 days) of the school year due to absence – excused or unexcused.

	2017-18	2018-19
All Students	5.9%	3.3%

Approximately 64% of the students in the District qualify for Free/Reduced Price Meals. Some studies have established a correlation between socio-economic status and childhood obesity. Students from low-income families tend to suffer higher rates of obesity.

### **District Wellness Committee**

#### ***Committee Role and Membership***

The District will convene a representative district wellness committee that meets at least two 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 this district-level wellness policy.

The DWC membership will represent all school sites and include: parents and caregivers; representatives of the district nutrition program, teachers, school administrators, and interested members of the general public.

#### ***Leadership***

The Superintendent, in collaboration with the District’s Food Services Director and the Director of Business Services will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The Superintendent / Principal will be designated the school wellness policy coordinator. It will be his/her responsibility to ensure compliance with the policy at both school sites.

### **Nutrition Education and Wellness Promotion**

To reinforce the District’s nutrition education program, foods provided on school premises shall be:

- Carefully selected so as to contribute to student’s nutritional well-being and the prevention of disease
- Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
- Served in age-appropriate quantities and at reasonable prices

The District’s policies on nutrition shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)

- Implementing the nutritional standards set forth in Education Code 49431

- Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods
- Ensuring that no student is hungry
- Improving nutritional standards
- Increasing the availability of fresh fruits and vegetables
- Ensuring, to the extent possible, that the food served is fresh
- Encouraging eligible students to participate in the school lunch program

### ***Professional Learning***

The District supports professional learning opportunities for certificated staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## **Standards for USDA School Meals**

### ***School Meals***

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Our school district is committed to serving healthy meals to children, with plenty of 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 (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Both schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and a School Breakfast Program (SBP). Both schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards.
- Menus are posted on the District website.
- Menus are created by a certified nutrition professional
- The District child nutrition program will accommodate students with special dietary needs.

- Students are allowed at least 20 minutes to eat lunch and socialize with classmates. Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- To the extent permitted under the National School Lunch Program, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.
- Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.
- Information about the nutritional content of meals is made available to parents.

***Posting Requirements***

Each district school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each district school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)

***Nutritional Standards***

The Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses will comply with the following SB 19 standards:
  - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
  - b. No more than 10% of total calories from saturated fat.
  - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. The District does not allow food vending machines on its property.
3. The District will ensure that fresh produce, particularly California grown fruits and vegetables, is offered wherever food is served on campus.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Students are allowed to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container and is not shared with others.

The District shall regularly conduct testing of all drinking water sources in each district facility.

The District will encourage all school administrators, teachers and staff to model drinking water.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet annual continuing education/training requirements The Food Services Director for the District will be in charge of coordinating additional trainings as needed for Food Services staff.

## **Nutrition Standards**

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.

### ***Celebrations and Rewards***

1. Celebrations and Parties: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages
2. The District will encourage healthy party ideas for parents and teachers, including non-food celebration ideas. Suggestions for healthy party ideas and classroom snacks will be provided upon request.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children.

### ***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 served on the school campus, consistent with the District's wellness policy and California Nutrition Standards.

### ***Fundraising***

Only foods and beverages that meet or exceed state and federal nutritional guidelines may be sold through fundraisers on the school campus during the school day. A list of acceptable items that can be sold and the times during the day at which they can be sold to students is available to all staff members.

### ***Nutrition Promotion***

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District uses Lean, Green Kids' "Scoop of Good Nutrition News" as a means of communicating health and nutrition tips to students through daily morning announcements.

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

Children and adolescents should participate in physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical education program that includes physical activity at recess. The District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct regular inspections and make all necessary repairs.

The District will provide students with instruction in physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All students shall receive at least 200 minutes per every 10 school days of physical education instruction throughout the school year. Physical Education instruction shall be taught by an appropriately credentialed teacher.

During Physical Education instruction, students shall be engaged in moderate to vigorous physical activity for at least 50% of class or session time.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

School grounds shall remain accessible to community organizations and sports teams wishing to utilize school fields either before or after school. These organizations will need to follow the guidelines outlined in the Facilities Use Policy.

Both schools will offer at least 15 minutes of recess on all or most days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. Recess will complement, not substitute for physical education class. School sites will be provided funding to purchase recess equipment that facilitates student physical activity. Short physical activity breaks between lessons or classes, as appropriate, will be provided.

Students in grade 7-8 are encouraged to participate in interscholastic sports programs involving schools from mountain area schools in competitive leagues. Current sports offered include Volleyball, Flag Football, Basketball, Soccer and Track and Field. Certificated staff will serve as coaches for these sports.

### **Other Wellness Factors**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria and in physical activity areas. The District will coordinate and integrate other initiatives related to wellness components so all efforts are complementary, not duplicative, and work towards strong educational outcomes.

#### ***Attendance incentives / recognition***

Regular school attendance plays a critical role in student achievement and learning. Each school site shall implement programs that encourage the establishment of good attendance habits by students. School site principals shall closely monitor the attendance habits of students. The District is committed to a high attendance rate and has activities and actions that contribute to lowering its chronic absence rates. In an effort to work with the families of students who demonstrate poor attendance, parents/guardians will be contacted both by phone and in writing. Whenever necessary, referrals to the Chowchilla Area SARB will be made.

### ***Positive School Climate***

By both LCAP goal and Board Policy, it is the intent of the district to ensure that each school site develop activities that support a safe and secure school environment through the establishment of a positive school climate. High expectations have been established and well communicated for student and staff conduct as well as responsible behavior and mutual respect for others. The District is currently implementing a “Caught Being Good” program to reward students for acts of good citizenship. The District has also contracted with Project Wisdom to provide students with daily inspirational messages that focus on good behavior and citizenship. In addition, “Citizens of the Month” are recognized for exhibiting character traits that exemplify a specified citizenship quality on a monthly basis.

### ***Suicide Prevention***

Suicide by young adults is increasing at an alarming rate. Students in grades 7-8 shall participate in a suicide prevention program designed to bring awareness to the warning signs and provide resources for prevention and intervention.

### ***Nursing Services***

The District contracts with Madera County Superintendent of Schools for nursing services. The Nurse is responsible for completing mandatory health screenings for students, making appropriate health referrals and is readily available for health care case management. The Nurse is also available to provide health education for students, staff and parents as needed.

### ***Environmental Hazards***

Policies and practices shall be established that prevent or reduce environmental hazards. Areas of concern shall include heating, ventilation, building materials, cleaning materials, equipment, vehicles, outdoor pollutants and pesticide and herbicide application.

### ***Student Immunizations***

The District will work with community partners, health care providers and parents to educate families and encourage full vaccination of all students in order to prevent infectious diseases.

### ***Hygiene***

In accordance with state and federal guidelines to prevent the spread of respiratory disease, the District will implement school hygiene protocols that include the following:

1. Encourage student/staff to practice routine hand washing, especially after touching any frequently used item or surface.
2. Have students/staff avoid touching eyes and faces.
3. Demonstrate and practice having students cough into a tissue, or the inside of the elbow.
4. Disinfect frequently used items and surfaces as much as possible.

## Evaluation of the Wellness Policy

### ***Annual Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published in May of each year and will include information from each school within the District. The report will be placed on the Board of Trustees agenda and will be shared with the community. Where appropriate, the Wellness Policy information will be included in the District's LCAP Needs Assessment. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and,
- Information on how individuals and the public can get involved with the DWC.

The District will notify households/families of the availability of the annual report.

The DWC, will establish and monitor goals and objectives for the District's schools

The District will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, or psycho-social measures such as self-reported "connectedness," or other school climate measures. This tracking will take place through the data gathered for the LCAP School Climate Assessment.

- The District will also track and annually report other related information, such as findings from food safety inspections and aggregate participation in school meals programs.

### ▪ ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy.

The position responsible for managing the triennial assessment is the Superintendent.

This wellness policy and the progress reports can be found at the District's website: [www.adusd.k12.ca.us](http://www.adusd.k12.ca.us)

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the District Office. Documentation will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Revisions and Updating the Policy***

- The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. Additional modifications may be made depending on goals, activities and services enumerated in the Districts LCAP. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.
- The District will make any necessary updates to the wellness policy annually through an item included on the Board of Trustees meeting agenda in May.

### **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 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/complaintfilingcust.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:

Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

Fax: 202-690-7442

E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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