

**Mountain View School District
Ontario, California**

**STUDENT
WELLNESS POLICY**

Board Approved: 8/21/2006; 12/10/07

STUDENT WELLNESS POLICY

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Wellness Policy Committee Members
Mountain View School District
2007-2008

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3. **Jill Coulter**, Board Member
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5. **Jeremy Currier**, Elementary Administrator
6. **Lisa Alcalá**, Middle School Administrator
7. **Valerie Loyd**, Cafeteria Manager, Grace Yokley Middle School
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9. **Lisa Dannewitz**, Teacher, Creek View Elementary
10. **Barbara Dellenbach**, Teacher, Mountain View Elementary
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13. **Joanne Bowman**, Parent, Creek View School
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15. **Marti Morrison**, Parent, Ranch View School
16. **Thomas Bernal**, Parent, Grace Yokley Middle School
17. **Jacob Suba**, 7th Grade Student, Grace Yokley Middle School
18. **Stephanie Espinoza**, 8th Grade Student, Grace Yokley Middle School

Student Wellness Policy

VISION STATEMENT

The Mountain View School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that every child can be successful.

All students shall have the opportunity to acquire knowledge and skills necessary to make nutritious and enjoyable food choices. In addition, district staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. The Mountain View School District shall prepare, adopt, and implement a comprehensive Wellness Policy and administrative regulation to encourage healthy eating and physical activity.

Student Wellness Plan

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 Mountain View School District will be implemented in accordance with state law and consistent with the content of this policy and the included Board Policies of the Mountain View School District:

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

Physical Activity Opportunities Before or After School

- All schools are encouraged to offer physical activity programs, such as intramural programs, after school sports programs/clubs.
- The middle school, as appropriate, will offer interscholastic sports programs.
- Schools should offer a variety of physical activities for students.

Community Access to Facilities for Physical Activity

- City-school, high school, community college and local business 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).

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.

Instruction

BP 6142.7(a)

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

(cf. 5121 - Grades/Evaluation of Student Achievement)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6145.2 - Athletic Competition)

(cf. 6146.1 - High School Graduation Requirements)

(cf. 6190 - Evaluation of the Instructional Program)

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

(cf. 6143 - Courses of Study)

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

(cf. 6164.6 - Identification and Education Under Section 504)

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

(cf. 3516 - Emergencies and Disaster Preparedness Plan)

Exemptions

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her needs cannot be provided. (Education Code 51241)
2. The student is enrolled for one-half time or less. (Education Code 51241)

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10-12. (Education Code 51241)

PHYSICAL EDUCATION (continued)

The Superintendent or designee may excuse any student in grades 10-12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of the travel time involved. (Education Code 52316)

The Superintendent or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours. (Education Code 51242)

(cf. 6145.2 - Athletic Competition)

(cf. 6146.11 - Alternative Credits Toward Graduation)

The Superintendent or designee may grant permanent exemptions from physical education to a student who is either: (Education Code 51241)

1. Age 16 years or older and has been enrolled in grade 10 for one or more academic years
2. Enrolled as a postgraduate student
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation and exercise

Legal Reference: (see next page)

PHYSICAL EDUCATION (continued)*Legal Reference:*EDUCATION CODE*33350 CDE responsibilities re: physical education**49066 Grades; physical education class**51210 Course of study, grades 1-6**51220 Course of study, grades 7-12**51222 Physical education**51223 Physical education, elementary schools**51241 Temporary or permanent exemption from physical education**51242 Exemption from physical education for athletic program participants**52316 Excuse from attending physical education classes**60800 Physical performance test*CODE OF REGULATIONS, TITLE 5*1041-1046 Physical performance test**3051.5 Adapted physical education for individuals with exceptional needs**10060 Criteria for high school physical education programs*UNITED STATES CODE, TITLE 29*794 Rehabilitation Act of 1973, Section 504*ATTORNEY GENERAL OPINIONS*53 Ops.Cal.Atty.Gen. 230 (1970)**Management Resources:*CSBA PUBLICATIONS*Healthy Food Policy Resource Guide, 2003*CDE PUBLICATIONS*Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 1996*CDE PROGRAM ADVISORIES*0418.89 Physical Education, April 18, 1989*CDHS PUBLICATIONS*Jump Start Teens, 1997**Playing the Policy Game, 1999**School Idea and Resource Mini Kit, 2000*CDC PUBLICATIONS*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000*NASBE PUBLICATIONS*Fit, Healthy and Ready to Learn, 2000*WEB SITES*CSBA: <http://www.csba.org>**CDE, Nutrition Services Division/SHAPE California: <http://www.cde.ca.gov/nsd>**CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm>**California Project LEAN (Leaders Encouraging Activity and Nutrition):**<http://www.californiaprojectlean.org>**California Healthy Kids Resource Center: <http://www.californiahealthykids.org>**National School Boards Association: <http://www.schoolhealth@nsba.org>**National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org>**Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>*

Instruction

AR 6142.7(a)

PHYSICAL EDUCATION

All students in grades K-8 will receive daily physical education (or its equivalent of 100 minutes per week for elementary school students and 200 minutes per week for middle school students) for the entire school year. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness awareness specifies through age appropriate activities.

(Education Code 51210, 51223)

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

At the middle school level, all physical education will be taught by credentialed or appropriately authorized physical education teachers.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

Mountain View School District subscribes to a continuing program of physical fitness throughout the grades, reflective of the California State Standards for Physical Education.

The existing physical education requirements are to be monitored and enforced.

Physical Performance Testing

During the month of February, March, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

(cf. 6162.5 – Student Assessment)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing. (Education Code 60800) Test results may also be given orally at the time of actual testing.

AR 6142.7(b)

PHYSICAL EDUCATION (continued)

Each student's scores on the physical performance test shall be included in his/her cumulative record. (5 CCR 1044)

(cf. 5125 – Student Records)

Student Wellness Plan

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 life-long health habits.

Social Emotional Wellness

- The district will provide school based counseling services at each school site for students experiencing social and/or emotional difficulties.
- The district/schools will provide drug and tobacco prevention education programs.
- The *Healthy Kids Survey* will be administered biennially in the fifth and seventh grades.

Professional Development

- The district/schools will provide professional development and education opportunities or information for foodservice professionals, educators, administrators and other staff.
- The district/schools will 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 and safe 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 breaks, hand washing and socializing.

Fundraising and Support Organizations

- Schools and support organizations will encourage fundraising activities that promote physical activity when possible.
- Whenever possible, fundraisers should offer non-food items or healthy food items as a choice.

Student Wellness Plan

OTHER SCHOOL-BASED ACTIVITIES COMPONENT (continued)

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.
- Students may be disciplined occasionally on the basis of E.C. 44807.5 and Mountain View School District BP 5144 Recess Restriction.

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 or community physical education programs and after school activities.
- Inviting families to attend physical education activity programs.
- Invite families to participate in health fairs.
- Including physical education homework that students can do with their families.
- Encourage school staff to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Staff Wellness

- The district shall provide information to employees about wellness resources and services that support health, safety and well being.
- Each school and the district shall be in compliance with drug, alcohol and tobacco free policies.

Wellness Committee

The superintendent or designee shall convene a district Wellness Policy Committee to assist in the development and implementation of the district wide Wellness Policy.

Business and Non-instructional Operations

BP 3550

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. Foods and beverages available through the district's food service program shall:

1. Be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease
2. Meet or exceed nutritional standards specified in law and administrative regulation
3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits
4. Be served in age-appropriate portions

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

(cf. 1312.4 - Williams Uniform Complaint Procedures)

(cf. 3517- Facilities Inspection)

(cf. 7110 - Facilities Master Plan)

Professional development for food service personnel shall include nutrition education and safe food handling.

(cf. 4231 - Staff Development)

Legal Reference: (see next page)

FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)*Legal Reference:*EDUCATION CODE

38080-38103 Cafeteria, establishment and use
 45103.5 Contracts for management consulting services; restrictions
 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
 49490-49493 School breakfast and lunch programs
 49500-49505 School meals
 49510-49520 Nutrition
 49530-49536 Child Nutrition Act
 49540-49546 Child care food program
 49547-49548.3 Comprehensive nutrition services
 49550-49560 Meals for needy students
 49565-49565.8 California Fresh Start pilot program
 49570 National School Lunch Act

HEALTH AND SAFETY CODE

113700-114455 California Uniform Retail Food Facilities Law

CODE OF REGULATIONS, TITLE 5

15510 Mandatory meals for needy students
 15530-15535 Nutrition education
 15550-15565 School lunch and breakfast programs
 15566-15569 California Fresh State Pilot Program

UNITED STATES CODE, TITLE 42

1751-1769h School lunch programs, including:
 1751 Note Local wellness policy
 1771-1791 Child nutrition, especially:
 1773 School breakfast program

U.S. CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
 220.1-220.21 National School Breakfast Program

*Management Resources:*CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

FOOD SERVICE/CHILD NUTRITION PROGRAM

Management Resources: (continued)

WEB SITES

CSBA: <http://www.csba.org> California Department of Education, Nutrition Services

Division: <http://www.cde.ca.gov/ls/nu>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

Business and Non-instructional Operations

AR 3550

FOOD SERVICE/CHILD NUTRITION PROGRAM**Nutritional Standards for Foods**

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. (42 USC 1758, 1773)

(cf. 3533 - Free and Reduced Price Meals)

Until July 1, 2007, for foods not reimbursed through the federally reimbursable meal programs, a minimum of 50 percent of the food sold by the district on school grounds during regular school hours shall be from the nutritious foods listed in Education Code 38085. (Education Code 38085)

(cf. 3554 - Other Food Sales)

(cf. 5030 - Student Wellness)

Beginning July 1, 2007, the only foods that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)

1. Not more than 35 percent of its total calories is from fat.
2. Not more than 10 percent of its total calories is from saturated fat.
3. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar.
4. Its total calories do not exceed 175 calories.

Beginning July 1, 2007, foods sold to students in middle schools, junior high schools, and high schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code 49430, 49431.2)

1. Each entree item shall:
 - a. Not exceed 400 calories
 - b. Contain no more than four grams of fat per 100 calories
 - c. Be categorized as an entree item in the National School Lunch or School Breakfast program

FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)

2. For each snack item that supplements a meal:
 - a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
 - b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
 - c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep-fried.
 - d. Its total calories shall not exceed 250 calories.

Nutritional Standards for Beverages

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

The only beverages that may be sold to middle school or junior high school students from one-half hour before the start of the school day until one-half hour after the end of the school day are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)

5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

Beginning July 1, 2007, at least 50 percent of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those specified in items #1-5 above. Beginning July 1, 2009, all of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards specified in items #1-5 above. (Education Code 49431.5)

Business and Non-instructional Operations

BP 3554

OTHER FOOD SALES

The Governing Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, Board policy, and administrative regulations and shall not reduce student participation in the district's food service program.

(cf. 5030 - Student Wellness)

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3551 - Food Service Operations/Cafeteria Fund)
(cf. 3553 - Free and Reduced Price Meals)

Food sales are prohibited during school hours, and within one hour before and after school hours, unless the organization is legally organized as a nonpartisan, charitable organization, the purpose of the solicitation is nonpartisan and charitable, and the solicitation has been approved in accordance with Board policy. (Education Code 51520)

(cf. 1230 - School-Connected Organizations)
(cf. 1321 - Solicitations of Funds from and by Students)

When vending machines are sponsored by the district or a student or adult organization, the Superintendent or designee shall determine how and where vending machines may be placed at school sites, district offices, or other school facilities.

(cf. 3312 - Contracts)

Legal Reference: (see next page)

OTHER FOOD SALES (continued)*Legal Reference:*EDUCATION CODE38085 *Sale of specified food items*48931 *Authorization and sale of food*49430-49436 *Pupil Nutrition, Health, and Achievement Act of 2001*51520 *School premises; prohibited solicitations*CODE OF REGULATIONS, TITLE 515500 *Food sales in elementary schools*15501 *Sales in high schools and junior high schools*HEALTH AND SAFETY CODE113700-114455 *California Uniform Retail Food Facilities Law, including:*114200-114245 *Vending machines*UNITED STATES CODE, TITLE 421751-1769h *National School Lunch Act, including:*1751 Note *Local wellness policy*1771-1791 *Child nutrition*CODE OF FEDERAL REGULATIONS, TITLE 7210.1-210.31 *National School Lunch Program*220.1-220.21 *National School Breakfast Program**Management Resources:*CSBA POLICY BRIEFS*The New Nutrition Standards: Implications for Student Wellness Policies, November 2005*CSBA PUBLICATIONS*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005*CENTERS FOR DISEASE CONTROL PUBLICATIONS*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000*FISCAL CRISIS AND MANAGEMENT ASSISTANCE TEAM PUBLICATIONS*Associated Student Body Accounting Manual and Desk Reference, 2002*NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS*Fit, Healthy and Ready to Learn, 2000*U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS*Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*WEB SITESCSBA: <http://www.csba.org>California Association of School Business Officials: <http://www.casbo.org>California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>Dairy Council of California: <http://www.dairycouncilofca.org>Fiscal Crisis and Management Assistance Team: <http://www.fcmat.org>National Association of State Boards of Education (NASBE): <http://www.nasbe.org>National School Boards Association: <http://www.nsba.org>

U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

Business and Non-instructional Operations

AR 3554

OTHER FOOD SALES**Nutritional Standards for Foods and Beverages**

Food sales outside the district's food service program shall comply with the nutritional standards specified in Education Code 38085. Beginning July 1, 2007, food sales outside the district's food service program shall comply with the standards described in Education Code 49431 for elementary schools and Education Code 49431.2 for middle schools, junior high schools, and high schools. (Education Code 38085, 49431, 49431.2)

Beverage sales shall be subject to the nutritional standards specified in Education Code 49431.5. (Education Code 49431.5)

(cf. 1230 - School-Connected Organizations)

(cf. 1321 - Solicitations of Funds from and by Students)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 5030 - Student Wellness)

When the food and beverage standards in Education Code 49431 and 49431.5 are effective, the sale of foods or beverages that do not comply with those standards may be permitted at an elementary school, as part of a fundraising event, only when the items are sold by students of the school and the sale meets one of the following conditions: (Education Code 49431, 49431.5)

1. It takes place off and away from school premises.
2. It takes place at least one-half hour after the end of the school day.

The sale of food items that do not comply with the nutritional standards in Education Code 49431.2, when effective, may be permitted at a middle school, junior high school, or high school in any of the following circumstances: (Education Code 49431.2)

1. The sale takes place off and away from school premises.
2. The sale takes place on school premises at least one-half hour after the end of the school day.
3. The sale occurs during a school-sponsored student activity after the end of the school day.

Beverage sales that do not comply with the nutritional standards in law may be permitted at a middle school or junior high school as part of a school event under the following circumstances: (Education Code 49431.5)

1. The sale occurs during a school-sponsored event and takes place at the location of the event at least one-half hour after the end of the school day.

OTHER FOOD SALES (continued)

2. Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.

Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B, and 7 CFR 220, Appendix B, shall be sold in food service areas during breakfast and lunch periods. (7 CFR 210.11, 220.12)

The Superintendent or designee shall not permit the sale of foods by student organizations in a school with any of grades K-8 that is participating in the National School Breakfast or Lunch Program, except when all of the following conditions are met: (5 CCR 15500)

1. The student organization may sell one food item per sale.
2. The specific nutritious food item is approved by the Superintendent or designee.
3. The sale does not begin until after the close of the regularly scheduled midday food service period.
4. The sale during the regular school day is not of food items prepared on the premises.
5. There are no more than four such sales per year per school.
6. The food sold is a dessert-type food, such as pastry, ice cream, or fruit.
7. The food sold is not one sold in the district's food service program at that school during that school day.

(cf. 3553 - Free and Reduced Price Meals)

In high schools and junior high schools, a student organization may be approved to sell food items during or after the school day if all of the following conditions are met: (5 CCR 15501)

OTHER FOOD SALES (continued)

1. Only one student organization conducts a food sale on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organizations may conduct the sale of any food items.
2. The specific nutritious food items are approved by the Superintendent or designee.
3. Food items sold during the regular school day are not prepared on the premises.

The food items sold are not those sold in the district's food service program at that school during that school day.

Student Wellness Policy

GENERAL RECOMMENDATIONS

Food and Beverages Outside School Meal Programs

The following items are to be considered as strictly recommendations of the Wellness Policy Committee (June 2006). They are not specific requirements.

It is recommended that:

- ◆ The food service department should have sole authority to provide food and beverages from the beginning of the day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.
- ◆ The food service department should have sole authority for the nutritious snack required in state and federally funded before and after school programs.
- ◆ Schools should use whole, fresh, unprocessed foods and ingredients whenever possible.
- ◆ Schools should offer fresh fruits and vegetables with each meal or snack whenever possible.
- ◆ Schools should use foods low in sodium and limit sources of trans fatty acids whenever possible.
- ◆ Schools should limit the serving size of beverages to no larger than 8 ounces of milk and 6 ounces of juice for elementary students and no larger than 12 ounces of milk and 8 ounces of juice for secondary students.
- ◆ Ingredients of foods sold or served at school should be listed on the food label or otherwise identified so students with food allergies are protected from accidental exposure.

Fund-raising

The school district should encourage all school-based organizations to use non-food items or healthy alternatives for fund-raising whenever possible. Student, parent, or school groups should sell compliant food or beverages as fund-raisers only after the last school lunch period.

Rewards

The school district should work toward minimizing the use of food or beverages as student rewards whenever possible. Consider healthy options/choices when doing so, or non-food items.

Student Wellness Policy

GENERAL RECOMMENDATIONS (continued)

Celebrations

The school district should encourage teachers to limit the number of celebrations each year that involve food during the school day. Parents and teachers should consider healthy options and portion sizes for all classroom celebrations. Consideration should also be given to non-food items for rewards and celebrations. Celebrations should occur after the last lunch period.

School Sponsored Events (Back-to-School Night, Open House, etc.)

The school district should offer and promote healthy food and beverage options at school sponsored events whenever possible.

Student Wellness Policy

MONITORING AND EVALUATION

Monitoring of the Mountain View School District Wellness Policy and its implementation shall be the responsibility of the Director of Curriculum & ELD (or other Superintendent designee), the District Nurse, the Cafeteria Manager at each school site, the School Principal and teacher(s) appointee at Principal discretion. The District Wellness Policy Committee shall have primary oversight responsibility.

Evaluation of the Mountain View School District Wellness Policy shall be the responsibility primarily of the District Wellness Policy Committee. Each school site Wellness Policy Oversight Committee (consisting of the school principal, cafeteria manager and principal appointed teacher(s), with district nurse input) should meet at least two times each year to monitor and evaluate the wellness policy at each specific school site. The Findings Report of the Wellness Policy Oversight Committee will be forwarded to the Director/designee so as to be reported to the District Wellness Committee.

The District Wellness Committee will meet two times per year to monitor and evaluate implementation of the Wellness Policy, as well as to propose ongoing goals. These two meetings will be held preferably in November/December and April/May of each school year.

The Board of Trustees will be apprised biennially of the monitoring and evaluation of the District Wellness Policy.

Student Wellness Policy

2007-2008 PROGRAM GOALS

<u>September 2007</u>	<ul style="list-style-type: none"> Establish Wellness Policy Meeting Schedule
	Person(s) Responsible: Director of Curriculum & ELD
<u>October 2007</u>	<ul style="list-style-type: none"> Establish Wellness Committee November Principal's Newsletter Wellness Article to Board of Trustees Copy of November Principal's Newsletter Wellness Article to Mr. Thompson for posting on the district website
	Person(s) Responsible: Director of Curriculum & ELD
<u>November 2007</u>	<ul style="list-style-type: none"> Wellness Committee Meeting to review and update existing policy Formation of Site Wellness Committee
	Person(s) Responsible: Director of Curriculum & ELD School Principal Classroom Teacher
<u>November /December 2007</u>	<ul style="list-style-type: none"> Site Wellness Committee Meeting to review district policy and review/evaluate site implementation
	Person(s) Responsible: Assistant Superintendent School Principal
<u>December 2007</u>	<ul style="list-style-type: none"> Board of Trustees Approval of updated Wellness Policy Update Wellness Policy posted in school offices, cafeterias and district office with Board of Trustees approved copy Approved copy to Mr. Thompson for posting on the district website
	Person(s) Responsible: Director of Curriculum & ELD
<u>January/February 2008</u>	<ul style="list-style-type: none"> School Principals disseminate Wellness Policy, discuss and explain with all appropriate stakeholder groups (i.e. school staff, School Site Council, PTA, ELAC, etc)
	Person(s) Responsible: School Principals

Student Wellness Policy

2006-2007 PROGRAM GOALS (continued)

<u>March 1-11, 2008</u>	<ul style="list-style-type: none"> School Site Wellness Committee meets a second time to evaluate implementation of Wellness Policy
	Person(s) Responsible: Director of Curriculum & ELD
<u>March 12, 2008</u>	<ul style="list-style-type: none"> Review School Site implementation evaluations
	Person(s) Responsible: Director of Curriculum & ELD School Principal
<u>Fall 2008</u>	<ul style="list-style-type: none"> Report to Board of Trustees on the implementation of the Wellness Policy Wellness Policy updated and approved by Board of Trustees annually
	Person(s) Responsible: Director of Curriculum & ELD
<u>December 2008</u>	<ul style="list-style-type: none"> Physical Fitness Testing (PFT) results from the 2007-08 school year will show an increase of 2% over the 2006-07 PFT test results for the number of students scoring in the Healthy Fitness Zone (HFZ) overall at each site and for the district.
	Person(s) Responsible: Director of Curriculum & ELD

APPENDIX

Health and Safety Code
Health & Safety Code
HS 114015

Unpackaged, pre packaged food; bakery products

(a) (1) No unpackaged food that has been served to any person or returned from any eating area shall be served again or used in the preparation of other food.

(2) No food prepared or stored in a private home shall be used, stored, served, offered for sale, sold, or given away in a food facility.

(3) Except as provided in paragraph (4), a private home shall not be used for the purpose of giving away, selling, or handling food at retail, as defined in Section 113875.

(4) Nonperishable, prepackaged food may be given away, sold, or handled from a private home.

(b) Except as provided in subdivision (c) of Section 114080, every bakery product shall have a protective wrapping which shall bear a label which complies with the labeling requirements prescribed by the Sherman Food, Drug, and Cosmetic Law (Part 5 (commencing with Section 109875)). Bakery products sold directly to a restaurant, catering service, retail bakery, or sold over the counter directly to the consumer by the manufacturer or bakery distributor shall be exempt from this subdivision. French style, hearth-baked, or hard-cruste loaves and rolls shall be considered properly wrapped if contained in an open-end bag of sufficient size to enclose the loaves or rolls.

(Added by Stats. 1995, Ch. 415, Sec. 6.)