

# Student Wellness in National School District

A coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a staff, a safe and healthy school environment, and parent/guardian and community involvement will be build within the National School District. .

## Physical Education and Activity Guidelines

Instruction in physical education should be based on the physical education content standards and should include the following:

1. Full inclusion of all students.
2. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program (Education Code 51241).
3. Maximum participation and ample practice opportunities for class activities.
4. Well-designed lessons that facilitate student learning.
5. Out-of-school assignments that support learning and the practice of learned skills.
6. Appropriate discipline and class management.
7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being.

## Instruction in Physical Education

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes every 10 school days for students in grades 1 through 6. Each school shall submit an annual plan of how they will accomplish this Education Code requirement. Physical education may be before, during and after school. In order to ensure that students engage in healthful levels of vigorous physical activity:

1. Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physical active throughout their lives.
2. The physical education requirements should be monitored and enforced.
3. Professional development opportunities for physical education should be available to teachers and administrators.
4. Students shall be encouraged to walk, bike or otherwise activity commute to and from school.
5. Expanded opportunities for lunchtime and after school physical activity for students shall be considered for implementation.

## Nutrition Guideline for Foods Available at School

1. Food and beverages sold or served as part of federally reimbursed meal programs must meet or exceed the nutrition recommendations of the current United States Dietary Guidelines for Americans. The Child Nutrition Services department shall promote and encourage the consumption of fresh fruits and vegetables whole grains.
2. The term sold refers to any food or beverage provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
3. The Child Nutrition Services department shall have sole authority to provide food and beverages to students from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the districts ability to serve healthy and appealing meals. No food or beverage may be sold, served, or given away to students prior to the end of the last lunch period unless it is provided through a federal reimbursable meal program.
4. Schools shall offer and promote healthy food and beverage products at all school-sponsored events.
5. Food and beverage products donated to schools for consumption at an event (i.e., party, celebration, etc.) occurring during the school day shall be purchased in packaged containers from reputable food production facilities. No items prepared in whole or in part in someone's home shall be served to students at any time during the school day. Food or beverages that do not meet the districts nutrition guidelines are not permitted. No caffeinated or soda drinks shall be served at any time.
6. Celebrations shall not occur until after the end of the last lunch period.
7. Schools will meet safety and sanitation requirements as outlined in the most current USDA guidelines. (cf. 3555 in Food Safety)
8. All food preparation will take place in a facility that has been inspected and approved by the County of San Diego Department of Environmental Health. The only exception to this is food prepared in a class for a food-related lesson that is monitored by the instructor of that class. Food prepared for the food-related lesson shall not be served or sold to other students or staff. Food Preparation includes storing, washing, cutting, mixing, separating, cooking, and packaging.
9. In order to ensure student health and safety when providing or purchasing foods that are considered potentially hazardous, the Child Nutrition Services department will be utilized as the source for preparing, procuring, or providing a vendor for such food. No potentially hazardous food prepared or stored in a private home or classroom or transported in a private vehicle will be available to students at any time. (Sealed pre-packaged, shelf stable, single serve foods and beverages are not considered potentially hazardous foods.)  
Potentially Hazardous Foods:
  - a. Potentially hazardous foods are foods that spoil easily, and if not handled properly can cause food-borne illness.
  - b. Common foods that are considered to be potentially hazardous are meat, poultry, milk, eggs, fish, gravies, soups, met sauces, custards, meat and potato salads, and cream filled baked goods.
  - c. Some other foods that are potentially hazardous are cut melons, cooked beans, baked and mashed potatoes, cooked vegetable, tofu and rice.
10. Schools shall encourage all school-based organizations to use non-food items for fundraising.

## Student Wellness in National School District (cont.)

11. All food and beverages sold to students outside the federal meal program shall meet the nutrition guidelines as defined in SB 12 (Education Code 49431). The only foods or beverages that may be sold to students outside of the federal meal program are listed below. Sales shall not occur until after the end of the last lunch period.
  - a. Individual portion of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables (not-deep fried) and legumes.
  - b. Individual portion of dairy or whole grain food item that contains not more than:
    - (1) 35% of its total calories from fat.
    - (2) 10% of its total calories from saturated fat.
    - (3) 35% sugar by weight, including naturally occurring and added sugar.
    - (4) 175 calories per individual food item.
  - c. Water with no added sweetener
  - d. Milk: two-percent, one-percent, nonfat milk, soy/rice milk and other similar non-dairy milk.
  - e. Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener
  - f. Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
12. Food or beverages that do not meet the nutrition standards listed in the items #11 above may not be sold as part of a fundraising event.

### Program Implementation and Evaluation

The Superintendent's designees will develop and recommend quality indicators for Board approval that indicate the level and success of the implementation of the Wellness Policy. These indicators will be presented in the form of an annual written survey to evaluate the implementation of the Wellness Policy. The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

### Civil Rights

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal of retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) 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 responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

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**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; or

**Email:**

Program.intake@usda.gov.

**This institution is an equal opportunity provider.**

### Post Requirements

Each 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)

**Brochures providing more information on the District Wellness Policy and Fundraising are available at this school's office.**