



## **School Wellness Policy**

Para Los Niños (PLN) is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Schools will provide nutrition education and physical education that foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **Food Service/Child Nutrition Program**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. Classroom celebrations should encourage healthy choices and portion control. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.

PLN will, as resources are available, provide adequate resources (personnel, equipment, ongoing maintenance, and technology) to implement this policy.

All employees of the schools will support the implementation of this and related policies.

Parents/guardian will be encouraged to support the school's nutrition education efforts by considering nutritional quality when selecting any snack which they may donate for occasional special events.

Wellness Committee members will meet annually to review implementation of these policies and regulations. Subsequently, the Superintendent will provide an annual report to the Board.

### **Quality of Food**

The Superintendent or designee shall ensure the meals offered by the school's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast programs.

The Superintendent or designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the school's food service program.

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-11445.

All food available to students on school premises during school hours, including food sold by the Food Service Department, through vending machines, and by student sales, will meet or exceed nutritional standards established by state/federal guidelines.

All foods available to students during school hours shall be:

1. Selected so as to contribute to student's nutritional well-being and the prevention of disease.
2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
3. Proved to give a variety of healthy choices at all sites including ethnic and cultural favorites.

Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students.

Healthy food choices (fresh fruits and vegetables, whole grains, dairy products) should be promoted in school activities involving staff, students, and community.

### **Student Access**

All school campuses will strive to ensure that each student will have access to healthy choices through the development of universal free breakfast offered at the school sites.

Access to fundraising through food sales will be equitable for all classes and/or student organizations.

### **Maintenance of a Healthy Environment**

Drinking water and hand-washing facilities should be conveniently available for students at all times.

All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.

Adequate space in a pleasant surrounding will be developed so that students can be encouraged to eat a nutritious lunch.

The superintendent or designee will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

### **Rewards**

Schools should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior,

and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

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 sold individually (above). PLN will disseminate a list of healthy party ideas to parents and teachers.

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity of at least 60 minutes per day and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class (120 minutes every 10 days during the regular school day).

Toward that end, classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television; Opportunities for physical activity will be incorporated into other subject lessons; and Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

The Governing Board recognizes the 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 goals.

PLN's physical education programs shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

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

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.

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 need cannot be provided.
2. The student is enrolled for one-half time or less.

### **Daily Physical Education (P.E.) K-8**

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 120 minutes every ten days during the regular school day) for the entire school year.

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

### **Daily Recess**

All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

### **Physical Activity Opportunities Before and After School**

After-school programs and enrichment programs will provide and encourage, verbally and through the provision of space and equipment, activities that promote physical fitness. The recommendation is that one third of the program time daily be allotted for periods of physical activity for all participants. At least 50 % of the time allocated to physical activity should be spent in moderate to vigorous physical activity.

### **Physical Activity and Punishment**

Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.

### **Monitoring and Policy Review**

The Wellness Committee members will meet annually to review progress toward implementation of these policies and regulations and the superintendent will provide an annual report to the board.

The superintendent will ensure compliance with this policy. In each school, the principal will ensure compliance with this policy in his/her school and will report on the school's compliance to the superintendent.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the respective school principal.

The superintendent will develop a summary report every three years on this policy, based on input from school staff and the Wellness Committee. Recommendations for updates to the policy will be made to the board.

The board will, as necessary, revise the wellness policy and develop work plans to facilitate the implementation.