Reef-Sunset Unified School District Student Wellness Policy

Wellness Committee Members

Ken Horn, Raul Luna, Estela Jimenez, David Price, Monica Alexander, Christal Torres, Richelle Piechowski, David Orozco, Eric Smyers, Victoria Gornick, Isaiah Vargas

Revised May 2026

Introduction to the Reef-Sunset Unified School District School Wellness Policy

The district recognizes the link between student wellness and learning. The District Health and Wellness Coordinator shall work with other departments to coordinate and align district efforts to support student wellness through physical environment, health & safety, social and emotional health, health services, nutrition services, and physical education. In addition, the District Health and Wellness Coordinator will work with a dedicated committee to ensure input from all stakeholders and to ensure diligent responses to wellness across the district, reinforcing students, staff, and families' understanding and appreciation of the importance of a healthy lifestyle.

Research shows that, in addition to good nutrition, physical activity, both during and after school, is strongly correlated with positive student outcomes. These factors, along with healthy social and emotional supports, are essential to overall wellness.

According to 2023 data from the U.S. Bureau of Economic Analysis, the average per capita income in Kings County, California, was $43,994, ranking it 56th among California's 58 counties. Thus, leaving many families in Kings County living below the poverty line.

When considering the correlation between poverty and obesity, the American Diabetes Association reports that 43% of households with incomes below the poverty line (or families that have food insecurities) also have a much higher rate of obesity. We know that the relationship between obesity and diabetes is high and can lead to a lifetime of other health factors. According to the 2023 report from the California Department of Public Health:

- The prevalence rate for overweight/obesity below the poverty level in adults in Kings County is estimated at 78.33%. Whereas the statewide prevalence rate is 74.72%.
- The prevalence rate of overweight-for-age above the 95th percentile among children 2-11 in Kings County is estimated at 17.5%. Whereas the statewide prevalence rate is 17.9%.
- The prevalence rate for overweight/obesity below the poverty level in children 12-17 in Kings County is estimated at 39.19%. Whereas the statewide prevalence rate is 33.47%.

All three of these prevalence rates far exceed the Healthy People 2020 targets and demonstrate the need for more robust intervention and prevention in Kings County. These measures indicate that Kings County residents are at tremendous risk for health issues and should exercise great caution, often bearing a disproportionate burden on our youth.

Therefore, this policy outlines the district’s approach to ensuring that all students have access to sound nutrition, healthy eating practices, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment throughout the school day.

Committee Membership

Name	Title / Relationship to the school or district	Role on the committee
Ken Horn	Chief Learning Services Officer	Assists in the implementation and evaluation of the wellness policy and policy implementation
Raul Luna	Chief Business Officer	Assists in the implementation and evaluation of the wellness policy and policy implementation
Estela Jimenez	Director II Educational Services	Assists in the implementation and evaluation of the wellness policy and policy implementation
David Price	District Health and Wellness Coordinator	Assists in the implementation and evaluation of the wellness policy and policy implementation
Monica Alexander	Director, Child Nutrition	Assists in the implementation and evaluation of the wellness policy and policy implementation
Christal Torres	Credentialed School Nurse	Assists in the implementation and evaluation of the wellness policy and policy implementation
Richelle Piechowski	Principal, Avenal High School	Assists in the implementation and evaluation of the wellness policy and policy implementation
David Orozco	Vice-Principal, Athletic Director, Avenal High School	Assists in the implementation and evaluation of the wellness policy and policy implementation
Eric Smyers	Principal, Reef-Sunset Middle School	Assists in the implementation and evaluation of the wellness policy and policy implementation
Victoria Gornick	Principal, Tamarack Elementary School	Assists in the implementation and evaluation of the wellness policy and policy implementation

Isaiah Vargas	Physical Education Teacher	Assists in the implementation and evaluation of the wellness policy and policy implementation

Plan Implementation

The Reef-Sunset Unified School District (RSUSD) will develop and maintain a plan for implementation to manage and coordinate the execution of the Wellness Policy. The plan delineates roles, responsibilities, and actions for the physical environment; health & safety; social-emotional health; health services; health education; food services; food & nutrition standards; nutrition education; physical education and physical activity; and family, staff & community engagement.

The Reef-Sunset Unified School District Wellness Policy can be found at: https://www.rsusd.net/

Recordkeeping

RSUSD will retain records documenting compliance with the Wellness Policy requirements in the Health and Wellness Department. Documentation maintained in this location will include, but will not be limited to:

- The written Wellness Policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the wellness committee, including an indication of who is involved in the update.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the Local Wellness Policy.
- Documentation demonstrating the most recent assessment on the implementation of the Local Wellness Policy has been made available to the public.
- The local school wellness policy has been made publicly available.

Annual Notification of Policy

RSUSD will actively inform families and the public each year of basic information about this policy, including its content, any updates, and its implementation status. RSUSD will make this information available via the district website. RSUSD will provide as much information as possible about the school nutrition environment. This will include a summary of the district's events or activities related to wellness policy implementation. Annually, the district will also publicize the name and contact information of the district's wellness committee, as well as how the public can get involved with the school's wellness committee.

Revisions and Updating the Policy

The District Health and Wellness Coordinator will update or modify the wellness policy based on the results of the committee's input, the results of the annual survey information, district priorities changes, community needs changes, wellness goal attainment, new health science information, and technology emerges; and new federal or state guidance or standards are issued. The wellness committee meets three times a school year, and the plan is reassessed every three years. The district welcomes parents, students, and community members to join the wellness committee.

Surveys will be used to evaluate the policy's effectiveness and will be distributed to a variety of stakeholders. The District Health and Wellness Coordinator will update or modify the wellness policy based on the results of the committee's input, the results of the annual survey information, district priorities changes, community needs changes, wellness goal attainment, new health science information, and technology emerges; and new federal or state guidance or standards are issued.

An executive summary of the policy implementation, based on the committee's input and survey information, will be presented to the Superintendent and the Board of Trustees annually. Additionally, a copy of the policy will be made available on the public website, located at: https://www.rsusd.net/

Annual School Site Evaluation Form

The purpose of this evaluation is to determine whether the district is meeting the wellness goals set forth in the local wellness policy and identify specific areas of strength or weakness. Each year, a report of the results will be compiled and submitted to the wellness committee, then combined with other evaluations and summarized in an executive summary for the Board of Trustees.

Nutrition

School Meals

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; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. 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.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the

ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. Additionally, the school nutrition program works to ensure that nutritious meals:

- 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.

Promote healthy food and beverage choices using at least ten of the following techniques:

1. Whole-fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
2. Sliced or cut fruit is available daily.
3. Daily fruit options are displayed in a location within students' line of sight and reach.
4. All available vegetable options have been given creative or descriptive names.
5. Daily vegetable options are bundled into all grab-and-go meals available to students.
6. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
7. White milk is placed in front of other beverages in all coolers.
8. Alternative entrée options (e.g., salad bar, yogurt parfaits) are highlighted on posters or signs in all service and dining areas.
9. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
10. Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
11. Student artwork is displayed in the service and/or dining areas.
12. The menu will be created and reviewed by a certified nutrition professional.
13. The district child nutrition program will accommodate students with special dietary and religious needs.
14. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
15. Students are served lunch at a reasonable and appropriate time of day.
16. Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know which programs are available at their children’s schools.

RSUSD will implement at least four of the following five Farm to School activities to meet the Healthy Schools Program Gold-Level Criteria.

1. Local and/or regional products are incorporated into the school meal program.
2. Invite local farmers to present and discuss how they grow their crops.
3. Messages about agriculture and nutrition are reinforced throughout the learning environment.

4. The school hosts a school garden.
5. The school hosts field trips to local farms.
6. School utilizes promotions or special events, such as tastings, to highlight local/regional products.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), 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.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-05080002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

Staff Qualifications and Professional Development

All school nutrition program directors and staff will meet or exceed the hiring and annual continuing education and training requirements set forth in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. RSUSD will make drinking water available at mealtimes where school meals are served. Each school has a rehydration station in or near the school cafeteria that allows students to refill personal water bottles, as well as having access to drinking fountains located throughout the school campus.

Competitive Foods and Beverages

RSUSD is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. RSUSD does not sell or serve food outside of that provided by the district's food service program during the regular school day. Beverages containing caffeine will not be sold on the high school campuses. Any food or drink sold to students on campus during the school day must comply with Smart Snacks and California competitive food rules. This also applies to fundraisers and student group sales when those rules apply. Food that is handed out and not sold, such as at class parties or rewards, is not treated the same, but the district will still address those items through this wellness policy. Meals and snacks served through SNP or CACFP will follow the rules for those programs.

Celebrations and Rewards

All celebrations must comply with district policy, which includes addressing students with food allergies and special dietary needs. Using food as a reward is discouraged. Additionally, food or beverages will not be withheld as punishment. The district strongly encourages considering non-food items for rewards.

Healthy Party Snacks

Pretzels	Fruit smoothies
Granola bars	Baked tortilla chips and salsa
Trail or cereal mix	Dried fruit with no added sugar
Whole-grain crackers with cheese cubes, string cheese, or hummus	Animal or graham crackers
Applesauce with no added sugar	Seasonal fruit or salad
Whole wheat fig bars	Ham, turkey, or vegetable wraps
Bagel slices with jam	Low-fat Jello or pudding
Raisins	Yogurt parfaits
Fruit and cheese kabobs	Low-fat yogurt
Fruit cups with 100% fruit juice	Low-fat or air-popped popcorn without butter or salt
Vegetable trays with low-fat dip	Cheese slices with berries and pretzels
Baked chips and guacamole	Cottage cheese with peaches
Rice cakes	Graham crackers

Jelly (100% fruit) sandwiches on whole wheat bread	Whole-grain cereal bars

Many children have severe peanut and/or tree nut allergies. Before you serve any snacks, ensure that none of your students have a peanut or tree nut allergy.

Fundraising Activities

School principals shall encourage school organizations, such as student groups and parent organizations, to use healthy food items or non-food items for fundraising purposes. Schools will encourage fundraising activities that promote physical activity, such as a 2k walk or race.

Nutrition Promotion

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, gymnasiums, 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, teachers, parents, students, and the community.

RSUSD will promote healthy food and beverage choices for all students across the school campuses and encourage participation in school meal programs. This promotion will occur through at least:

1. Implementing evidence-based healthy food promotion techniques through the school meal programs using the Smarter Lunchroom Movement.
2. Ensuring 100% of foods and beverages promoted to students meet the USDA in-school nutrition standards.

Nutrition Education

RSUSD will adopt nutrition education materials for all district classrooms. These materials will align with the National Health Education standards for grades K-6 and will be used by credentialed teachers to teach, model, encourage, and support healthy eating for all students. Schools will provide nutrition education and engage in nutrition promotion that:

1. It is designed to provide students with the knowledge and skills necessary to promote and protect their health
2. It is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects

3. Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
4. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
5. Emphasizes caloric balance between food intake and energy expenditure to promote physical activity and exercise
6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services
7. Teaches media literacy with an emphasis on food and beverage marketing
8. Includes nutrition education training for designated staff.

Essential Healthy Eating Topics in Health Education

RSUSD will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention
2. Food guidance from MyPlate
3. Reading and using the FDA's nutrition fact labels
4. Eating a variety of foods every day
5. Balancing food intake and physical activity
6. Eating more fruits, vegetables, and whole-grain products
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
8. Choosing foods and beverages with little added sugar
9. Eating more calcium-rich foods
10. Preparing healthy meals and snacks
11. Risks of unhealthy weight control practices
12. Accepting body size differences
13. Food safety
14. Importance of water consumption
15. Importance of eating breakfast
16. Making healthy choices when eating at restaurants
17. Eating disorders
18. Reducing sodium intake
19. Social influences on healthy eating, including media, family, peers, and culture
20. How to find valid information or services related to nutrition and dietary behavior
21. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
22. Resisting peer pressure related to unhealthy dietary behavior
23. Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

RSUSD is committed to providing a school environment that ensures all students have opportunities to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. RSUSD strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are exposed to advertising on district property that contains messages inconsistent with the health information the district imparts through nutrition education and health promotion. It is the intent of the district to protect and promote students' health by permitting advertising and marketing only for foods and beverages 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 USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Physical Activity/Physical Education

RSUSD will provide all students with physical education using an appropriate age-sequential curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle, help students develop skills to adopt lifelong healthy habits, and incorporate essential health education concepts.

All students in grades K-5, including those with disabilities, special health-care needs, and those in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days) for the entire school year. Students will be taught by a certificated teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

All students in grades 6-8, including those with disabilities, special health-care needs, and those in alternative educational settings, will receive daily physical education (or its equivalent of 400 minutes every 10 days) for the entire school year. Students will be taught by a certificated teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Students in grades 9-12, including those with disabilities, special health-care needs, and those in alternative educational settings, will receive daily physical education (or its equivalent of 400 minutes every 10 days) for the entire school year. 20 credits (4 semesters) of physical education are required. Students will be taught by a certificated teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

All students shall be provided with opportunities to be physically active regularly. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs,

before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

Daily Recess and Physical Education

All transitional kindergarten through sixth-grade students will have at least 30 minutes of supervised recess on regular school days and 15 minutes on early release days, preferably outdoors, during which time staff should encourage moderate to vigorous physical activity. The district has a well-designed policy for days with poor air quality. Staff should appropriately limit the amount or type of physical exertion required of students during air pollution episodes, hot weather, or other inclement conditions as explained below:

- Hot weather – when the outside temperature reaches above 95 degrees Fahrenheit
- Cold weather – when the outside temperature falls below 50 degrees Fahrenheit
- Inclement conditions – rain, lightning, excessive wind, or wind chill
- At the direction of the District Health and Wellness Coordinator
- Air Pollution – Follow the chart

School Air Quality Activity Recommendations

PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools in terms of student activities. Local air districts are available to assist schools with understanding local air quality concerns and actions they can take to protect student health. To find out more, contact your local air district. Visit this page to learn which District serves your area: www.arb.ca.gov/app/dislookup/dislookup.php



The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies.

Modify these levels to correspond with the AQI, emissions concentration, or other air district recommended method for your region.

Air Quality Level

Activity	Level 1	Level 2	Level 3	Level 4	Level 5 *School districts may consider school closures based on site-by-site concerns.* ***
Recess (15min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes Sensitive individuals should remain doors.*	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hurs)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Event must be rescheduled or relocated.

* Sensitive Individuals include all those with asthma or other heart/lung conditions ** California Interscholastic Federation

*** To meet the conditions for approval of a waiver due to emergency conditions (Form J-13A) from the State Superintendent of Public Instruction poor air quality must be shown to be caused by an emergency event such as a wildfire.

Based on California Department of Education Guidelines, a rainy day (indoor schedule) will be called when the air quality reaches level 4. Schools will provide an indoor activity for sensitive individuals (asthma, bronchitis, heart disease) or whose parents choose to have them participate indoors when the air quality reaches level 3.

Per California AB 1653 and CIF Bylaw 503 K, no outdoor athletic contests or practices are allowed when the wet bulb globe thermometer reaches 92.1 degrees Fahrenheit or the air quality index is 151 or higher.

After School Activities

The district offers students opportunities to participate in physical activity during the regular school day and after, through a variety of methods. The district will encourage students to be physically active during the regular school day or after school by providing a variety of intramural and extramural sport programs at the elementary, middle, and high school levels.

Schools may develop joint-use agreements to provide community members with opportunities for physical activity on school grounds.

Active Transport

The district will support active transport to and from school, such as walking or biking. The district will encourage this behavior by engaging in four or more of the activities below, including but not limited to:

1. Designate safe or preferred routes to school
2. Create, distribute, and train students on safe routes to school annually
3. Promote activities such as bike safety training
4. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
5. Instruction on walking/bicycling safety provided to students
6. Encourage and promote the use of crosswalks on streets leading to schools

Other Activities that Promote Student Wellness

Social-Emotional

Healthy social-emotional development (self-confidence, trust, and empathy) in children correlates with healthy cognitive development and lays a strong foundation for school achievement. Young children who are socially and emotionally healthy are more likely to succeed in school and in life. The district is committed to student wellness, both physically and mentally. Through this commitment, the district provides supplemental academic and career counseling to meet the high academic demands placed on today's youth, as well as provides a safe place for students to receive counseling and guidance services from trained counselors. Through social prevention and intervention, social development, and specifically designed and implemented interventions, students with challenging behavioral and/or emotional challenges are provided targeted support to promote personal wellness.

Health

With the support of a team of health professionals, students are assessed for medical referrals and daily health monitoring. Also, rigorous health education is provided across a variety of key areas to support understanding of healthy choices and reduce disease transmission. From mandated health screenings and immunization monitoring to asthma, diabetes, and sexual health education, the health team promotes students' and families' overall health and wellness. RSUSD integrates support for student wellness into its daily practices and activities across the entire school setting, not just in the cafeteria, through a variety of support services for students, teachers, and families. Each component complements the others to ensure our children receive the best opportunities to understand the importance of overall health and wellness, so they can have the best life possible.

Goals

RSUSD firmly believes that all students should be educated in safe, drug-free, and conducive learning environments. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. RSUSD believes schools play a critical role in promoting health and safe behaviors to help students establish lifelong, healthy behaviors. Improving students' health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

Physical Environment, Health & Safety

RSUSD will continue to provide and promote a safe environment during the school day and during all school-related functions.

- Students will be taught campus safety rules.
- School site staff will monitor equipment and grounds and promptly report potential hazards for repair.
- Staff will be informed of and follow safety regulations to ensure their own safety and that of others.
- School sites will promote a drug- and tobacco-free environment and encourage healthy choices for all members of the school community, both at home and at school.
- School sites will enforce an "anti-bullying" policy and encourage social tolerance and respect for others.

Social-Emotional Health

- School sites will have a protocol for detecting and referring students who pose a potential risk to themselves or others.
- To ensure that students have access to comprehensive mental health services, the district will provide access or referrals to mental health services to qualified school personnel or to outside agencies.

Health Services

Health Services is a critical mechanism for improving both educational performance and students' well-being.

- Health staff should fully support the wellness policy and promote health and wellness activities.
- Health staff will promote school attendance by communicable disease surveillance, encouraging healthy habits, and injury prevention.
- Health staff will provide local community resources for health care and health education, including connections to students and their families.
- District nurses will provide information on nutrition, disease prevention and detection, tobacco and electronic smoking device use, emotional wellness, and other health and wellness opportunities to students, as needed.
- In addition to grade-level mandated screenings (vision and hearing), district nurses will provide other screenings, as needed or requested (e.g., blood pressure, BMI, height, weight), to students.
- District nurses will participate in community health information outreach activities, as appropriate.

Health Education

- RSUSD will continue to encourage health education for K-6 students, designed to motivate and encourage them to maintain and improve their personal health, prevent disease, and avoid risky behaviors that could affect their health.
- Staff will continue to explore resources, training, and materials for the health curriculum for students in grades K-12.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

Child Nutrition

All school nutrition program directors, managers, and staff will meet hiring and continuing annual education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to the USDA’s Professional Standards for School Nutrition website to search for training that meets their learning needs.

- Child nutrition employs well-prepared staff who efficiently serve appealing, compliant, and nutritious food choices during both breakfast and lunch service.
- The Director of Child Nutrition will provide professional development to food service staff about the Wellness Policy.
- Child nutrition staff will be regularly trained in food safety.
- All food and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines.
- All students shall have access to free, safe, fresh drinking water during the school day.
- The child nutrition department offers appealing fruits, vegetables, grains, and low-fat dairy products in portion sizes that meet the child's caloric needs.

Food and Nutrition Standards

Food safety and sanitation standards must be followed at all school-related events. Any person handling food or utensils will:

- Wash their hands properly.
- Properly maintain foods at correct temperatures: cold food will be stored at or below 40 degrees Fahrenheit, and hot foods will be maintained at or above 140 degrees Fahrenheit.
- Clean and sanitize utensils and work surfaces.
- Not handle food or utensils when sick.
- Not handle food with their bare hands.
- Classroom celebrations involving food are limited by board policy and must be store-bought.
- Food served to students will not be homemade. This applies specifically to food served at school events, parties, and similar events. This does not apply to students' lunches and snacks brought from home for individual consumption.

Nutrition Education

The school's nutrition education program shall be evidence-based, consistent with the exceptions established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of a sequential health education program in grades K-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program.

Physical Education & Physical Activity

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge, and skills for age-appropriate physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Physical Education

Students in grades K-12 will participate in moderate to vigorous physical activity per board policy and the California Education Code.

Physical fitness tests will be administered in fifth and seventh grade. Students will be encouraged to maintain age and grade-level physical fitness levels. Parents are notified of student results.

Physical Education Activities

Schools should provide all students with the opportunity, support, and encouragement to be physically active regularly through Physical Education instruction and physical activities.

- A comprehensive physical activity program encompasses a variety of opportunities for students to engage in physical activity, including, but not limited to, PE, recess, health education that includes physical activity as a main component, athletic programs, and intramural or competitive athletic teams.
- Physical education is delivered by well-prepared and well-supported staff.
- Professional preparation and/or ongoing professional development are provided to district teachers in physical education and physical activity.
- Physical education and physical activity programs will be conducted in safe environments that respect body-size differences and various skill levels.
- Physical Education and physical activity should not be used for disciplinary purposes. Alternative discipline measures are encouraged in lieu of withholding physical education/activity or recess. Schools will encourage family and community members to support programs outside the school that promote a healthy and active lifestyle.