SOULSBYVILLE SCHOOL DISTRICT
WELLNESS POLICY

The Soulsbyville Elementary School District is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating, physical activity and general cleanliness and infection control measures. Therefore, it is the policy of the Soulsbyville Elementary School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition, health, and physical activity policies.
- All students in grade TK-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Non-Program competitive foods and beverages sold at school will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans.* Additionally Non-Program competitive food are not encouraged until after lunch.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practical, the school will participate in relevant federal school meal programs (National School Lunch Program).
- The school will provide nutrition, health and physical education to foster lifelong habits of healthy eating, cleanliness and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The school will measure improvement in the health and fitness of its students, as indicated by the performance of fitness testing at applicable grade levels, and observable behaviors of lunch participation and additional opportunities for physical activity outside of the physical education program.

TO ACHIEVE THESE POLICY GOALS:

The school district will convene a School Health Council once every three years to develop, monitor, review, and as necessary, make recommendations for school nutrition, health and physical activity policies. The School Health Council will consist of a group of individuals representing the school and community, including parents, students, and manager of school food services, members of the school board, school administrators, teachers, health professionals and members of the public. The School Site Council may serve in this capacity.

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables;
- Serve low-fat and fat-free milk and nutritionally-equivalent non dairy alternatives (to be defined by USDA) and
- Ensure all grains are 51% whole grain USDA compliant products.
- Provide access to free drinking water during meal times.

Soulsbyville School will share information about the nutritional content of meals with parents and students upon request. Such information may be made available on menus, the school website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Soulsbyville School will encourage parents to provide a healthy breakfast for their children.
- A no-cost breakfast will be provided to students prior to 8:00 a.m.

Free and Reduced-price Meals. Soulsbyville School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Soulsbyville may utilize electronic identification and payment systems, provide meals at no charge to all children, regardless of income, and promote the availability of school meals to all students.

Summer Food Service Program. Soulsbyville School District may implement a Summer Food Service Program if more than 50% of students are eligible for free or reduced-priced meals.

Meal Times and Scheduling. Soulsbyville School:

- Will provide students with adequate time to eat after sitting down to eat lunch;
- Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of Food Service Staff. A Qualified nutrition professional (cafeteria manager) who has met the Soulsbyville Job Description requirements will administer the school meal programs. The school district will provide ongoing opportunities for professional development for all nutrition professionals in our district. Staff development programs will include appropriate certification and/or training programs for all employees connected with our foods service, according to their levels of responsibility.

Sharing of Food and Beverages. As part of our Health curriculum, Soulsbyville School will educate students on the dangers of sharing their foods, beverages or any medications with their peers, especially given concerns about allergies and other restrictions on some children's diets.

No Non-program competitive foods and beverages will be Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) that do not comply with California SB677.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will take into consideration children's nutritional needs with healthy options that can make positive contributions to diets and health.

Rewards. Soulsbyville School will use good judgment in using snack foods or beverages, 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. Soulsbyville School Staff will encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

School-sponsored Events (such as, but not limited to, athletic events, dances or performances). In addition to popular snacks, the event sponsor will endeavor to offer healthy store bought choices, such as fresh fruits and vegetables, nuts, seeds, jerky, whole grains like popcorn and beverages such as 100 % juice, water or milk.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Soulsbyville School District aims to teach, encourage, and support healthy eating by students and staff. Soulsbyville School promotes nutrition education that:

- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, USDA compliant grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. 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.

Communications with Parents. Soulsbyville School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Soulsbyville School encourages parents to pack healthy lunches and snacks. In addition, Soulsbyville School will provide information about physical education and other school-based physical activity opportunities before, during and after the school day.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, our school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing for brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness. Soulsbyville School District highly values the health and well-being of every staff member and encourages participation in activities and practices that support maintaining a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) TK-8. All students in grades TK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive instructional physical activity. All physical education will be supervised by a certified physical education teacher or a classroom teacher who has had training in physical education activities.

Daily Recess. All elementary school students will have at least 15 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.

Soulsbyville School discourages extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, staff will provide students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. Soulsbyville School may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. If offered, Soulsbyville will ensure a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. Soulsbyville School will participate in the Tuolumne County Elementary Sports program.

Physical Activity and Punishment. The District will discourage the use of physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. We will strive to maintain the message that physical activity is a positive aspect of wellness.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Mental Health and Wellness

Soulsbyville School recognizes the impact that mental health has on students' overall wellness. To this end, the district will encourage the integration of mental health supports into multi-tiered systems of support for students. The district may offer individual and/or group counseling according to available resources. Students will be taught the social-emotional competency standards (CASEL).

VI. Monitoring and Policy Review

Monitoring. The superintendent will ensure compliance with established nutrition, physical activity, and wellness policies and will report on the district's compliance to the school board

once every three years. The School Health Council and/or School Site Council and district staff will be included in this process.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

Policy Review. The School Wellness Policy will be reviewed at least once every three years and amended to comply with local, state and federal law. Current nutrition and wellness information will be integrated into policy revisions.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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 state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027 (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

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

2. fax:
   202-690-7442; or

3. email:
   Program.Intake@usda.gov.

This institution is an equal opportunity provider.

~~**ADOPTED**~~**:**
SOULSBYVILLE SCHOOL DISTRICT **JUNE 27, 2006**

Rev. 05/2011
Rev. 12/2016
Rev. 03/2020
Rev. 04/2023
Rev. 10/2026