The following document outlines the Sunnyside Union Elementary School Wellness Plan and Policy for Implementation. Included are relevant Board Policies Participants, Methods of Communicating the Policy, Methods of Review & Responsibilities and Quarterly Meeting Dates.

Wellness Policy and Plan

SUNNYSIDE UNION ELEMENTARY SCHOOL

Steve Tsuboi

School Wellness Policy

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The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy.

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote a health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students shall be provided opportunities to be physically active on a regular basis. 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.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall 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.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy.

STEVE TSUBOI, SUPERINTENDENT-PRINCIPAL
(Title or Position)
568-1741 X. 208
(Phone Number)
stsuboi@sunnyside.k12.ca.us
(Email Address)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards

6. Results of the state's physical fitness test at applicable grade levels

7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time pent in moderate to vigorous physical activity

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other district wide or school-based wellness activities offered, including the number of sites and/or students participating,as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.

The Superintendent or designee shall distribute this information through the most effective methods of communication, including

district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

Student Wellness Plan – Outline

Posting Requirements and Parent-Staff – Community Promotion	Evidence of Implementation	Responsibility	2017-2018	2018-2019
Plan and Policy to be Posted on First Day of Each School Year in Cafeteria and on District Web Site	Observation	Steve Tsuboi and Jose Alcantar		
The school district shall provide information providing healthy eating and lifestyles on a regular basis.		Committee Members		
Nutrition Education				
Shall Occur at Each Grade Level (K-8)	Lesson Plans (Including Minutes)	Steve Tsuboi		
Participation in Fruit/Vegetable of the Month/or Similar Program	Fliers Lesson Plans Handouts	Committee Members		
Participation in Nutrition Network/or Similar	Handouts Agendas Contract	Committee Members		
Physical Education and Physical Activity				
Appropriate Instructional Minutes - 200 minutes every two weeks (10 days)	Lesson Plans	Steve Tsuboi		
Curriculum (Content Standards) - Proficient in Movement Skills - Lifelong Fitness - Cooperation	Provide Standard and Framework from CDE	Anderson Schmidt and Steve Tsuboi		
Personnel - To be delivered by teacher credentialed to teach Physical Education	Administration to ensure all have appropriate credential	Steve Tsuboi		
State Physical Fitness Test - Participation by Fifth and Seventh Grade	Physical Fitness Results	Anderson Schmidt		
Alternative Physical Activity - Provided to those who have known Heart or Respiratory Conditions or Other Physical Disability	Office and Health Personnel Documentation	Anderson Schmidt and Nancy Kimura		
Scheduling - Staff will appropriately limit the amount of physical exercise during air pollution episodes, hot weather, or other inclement conditions	Regular Notification of Staff by Administration Health Flags	Steve Tsuboi		
Temporary Exemptions - A student who is ill or injured and a modified program cannot be provided	Written Documentation such as doctor note.	Nancy Kimura		
Physical Education as Punishment - At no time shall physical education be withheld or used as punishment	Observation by Administration and ALL Educators	Steve Tsuboi and Anderson Schmidt		

Healthy Eating Environment	Evidence of Implementation	Responsibility	2017-2018	2018-2019
Maintenance of Healthy Eating Environment - Bulletin Boards - Cleanliness		Christina Montoya		
Presentation - Foster mutual respect between service providers, school personnel and students		Christina Montoya		
Goals and Strategies to Increase Student Participation in School Lunch Program				
Meals				
Meet Federal Guideline Requirements - Offer versus Serve (Declining Components) - Meet or Exceed Guidelines		Christina Montoya		
Fat Content - No More than 30 Percent of Total Calories from Fat (averaged over week)		Christina Montoya		
Saturated Fat - No More than 10 percent of Total Calories from Saturated Fat (averaged over week)		Christina Montoya		
Foods During School Hours - Prepared in ways that appeal to students, retain nutritional quality and foster healthy eating habits - Provide healthy choices, including ethnic and cultural favorites		Christina Montoya		
Fruits and Vegetables - Encourage and Promote the intake of 5 servings of fruits and vegetables daily		Christina Montoya		
Training - Annual Training for Food Service Staff in Food Safety, Marketing, Preparation, and Service of Health Menu Items		Christina Montoya		
Food and Beverage (Outside of School Meal Program)				
Meet Local, State and Federal Guideline Requirements - All items outside of school meal program shall adhere to all guideline requirements - Definition of Sold: any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. This term does not refer to food brought from home for individual consumption.		Christina Montoya and Steve Tsuboi		

Food and Beverage (Outside of School Meal Program) - Continued	Evidence of Implementation	Responsibility	2017-2018	2018-2019
Sold on Campus During School Hours - Must be from one or more of the following categories: 1. Milk and dairy products, including cheese, yogurt, frozen yogurt and ice cream. 2. Vegetable and Fruit Drinks containing 50 percent or more full strength fruit juice, and fruit nectars containing 35 percent or more full strength fruit juice with no sweeteners. Water with no added sweeteners may also be sold. Middle schools may sell electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving. 3. Fresh, frozen, canned, and dried fruits and vegetables. 4. Nuts, seeds, and nut butters. 5. Non-confection grain products (crackers, breadsticks, tortillas, pizza, pretzels, bagels, muffins, popcorn). 6. Any food receiving **prior approval** from Food Services Dept.				
Individually Sold Food Item Requirements				
Requirements 1. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds are from fat. 2. Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese) 3. Not more than 35 percent of the total weight o f the food item, excluding fruits or vegetables, is composed of sugars. 4. Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried and legumes may be sold. 5. Individually sold dairy items and whole grain food items may be sold provided they meet the 35/10/35 guideline above and do not exceed 175 calories per individual food item		Christina Montoya		

for elementary schools and 250 calories fat the middle school. Food Services will provide a list of foods that meet that criterion. **NO Home prepared foods are allowed to be sold on campus due to the potential of food-borne illness.**				
Food in the Classroom	**Evidence of Implementation**	**Responsibility**	**2014-2015**	**2015-2016**
Requirements 1. All foods brought into the classroom must be store – restaurant purchased and wrapped due to the potential for food-borne illness.		Steve Tsuboi		
Motivation and Rewards 1. The use of food as a motivator or reward is strictly prohibited.		Steve Tsuboi		
Sanitation and Safety 1. All procedures shall comply with the requirements of the California Uniform Food Facilities Law as set forth in Health and Safety Code 113700-114455.		Christina Montoya		

Participants for 2017-2018

Name	Position
*Steve Tsuboi	Superintendent-Principal
*Christina Montoya	Cafeteria Manager
*To Be Determined (Appoint at September 12, 2017 Board Meeting)	Board Member
To Be Determined	Teacher
Anderson Schmidt	5-8 Physical Education Teacher
Nancy Kimura	School Nurse – Tulare County Office of Education
Any Parent-Guardian Willing to Participate	Adrianna Ambriz

*Compliance Officials

Methods of Communication

1. Included in First Day of School Handouts/Handbook
2. Information on Monthly Menus
3. Flyers
4. Web Site
5. Twitter Account
6. Facebook Account
7. School Outreach System

Quarterly Meeting Dates (All meetings will be held at 3:00 PM and consist of Agenda/Minutes)

September 18, 2017
November 6, 2017
March 5, 2017
May 7, 2017