

Scotia Union Elementary School 2015

STUDENTS

Wellness Policy on Physical Activity and Nutrition

The Scotia Union School district 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.

The governing board recognizes the important connection between a healthy diet and the positive benefits of physical activity with a student's ability for academic achievement. We believe that good health fosters student attendance and education.

1. The District will provide education in the areas of nutrition, health, and physical activity that incorporate California Standards to foster life-long habits of healthy eating and physical activity. Wellness in the District will be advanced by articulation of all aspects of the school environment that contribute to a healthy lifestyle. This can be accomplished by a connection between health education, school meal programs, and activities that involve the community.
2. The District's Child Nutrition Programs shall comply with federal, state, and local requirements. Child Nutrition Programs will be accessible to all children.
3. School-based activities, including before- and after-school programs, will be aligned with the wellness policies.
4. Foods and beverages made available on campus (including vending concessions, ala carte, student stores, and fund-raising) during the school day shall be in accordance with the Code of Federal Regulations and the California Education Code.

5. The school meal environment will be a safe, comfortable, and pleasing space. Sufficient time will be provided for eating meals.

Use of food as a form of reward and use of food or physical activity as a form of punishment is not permitted.

6. Foods made available by the school meal program will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.
 - b. The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
 - c. The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to student, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.
 - d. The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.
 - e. 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 and by limiting foods, or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible
7. The Governing Board desires to provide a physical education program that builds interest and proficiency in movement skills and emphasizes students' life-long fitness through physical activity. Physical education activities teach students how to cooperate in the

- achievement of common goals, as well as promoting high levels of personal achievement and a positive self-image.
8. Scotia School will make every effort to create and expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.
 9. An administrative team consisting of a minimum of one staff member and one parent will review the policy. The team will conduct a baseline assessment of the school's existing nutrition and physical activity environment using the School Health Index and/or the California Standards. An assessment one subsequent year and every three years thereafter will review policy compliance, assess progress, and determine areas in need of improvement. The superintendent or designee will prioritize areas needing improvement and develop plans for implementation.
 10. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

Wellness Policy on Physical Activity and Nutrition (Continued)

Legal Reference:

EDUCATION CODE

38080-38103 Cafeteria, establishment and use
45103.5 Contract for management consulting services; restrictions
49066 Grades; physical education class
49430-49436 Pupil Nutrition, Health and Achievement Act of 2001
49490-49493 School Breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Childcare food program
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49570 National School Lunch Act
51241 Temporary or permanent exemption from physical education
51242 Exemption from physical education for athletic program participants
52316 Excuse from attending physical education classes
60800 Physical performance test

HEALTH AND SAFETY CODE

113700-114455 California Uniform Retail Food Facilities Law

CODE OF REGULATIONS, TITLE 5

3051.5 Adapted Physical Education for Individuals with Exceptional Needs
10060 Criteria for Physical Education Program
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
2660-15565 School lunch and breakfast programs

CODE OF REGULATIONS, TITLE 15

4346 Exemption from Physical Education

UNITED STATES CODE, TITLE 29

794 Rehabilitation Act of 1973, Section 504

UNITED STATES CODE, TITLE 42

1751-1769 School lunch programs
1771-1791 Child nutrition, including:
1773 School Breakfast Program
1779 Rules and regulation, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

DISTRICT POLICIES

356.125 Principals; Food Service Responsibilities

3546.5 Purpose(s) and Facilities; Cafeterias

3553 Meals for Needy Children

Wellness Policy on Physical Activity and Nutrition (Continued)

3551 Finance; Food Service

3550 Food Services General Nutrition Policy

3554 Other food sales

3312 Contracts

5148 Child Care and Development

6300 Preschool/Early Childhood Education

1230 School-Connected Organizations