

# Palo Verde Unified SD

## Administrative Regulation

AR 5030  
**Students**

Student Wellness

To assure timely implementation of the Wellness Policy, the following guidelines are to be followed:

### **Goal 1: High Quality, nutrition foods while in school**

All food available to students on campus during school hours shall meet nutrition standards as required by legislation.

All foods sold to students on school campus during school hours must be from one of the following categories:

1. Full meals
2. Individually packaged portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables that have not been deep fried, and legumes.
3. Foods that meet the following criteria
  - Not more than 35 percent of its total calories shall be from fat
  - Not more than 10 percent of its total calories shall be from saturated fat
  - Not more than 35 percent of its total weight shall be composed of sugar
4. Beverages that meet the following criteria
  - Fruit/vegetable-based drinks that are composed of no less than 50 percent juice and have no added sweetener
  - Drinking water with no added sweetener
  - Low fat milk, non fat milk, and non-dairy milk
  - An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving (secondary sites only)

Elementary Sites:

- Not more than 175 calories per individual food item (snacks)
- Non-compliant foods may be sold if sold by students, the sale takes place off campus or at least one-half hour after the end of the school day

### Secondary Sites:

- Not more than 250 per individual food item (snacks)
- Items not served as part of a USDA meal, shall have no more than 400 calories per item (entrée)
- Contain no more than 4 grams of fat per 100 calories (entrée)
- Non-compliant foods may be sold if the sale takes place off campus, at least one half-hour before the start of, or half-hour after the end of the school day, or during a school-sponsored pupil activity after the end of the school day (i.e. sporting event)

Exhibits: Senate Bill 12 Fact Sheet, Senate Bill 965 Fact Sheet, Management Bulletin 04-114, Calculation Worksheet

Students shall be provided adequate space to eat meals in pleasant surroundings as well as adequate time to eat, relax and socialize. When possible, meal times should be scheduled at or about midday. Meetings or activities should not be scheduled during lunch, unless students may eat during such activities. Students shall have adequate seating and time to eat; at least 10 minutes after sitting down for breakfast, and 20 minutes after sitting down for lunch. Provide students access to hand washing before meals. For elementary sites consider scheduling lunch after recess.

Teachers are to limit class parties to no more than once a month. Non-compliant food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP)

During school hours, home-prepared products will not be allowed to be sold on campus due to the potential of food-borne illness. However, site approval may be requested for special occasions (i.e. multicultural events), involving foods that may not meet these nutritional standards. These foods and service methods must meet food safety standards as specified by the Food Service Department.

The Superintendent or Principal shall ensure that food sales by school-related groups are in compliance with state and federal law, and do not impair student participation in the District's Food Service Program. All fundraisers must have prior approval by the Superintendent or Principal.

The Superintendent or Food Service Director will provide information to sites/student groups on alternative fundraising methods that are consistent with the District's nutrition policies.

### **Goal 2: Nutrition/Wellness Education**

Students receive consistent nutrition messages throughout the school, classroom cafeteria, home, community, and media.

State and District health education curriculum standards and guidelines include nutrition education and physical education.

Nutrition behavior will be monitored through the Healthy Kids Survey.

### **Goal 3: Physical Activity**

- All students, from kindergarten through grade 12 will participate in a quality physical activity/fitness education program., completing the required two years at the high school level
- All secondary schools will have certificated physical education teachers
- All schools will have appropriate class sizes, facilities, equipment and supplies needed to deliver quality physical education.
- District physical activity/physical education programs will be monitored and assessed regularly in conjunction with other District academic and health-related programs. Using tools such as the Healthy Kids Survey, School Health Index, and State mandated physical fitness testing--student health and fitness standards will be assessed bi-annually. Results of these surveys and assessments will be reported to the Board of Education, school sites, parents and community on an annual basis.
- Access to school sites will be provided through permitting use of facilities to community youth sports groups, and other youth organizations so additional opportunities are available for all youth in our community to participate in quality physical activity, fitness, sports and recreation programs.
- At a minimum, elementary students will have 30 minutes of various physical activities each school day.
- Students are provided opportunities during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of after school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Physical activity classes are not withheld as a punishment.

Regulation      PALO VERDE UNIFIED SCHOOL DISTRICT  
Approved:      January 10, 2006