

## JAMESTOWN SCHOOL DISTRICT WELLNESS POLICY

The Jamestown 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 Jamestown 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 or served 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 20 minutes for students to eat.
- To the maximum extent practical, the school will participate in relevant federal school meal programs (including the School Breakfast Program and National School Lunch Program [including after-school snacks]).
- 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, which may include the performance of fitness testing, body fat index and observable behaviors of lunch contents and physical activity participation.

### **TO ACHIEVE THESE POLICY GOALS:**

The school Site Council will function as the School Wellness Committee to monitor, review, and as necessary, make recommendations for school nutrition, health and physical activity policies. The council also will serve as a resource for implementing those policies *in conjunction with the Outreach Center of Excellence (COE)*. The Wellness Committee will consist of a group of individuals representing the school and community, including parents, the manager of school food services, a school administrator, classified employees and teachers. The Wellness Committee will meet at least annually in meetings open to the public.

## **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)
- Ensure all grains are whole grain rich products
- Provide access to free drinking water during meal times

Jamestown School will engage students and parents in selecting foods, through new entrees, sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition Jamestown School District will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a 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:

- Jamestown School will operate the School Breakfast Program
- Jamestown School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, such as serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess
- Jamestown School will notify parents and students of the availability of the School Breakfast Program

**Free and Reduced-price Meals.** Jamestown 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, Jamestown School District will utilize bio-metric identification and payment systems; provide meals to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab and go” or classroom breakfast, as practicable.

Every effort will be made to facilitate the participation of eligible students in the free and reduced price meal program. Applications will be distributed to every family member during the annual pre-registration in August. Those who begin later in the school year will be provided information upon enrollment. The district will coordinate the NSLP

application process for MediCal Express Enrollment and Direct through a memorandum of understanding with the Tuolumne County Health and Welfare Department.

**Summer Food Service Program.** Jamestown School District will consider implementing a Summer Food Service Program if more than 50% of students are eligible for free or reduced-priced meals and it is cost effective.

**Meal Times and Scheduling.** Jamestown School District:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down to lunch. Recess will follow lunch to provide extra eating time for students who need more time
- Should schedule meal periods at appropriate times, e.g., lunch will be scheduled between 11 AM. and 1 PM
- 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
- 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.** Qualified nutrition professionals who have met the Jamestown School District's job description requirements will administer the school meal programs. The school district will provide ongoing opportunity for professional development for all nutrition professionals in the 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 the health curriculum, Jamestown School District 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.) as per California SB677.

**Snacks.** Snacks served during the school day or in after-school programs will make a positive contribution to the children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Nutritional snacks, with all

appropriate NSLP nutrition and food components, will be provided to all students who attend the after school program between the hours of 3:00 and 4:00PM.

The district will disseminate a list of healthful snacks items to teachers, after-school personnel, and parents.

- When Jamestown School District provides snacks through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Jamestown School District will refrain from using snack foods or beverages, especially CANDY, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. Alternative rewards are recommended, such as praise, stickers, character cards and Panther Pride cards, special P.E. time, movies, computer time, etc.

**Celebrations.** Jamestown School District will limit celebrations that involve food during the school day to no more than one party per class per month, including holiday parties. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages (for example soda and cake). The Food Service Manager will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events (such as, but not limited to, athletic events, dances or performances).** Jamestown School District will endeavor to offer healthy choices, such as fresh fruits and vegetables, nuts, seeds, jerky, whole grains like popcorn and beverages such as 100 % juice, water or milk. Students in grades 6-8 may be offered food and beverages that do not meet the nutritional standards of the National School Lunch Program at four evening dances per year.

## **Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Jamestown School District aims to teach, encourage, and support healthy eating by students. Jamestown School District will endeavor to provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- 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, whole 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
- Includes training for teachers and other staff

**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
- Classroom teachers will incorporate short physical activity breaks between and within lessons or classes, as appropriate

**Communications with Parents.** Jamestown School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Jamestown School District may offer healthy eating education for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Jamestown School District will endeavor to encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. Jamestown School District will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

Jamestown School District will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, the school district 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. Schools shall not promote brands or logos inconsistent with healthy nutrition or lifestyle in any building or on equipment. Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free

samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: pricing structures that promote healthy options in a la carte lines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Staff Wellness.** Jamestown School District highly values the health and well-being of every staff member and will plan and implement activities and practices that support personal efforts by staff to maintain a healthy lifestyle. We will strive to implement at least two Staff Wellness Events per year, i.e. Staff Games such as softball, volleyball, rhythm and movement, fitness challenge teams, etc.

## **Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-8.** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity for at least 200 minutes every two weeks during the school year. All physical education will be supervised by a classroom teacher who has been trained in physical education activities. An appropriate alternative activity shall be provided for students with disabilities that restrict physical exertion. When a student is injured or ill, a temporary exemption from physical education or a modified program shall be provided.

**Daily Recess.** All elementary school students will have at least 15 minutes a day of supervised recess, outdoors—except in inclement weather, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Jamestown School District 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** Jamestown School District will offer extracurricular physical activity programs, such as intramural programs. Jamestown School District will offer 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. Jamestown School District will participate in the Tuolumne County Elementary Sports program.

After School programs will provide and encourage activities that promote physical fitness. The recommendation is that 25% of the program time shall be allotted for periods of physical activity.

**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. physical education) as punishment. The district will strive to maintain the message that physical activity is a positive aspect of wellness.

**Safe Routes to School.** The school district will assess if necessary, and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

**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 when supervision and custodial service is available. 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.

### **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 in the School Accountability Report Card. An initial assessment of compliance will be conducted as the policy is implemented. The district will establish implementation priorities and outcome measurements annually, and include, in its report to the school board, progress and next steps on its annual initiatives. The Wellness Committee, a component of the 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 superintendents. 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 every three years and amended to comply with local, state and federal law. Current nutrition and wellness information will be integrated into policy revisions.

**ADOPTED:  
JAMESTOWN SCHOOL DISTRICT**

**March 9, 2016**