

## **Lake Tahoe USD AR 5030 - Student Wellness**

### **1. School Wellness Group**

A group comprised of School Site Councils, Associated Student Body representatives, Wellness Coordinator, Director of Child Nutrition, Director of Facilities, School Board Members, Community Members, School Administrators, Teachers and Parents will develop, implement, monitor, review and as necessary, revise the Wellness Plan related to school nutrition, education, physical education and activities, and healthy school environment. The goals and expectations for the work of the School Wellness Committee are outlined in this Administrative Regulation.

### **2. Student Wellness Goals**

The Lake Tahoe Unified School District is committed to providing school environments that promote and protect children's social, psychological and physical health, well-being, and ability to learn by supporting healthy eating and physical activity and by providing support services and educational programs to students and their families. Therefore, the Board of Education has adopted the following goals relating to student wellness:

- a. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- b. All schools in our district shall offer breakfast and lunch during the school day.
- c. All foods and beverages made available on campus during the school day or during a school sponsored trip away from campus will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans and the Healthy Hunger Free Kids Act of 2010.
- d. The school food service program will provide students with access to affordable, nutritious foods that meet the health and nutrition needs of students.
- e. The district shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- f. All schools in our district will participate in available federal school meal programs, including the School Breakfast Program and the National School Lunch Program.
- g. All schools in our district shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- h. The district will implement and continually monitor the adopted School Safety Plan, and will provide a wide range of support services and preventative and educational programs to students and their families.

### **3. Goals for Nutrition Education, Physical Activity/Education and other School-based Activities.**

- a. Nutritional Quality of Foods and Beverages Sold and Served on Campus

#### **School Meals**

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

- (1) Be affordable, nutritious and appealing to children
- (2) Be served in clean and pleasant settings
- (3) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- (4) Offer a variety of fruits and vegetables
- (5) Serve only low-fat (1%) and fat-free milk
- (6) Strive to ensure that 100% of the served grains are whole grain

#### 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:

- (1) Schools will operate the School Breakfast Program and notify parents and students of the availability of the school breakfast.
- (2) Schools will promote to parents the importance of a healthy breakfast for children through newsletters, take-home materials, or other means.
- (3) Our district will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- (4) Students will be offered breakfast in the cafeteria before school begins

#### Free and Reduced-Priced Meals

The Food Service Program 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. Schools will promote the availability of school meals to all students.

#### Meal Times and Scheduling

All schools in our district:

- (1) Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- (2) Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 12:30 p.m. for elementary school and 12:30 p.m. and 1:30 p.m. for middle and high schools
- (3) Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- (4) Will provide students access to hand washing before they eat meals or snacks

At all elementary schools, every effort will be made to arrange the schedule to allow lunch periods to follow recess periods

#### Sharing of Foods and Beverages

The district will discourage students from bringing non-nutritious food items from home (e.g. large bags of chips, sodas). The district will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

#### Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, whole grain products and low-fat and fat-free dairy products. The district will disseminate a list of healthful snack items to teachers and parents.

#### Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as outlined in BP AR 3554, 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

Schools shall limit celebrations that involve food during the school day to no more than one party per class per month. Celebrations shall be held after the lunch period has ended. Each party shall include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually as outlined in BP and AR 3554. The district will disseminate a list of healthy party ideas to parents and teachers.

#### b. Qualifications of School Food Service Staff

As part of the school district's responsibility to operate a food service program, the district will provide continuing education for all school food service staff. Staff development programs should include appropriate certification and/or training programs for child nutrition director, supervisors and cafeteria assistants, according to their levels of responsibility.

#### c. Other Food Sales

The Board of Education believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Therefore, the Board has adopted board policy and administrative regulation 3554 to establish clear guidelines relative to all other food sales.

#### d. Fund-Raising

The School Board encourages all school-based organizations to use non-food items for fund-raising. Foods or beverages to be sold at school must be in compliance with AR 3554.

#### e. Nutrition and Physical Activity Promotion and Food Marketing

##### Nutrition Education and Promotion

Lake Tahoe Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- (1) Is part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- (2) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
- (3) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- (4) Emphasizes caloric balance between food intake and energy expenditure (nutrition and physical activity/exercise)
- (5) 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 (i.e., at least 60 minutes per day) 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 and to the extent possible:

- (1) 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
- (2) Opportunities for physical activity will be incorporated into other subject lessons
- (3) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
- (4) Includes training for teachers and other staff

##### Communications with Parents

The district/schools will encourage parents to provide a healthy diet and daily physical activity for their children. Breakfast and lunch menus for student meals will provide nutritional information. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/schools will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fund raising activities.

The district/schools 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, and physical education homework.

#### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools 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 as outlined in BP AR 35546.

To the extent possible, school-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. Examples of marketing techniques include the following:

- (1) Logos and brand names on/in vending machines
- (2) Books or curricula
- (3) Textbook covers
- (4) School supplies
- (5) Scoreboards
- (6) School structures
- (7) Sports equipment
- (8) Educational incentive programs that provide food as a reward
- (9) Programs that provide schools with supplies when families buy low-nutrition food products
- (10) In-school television
- (11) Free samples or coupons
- (12) Food sales through fund raising activities

The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

#### f. Physical Activity Opportunities and Physical Education

## Comprehensive Health Education

The Board believes that health education should foster the knowledge, skills and behaviors that students will need in order to lead healthy, productive lives. Students should know how to obtain and use health-related information, products and services. They should learn to accept personal responsibility for their own lifelong health and to respect and promote the health of others.

Establish student goals that foster and promote health literacy, defined as "the capacity of an individual to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways that are health-enhancing.

Health education is to be part of a comprehensive district program to promote the health and well-being of students and staff. As part of this program, the Board is committed to providing for physical education, health services, nutrition services, psychological and counseling services, a safe and healthy school environment, and involvement of parents/guardians and community members, health education, including nutrition education for K-6, and health courses for 7th and 9th graders in comprehensive education as stated in the Health Framework

## Daily Physical Education (P.E.) K-10

All students in grades K-10, including students with disabilities and/or special health-care needs, will receive physical education as outlined in BP AR 6142.7. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 80 percent of physical education class time participating in moderate to vigorous physical activity.

## Daily Recess

In addition to organized P.E., all elementary school students will have an average of 20 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. Withholding of recess or organized P.E. will not be used as a form of punishment, although time-out during recess or P.E. for inappropriate behavior may be utilized. Schools will discourage 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 will give students periodic breaks during which they are encouraged to stand and be moderately active.

## Physical Activity Opportunities Before and After School

South Tahoe High School will offer interscholastic sports programs. The school 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.

The Boys and Girls Club program will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

## Physical Activity and Punishment

Schools will not use physical activity (e.g., running laps, pushups) as punishment, with the exception of during after-school athletic practices at the middle and high school, at the coach's discretion. Schools will not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

#### Safe Routes to School

The school district will assess and, 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 provide school buses when available and appropriate for travel to and from school.

#### Use of School Facilities Outside of School Hours

School spaces and facilities will 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 organizations offering physical activity and nutrition programs, provided a School Facility Use Agreement has been filed. School policies concerning safety will apply at all times

#### g. Good Citizenship

Overall "wellness" includes healthy and respectful student behavior and good citizenship. The district expects respect, responsibility, honesty, integrity, self-worth and self-discipline to be modeled and taught by district teachers, administrators and staff.

#### h. Supporting the Plan by Adoption of Supporting Policies

The following school board policies and administrative regulations have been adopted to support this Student Wellness Plan. These policies are integrated into the plan by reference:

- (1) Board Policy 3312 - Contracts
- (2) Board Policy and Administrative Regulation 3550-Food Service/Child Nutrition Program
- (3) Board Policy and Administrative Regulation 3554-Other Food Sales
- (4) Board Policy 5030 - Student Wellness
- (5) Board Policy 6142.7 and Administrative Regulation - Physical Education
- (6) Board Policy and Administrative Regulation 6142.8 - Comprehensive Health Education

#### 4. Establishing a Plan for Implementing, and Monitoring the Student Wellness Policy

The School Wellness Committee, using the goals outlined in Board Policy and Administrative Regulation 5030 to develop and implement a comprehensive Wellness Plan by July 1, 2006.

At each school site, the principal or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies in his/her school, and will report on the school's compliance to the school district Superintendent or designee.

The Director of Child Nutrition will ensure compliance with nutrition policies within school food service areas and will report annually on this matter to the Superintendent and Board.

The superintendent, site principals and the Director of Child Nutrition will develop a summary report that includes a review and assessment of the extent to which the district's relevant board policies and Student Wellness Plan are being implemented. The report will be provided to the Board at least every two years.

#### Appendix A: References

##### Resources for Local School Wellness Policies on Nutrition and Physical Activity

1. School Health Index, Centers for Disease Control and Prevention,

<<http://apps.nccd.cdc.gov/shi/>>

2. Local Wellness Policy website, U.S. Department of Agriculture,

<<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>

3. Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,

4. Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies,

5 The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,

6. Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention,

7. Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,

<<http://www.nationalguidelines.org>>

8. Cardiovascular Health Promotion in Schools, American Heart Association

##### Nutrition

1. Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education,

<<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>



2. Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,
3. Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture,
4. Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,
5. Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN,
6. Diet and Oral Health, American Dental Association,  
<<http://www.ada.org/public/topics/diet.asp>>

#### School Meals

1. Healthy School Meals Resource System, U.S. Department of Agriculture,  
<<http://schoolmeals.nal.usda.gov/>>
2. School Nutrition Dietary Assessment Study-II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program,
3. Local Support for Nutrition Integrity in Schools, American Dietetic Association,
4. Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association,
5. Healthier US School Challenge, U.S. Department of Agriculture,
6. Breakfast for Learning, Food Research and Action Center,
7. School Breakfast Scorecard, Food Research and Action Center,

#### Meal Times and Scheduling

1. Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI)
2. Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,

#### Nutrition Standards for Foods and Beverages Sold Individually

1. Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,

2. State policies for competitive foods in schools, U.S. Department of Agriculture,
3. Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity
4. School Foods Tool Kit, Center for Science in the Public Interest,
5. Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture,
6. FAQ on School Pouring Rights Contracts, American Dental Association,  
<[http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)>

#### Fruit and Vegetable Promotion in Schools

1. Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture,
2. School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$29.95 at .
3. School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$9.95 at
4. National Farm-to-School Program website, hosted by the Center for Food and Justice, [www.farmtoschool.org](http://www.farmtoschool.org)
5. Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association,  
<<http://www.uffva.org/fvpilotprogram.htm>>

#### Fundraising Activities

1. Creative Financing and Fun Fundraising, Shasta County Public Health,
2. Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama,

#### Snacks

1. Healthy School Snacks, (forthcoming), Center for Science in the Public Interest
2. Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center,

#### Rewards

1. Constructive Classroom Rewards, Center for Science in the Public Interest,

2. Alternatives to Using Food as a Reward, Michigan State University Extension,
3. Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service

#### Celebrations

1. Guide to Healthy School Parties, Action for Healthy Kids of Alabama,
2. Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,

<<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

#### Nutrition and Physical Activity Promotion and Food Marketing: Health Education

1. National Health Education Standards, American Association for Health Education,

<[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)>

#### Nutrition Education and Promotion

1. U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them),
2. The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service,
3. Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association,

#### Integrating Physical Activity into the Classroom Setting

1. Brain Breaks, Michigan Department of Education,
2. Energizers, East Carolina University,

#### Food Marketing to Children

1. Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest,
2. Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,
3. Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO),

<<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>

4. Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest,

<http://cspinet.org/marketingguidelines.pdf>

5. Commercial Activities in Schools, U.S. General Accounting Office,

Eating Disorders

1. Academy for Eating Disorders,

2. National Eating Disorders Association,

3. Eating Disorders Coalition,

Staff Wellness

1. Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention,

2. Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America,

3. Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education: General Resources on Physical Activity

1. Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention,

2. Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports,

3. Physical Fitness and Activity in Schools, American Academy of Pediatrics,

<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>

Physical Education

1. Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&ion=5>>">http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&ion=5">http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&ion=5

2. Opportunity to Learn: Standards for Middle School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&ion=5>

3. Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&ion=5>

4. Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education,

5. Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life,

#### Recess

1. Recess in Elementary Schools, National Association for Sport and Physical Education,

2. Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition,

3. Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute,

4. The American Association for the Child's Right to Play,

<http://www.ipausa.org/recess.htm>

#### Physical Activity Opportunities Before and After School

1. Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education,

2. The Case for High School Activities, National Federation of State Control and Prevention (CDC),

<http://apps.nccd.cdc.gov/shi/>

3. Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,

4. Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids,

5. Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&ion=5>

6. Opportunity to Learn: Standards for Middle School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&ion=5>>>[http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid="](http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=)><http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&ion=5>>

7. Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at

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