

# Bella Vista School School Wellness Policy

## Goals for Nutrition Education, Physical Activity, and other School-Based Activities that Promote Student Wellness

### Nutrition Education and Physical Activity that Promote Student Wellness:

In compliance with California *Education Code* (EC) Section 51210, Bella Vista Staff will teach health education, including nutrition education, in grades one through six. In the middle school, the staff will stay in compliance with EC Section 51890, and provide comprehensive health education and include a variety of health topics in the curricula.

### **Goals for Student Learning:**

1. Using knowledge based on current recommendations, goal setting skills, and decision making skills, students will demonstrate ways in which they can enhance and maintain their nutrition-related health and well-being.
2. Based on concepts and self-management skills related to diet, physical activity, and safe food handling, students will understand and demonstrate behaviors that prevent disease and quick recovery from illness.
3. Students will be able to analyze the influence culture, media, technology, and other factors have on their decisions related to nutrition, physical activity, and lifestyle choices.
4. Students will understand and demonstrate an active role in promoting nutrition-related health through their healthful beverage and food choices.
5. Through their understanding of the relationship of the human body and nutrition, students will understand and accept individual differences in growth and development.
6. By identifying and investigating valid nutritional information, students will evaluate whether products, information, or services are helpful or harmful to their health.

### **Goals for Physical Education:**

1. All K-8 students will receive physical education instruction as designated (*EC* sections 51210, 51222, 51223):
  - A minimum of 200 minutes for every 10 school days for students grades 1-8
2. The physical education instruction will be delivered by a credentialed teacher.
3. A physical fitness test will be given annually to all students in grades five and seven during the months of February, March, April, or May.
4. At least 50 percent of the instructional time will be spent in moderate-to-vigorous physical activity
5. Instruction will be designed to enhance the physical, mental, and social/emotional development of every child.
6. Education and assessment regarding fitness will help students to understand, improve, and/or maintain their physical well-being.

**Goals for Physical Activity:**

1. Students k-8 will have at least 20 minutes a day of supervised recess preferably outdoors.
2. After school sports will be offered to students grades 6-8 in the forms of organized teams: girl's volleyball, football, basketball, cross country, track, and softball.
3. Students in grades 4-5 will be offered experiences on intramural teams during their lunch break.
4. Student k-3 are offered an opportunity to participate on the cross country team.
5. Extended periods of inactivity (two or more hours) should be broken up with periodic breaks during which students are encouraged to stand and be moderately active.

**Nutrition Guidelines for Food and Beverages Outside of the School Meal Program:**

Following *EC* Section 49431, food items sold outside the federal reimbursable meal programs must adhere to the following guidelines:

Food:

1. Not more than 35 percent of its total calories shall be from fat (excluding nuts, seeds, eggs, and cheese)
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 its total weight shall be composed of sugar (excluding fruits and vegetables)
4. Calories shall not exceed 250 calories per food item

**Beverages:**

1. Water, with no added sweeteners
2. Milk
3. Fruit juice
4. Vegetable juice
5. Electrolyte replacement beverages

**Fund-raising Goals:**

1. Encourage school-based organizations to use nonfood items for fundraising.
2. Student, parent, or school groups should sell fund-raising food and beverages only after the lunch period.

**Celebrations:**

1. Celebrations that involve food during the school day should include a balanced menu of items. For example, for every sweet treat there should be a nutritional option.
2. Celebrations should occur after lunch.

**Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs:**

1. All meals must meet or exceed nutrition requirements established by local, state, and federal requirements.
2. Food and beverages sold or served must meet the nutrition recommendations of the current US Dietary Guidelines for Americans, such as:
  - No more than 30 percent of total calories from fat, averaged over a week
  - No more than 10 percent of total calories from saturated fat, averaged over a week

3. Lunch will be served at least two hours from other meals
4. Ensure that identification of low-income students is prevented and that those students are not treated differently because they avail themselves of free and reduced-price meals
5. Bella Vista will meet the current USDA guidelines for safety and sanitation.
6. Use the USDA or SHAPE California nutrient-based menu planning options as the basis for menu planning

#### **Breakfast Program:**

1. Students have the opportunity to eat breakfast before school in the cafeteria
2. All bus runs will arrive and allow students adequate opportunity to eat breakfast (at least 10 minutes)

#### **Lunch Program:**

1. Students are given the opportunity to use at least 20 minutes to eat
2. Healthy lunch choices will be prominently displayed and encouraged
3. Students and staff have access to hand washing and sanitizing before eating any meal

#### **Program Implementation and Evaluation:**

1. The Wellness Policy must be posted in the cafeteria.
2. The Bella Vista Staff will review the Wellness Policy bi-annually to insure understanding and familiarity
3. The Wellness Committee shall meet tri-annually to review implementation and evaluate the policy. During these meetings, the members should review an analysis of the nutritional content of meals served (provided by the food service personnel), feedback from teachers regarding curriculum used and student improvement and involvement (grade level representatives).
4. The Superintendent will observe health and nutrition lessons and PE and frequent the cafeteria to ensure that the wellness policy is being implemented.
5. The Wellness Committee or the Committee designee will report to the school board on an annual basis and review the contents of their meetings, the Superintendent's observations, and the results from the fifth and seventh grade physical fitness tests.