

Bella Vista School Wellness Policy

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 kindergarten 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, including nutrition education.

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.
7. Through the school garden, students will demonstrate understanding of how food is grown, seasonality, and the relationship between fresh food and health.
8. Through the Harvest of the Month program, students will experience a variety of fresh fruits and vegetables, including several new or unfamiliar foods. Students will learn to be adventurous eaters and try new foods.

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.
7. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
8. The core physical education curriculum will be SPARK for grades K-6. SPARK Middle School curriculum may be used for grades 7-8.

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: girls' volleyball, football, basketball, cross country, track and softball.
3. Students in grades 4-5 will be offered experiences on intramural teams during Their lunchbreak.
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.
6. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

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. Not more than 200 mg of Sodium per individual portion of snack foods
5. Calories shall not exceed 250 calories per food item

Beverages:

1. Water, with no added sweeteners
2. Milk (lowfat or nonfat)
3. 100% Fruit and/or Vegetable juice
4. School shall provide and maintain working drinking fountains on campus.

Fundraising Goals:

1. Encourage school-based organizations to use nonfood items for fundraising.
2. Student, parent, or school groups should sell fundraising food and beverages only after the lunch period.
3. Foods and beverages selected for fundraisers are encouraged to be whole foods that promote health, such as fruits, vegetables, low-fat dairy and whole grains.

Celebrations & Rewards:

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.
3. Celebrations are encouraged to focus on activities rather than food.
4. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

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. School garden produce shall be utilized in meals when available.
7. School meal program will contribute to garden composting program as feasible.

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.
4. School lunches shall include a salad bar for all students participating in the meal program.
5. Access to free, safe drinking water shall be provided during meal times in food service areas.

Promotion & Marketing:

1. Cafeteria will promote healthy eating and good nutrition through posters and promotional events.
2. Cafeteria will participate in the Harvest of the Month program, such as featuring the selected produce on the menu during the month.
3. District will continue to explore best practices for increasing meal participation, such as second chance breakfast.
4. School meal nutrition information will be available through the school website.

5. Promotion and advertising of unhealthful foods and beverages is not permitted on school grounds.

Professional Development:

1. As opportunities arise, district will explore training opportunities for all staff, including teachers, PE instructors, nutrition services staff, and aides.
2. Professional development in the areas of nutrition education and physical education/activity will be given thorough and equal consideration as academic training opportunities.

Parent Outreach:

1. Parents will be provided regularly with nutrition and physical activity information through school newsletters, websites, and other materials sent home with students.
2. Parents are encouraged to assist with nutrition and physical activity events during and after the school day, such as fitness assessments, breakfast week promotions, harvest of the month, etc.
3. Families are encouraged to use school playground facilities for family physical activity during daylight, non-school hours.

Program Implementation and Evaluation:

1. The Wellness Policy must be posted in the cafeteria.
2. The Bella Vista Staff will review the Wellness Policy annually to ensure understanding and familiarity.
3. The Wellness Committee/Health Council shall meet three times per year 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 Principal 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 Principal's observations, and the results from the fifth and seventh grade physical fitness tests.
6. The Wellness Committee will meet to revise the policy as necessary.