



Muroc Joint Unified School District Wellness Plan

BELIEF STATEMENT

The Board of Education of the Muroc Joint Unified School District is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this plan is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, including goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this plan.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight – a three-fold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness plan. The objectives of the wellness plan are to improve the school nutrition environment, promote student health and reduce childhood obesity.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and

maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

WELLNESS PLAN REQUIREMENT 1

SET GOALS FOR NUTRITION EDUCATION, PHYSICAL EDUCATION AND OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS.

The Governing Board will ensure that:

GOALS FOR NUTRITION EDUCATION

- 1) No student in the Muroc Joint Unified School District goes hungry during school.
- 2) In order to promote maximum participation in the school meal program, food providers will develop a coordinated, comprehensive outreach and promotion plan, and put into place systems that ensure the elimination of the stigma of accepting "free" lunch (such as a card swipe system).
- 3) Students in kindergarten through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors *and* aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education in primary grades as eating habits are established at a young age. The curriculum shall be consistent with guidelines presented in the *Health Framework for California Public Schools*.
- 4) To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- 5) To achieve positive changes in students' eating behaviors, it is recommended that a minimum of twenty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- 6) The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.
- 7) Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

GOALS FOR PHYSICAL ACTIVITY

- 1) Students in kindergarten through grade 12 shall have opportunities to participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum.
- 2) Elementary students shall participate in physical education for a minimum of 200 minutes each 10 school days, and middle and high school students participate for 400 minutes each 10 days (Ed Code 5122 (a), (b)). Special emphasis should be placed on promoting an active lifestyle in primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- 3) Schools shall provide a daily supervised recess period to elementary students.
- 4) Students shall be provided opportunities for physical activity through a range of before- and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- 5) Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.
- 6) Schools are encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
- 7) Physical activity facilities and equipment on school grounds shall be safe.
- 8) Schools are encouraged to develop community partnerships with other child-serving organizations such as park districts and YMCA's to provide students with opportunities to be active.
- 9) School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.
- 10) School personnel shall be encouraged not to use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS.

(For the purposes of the goals noted below, a "food provider" shall include all food service personnel as well as any representative of any school-based organization that offers food for purchase to students during the school day.)

- 1) It is recommended that food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
- 2) School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
- 3) All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including

- coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- 4) Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.
 - 5) Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
 - 6) Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
 - 7) Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
 - 8) Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options.
 - 9) School-based organizations shall be encouraged to raise funds through the sale of items other than food.
 - 10) Partnerships between schools and businesses are encouraged, and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards.
 - 11) Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid.gov) such as fruits, vegetables, low-fat dairy foods and whole grain products.
 - 12) Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
 - 13) All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.
 - 14) For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.

WELLNESS PLAN REQUIREMENT 2

ESTABLISH NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY.

The Governing Board shall ensure that:

- 1) Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- 2) Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
- 3) Commencing July 1, 2006, 100% of all snacks and beverages sold to students in elementary schools will meet state guidelines for nutrition content. (Ed Code 49431, 49431.5) Items include those sold as:
 - a. a la carte offerings in the food service program;
 - b. food and beverage choices in vending machines, snack bars, school stores; and
 - c. foods and beverages sold as part of school-sponsored fundraising activities.
- 4) Exceptions may be granted according to Ed Code 49431 (b).
- 5) Commencing July 1, 2006, 75% of all snacks, entrees and beverages sold to students in middle and high schools will meet state guidelines for nutrition content. (Ed Code 49431.2 (a), (b), 49431.5) Items include those sold as:
 - a. a la carte offerings in the food service program;
 - b. food and beverage choices in vending machines, snack bars, school stores; and
 - c. foods and beverages sold as part of school-sponsored fundraising activities.
- 6) Exceptions may be granted according to Ed Code 49431.5 (4).
- 7) School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

WELLNESS PLAN REQUIREMENT 3

ASSURE THAT GUIDELINES FOR SCHOOL MEALS ARE NOT LESS RESTRICTIVE THAN THE FEDERAL PLAN.

The Governing Board shall ensure that:

The Child Nutrition Services Director shall ensure that foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations.

WELLNESS PLAN REQUIREMENT 4

ESTABLISH A PLAN FOR MEASURING THE IMPACT AND IMPLEMENTATION OF THE LOCAL WELLNESS PLAN.

The Governing Board shall ensure that:

- 1) The District Superintendent shall be charged with the operational responsibility for ensuring that each school meets the local wellness plan requirements.
- 2) The District Superintendent or designee shall appoint a district wellness team/council that includes parents, students, representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the wellness plan.
- 3) The principal of each campus shall be responsible for implementation of the local wellness plan and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan. The wellness plan may be adopted as part of the Single Plan for Student Achievement. School Site Councils may serve as the site wellness team/council.
- 4) The wellness team/council shall hear reports from each campus group annually.
- 5) Before the end of each school year the district wellness team/council shall recommend to the District Superintendent any revisions to the plan it deems necessary.
- 6) The district wellness team/council shall report to the superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the campuses.

First Reading: 5/10/06

Governing Board Adoption: 6/21/06

Revised: March 2013

Revised: May 2016

Attachment A

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness plan to promote student health and reduce childhood obesity.*

Attachment B

Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- Car wash*
- Walkathons*
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items - tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

**These fundraisers have the added benefit of promoting physical activity for students.*

Attachment C

Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)