

## **BELLEVUE WELLNESS POLICY**

Reviewed by SSC & Board on 10/12/17 & 11/9/17

The Bellevue Elementary 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 Bellevue Elementary 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. When a significant number of participants or potential participants in the district's nutrition programs are non-English speakers, the coordinator shall make an appropriate language translation available.
- All students in grade K-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, as indicated by the performance of fitness testing at applicable grade levels, and observable behaviors of lunch participation and additional opportunities for physical activity outside of the physical education program.

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

The school district will convene a School Health Council once every three years to develop, monitor, review, and as necessary, make recommendations for school nutrition, health and physical activity policies. The School Health Council will consist of a group of individuals representing the school and community, including parents, students, and manager of school food services, members of the school board, school administrators, teachers, health professionals and members of the public. The School Health Council will provide information to the Board at the conclusion of their three year cycle.

### ***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;

## **BELLEVIEW WELLNESS POLICY**

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- 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 nondairy alternatives (to be defined by USDA) and
- Ensure all grains are whole grain rich products.
- Provide access to free drinking water during meal times.

Belleview School will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, the school 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:

- Belleview School will, to the extent possible, operate a School Breakfast Program.
- Belleview School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Belleview School will notify parents and students of the availability of the School Breakfast Program.
- Belleview School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-price Meal** - Belleview 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, Belleview may utilize electronic identification and payment systems and promote the availability of school meals to all students.

**Summer Food Service Program** - Belleview School District does not implement a Summer Food Service Program due to its low enrollment and lack of resources.

**Meal Times and Scheduling** – Belleview School:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down to lunch;
- Will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10 a.m. and 2 p.m.;
- 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; and
- 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** – A qualified nutrition professional (cafeteria manager) who has met the Belleview Job Description requirements will administer the school meal programs. The school district will provide ongoing opportunities for professional development for nutrition

## **BELLEVIEW WELLNESS POLICY**

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professionals in our 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 our Health curriculum, Belleview School 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 care or enrichment 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. The district will disseminate a list of healthful snacks items to teachers, after-school personnel, and parents.

**Rewards** – Belleview School will use good judgment in 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, AWESOME EAGLE TICKETS, SPECIAL P.E. TIME, MOVIES, COMPUTER TIME, ETC.

**Celebrations** – Belleview School staff will encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

**School-Sponsored Events (such as, but not limited to, athletic events, dances or performances).** We 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.

### ***NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING***

**Nutrition Education and Promotion** – Belleview School District aims to teach, encourage, and support healthy eating by students and staff. Belleview School promotes nutrition education that:

- 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;

## **BELLEVUE WELLNESS POLICY**

Reviewed by SSC & Board on 10/12/17 & 11/9/17

- 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

**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 implement 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; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents** -Bellevue School District will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Bellevue School encourages 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. In addition, Bellevue School will provide information about physical education and other school-based physical activity opportunities before, during and after the school day.

**Food Marketing in Schools** - School-based marketing will be consistent with nutrition education and health promotion. As such, our school 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.

**Staff Wellness** - Bellevue School District highly values the health and well-being of every staff member and encourages participation in activities and practices that support maintaining a healthy lifestyle.

### ***PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION***

**Daily Physical Education (P.E.) TK-8** - All students in grades TK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity. All physical education will be supervised by a certified physical education teacher or a classroom teacher who has had training in physical education activities.

**Daily Recess** - All elementary school students will have at least 15 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. Bellevue School discourages extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory

## **BELLEVIEW WELLNESS POLICY**

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school-wide testing, make it necessary for students to remain indoors for long periods of time, staff will provide students periodic breaks during which they are encouraged to stand and be moderately active.

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

**Physical Activity and Punishment** – We will strive to maintain the message that physical activity is a positive aspect of wellness and discourage the practice of withholding P.E. as a punishment.

**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. 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 once every three years. The district will include in its report to the school board, progress and next steps. The School Health Council, 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 Superintendent. 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 once every three years and amended to comply with local state and federal law. Current nutrition and wellness information will be integrated into policy revisions.

**Civil Rights** – In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information

## **BELLEVIEW WELLNESS POLICY**

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requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

**Mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

**Fax:**

(202)690-7442; or

**Email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov).

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