

# **BELLEVIEW SCHOOL WELLNESS POLICY**

Reviewed by SSC & Board on 5/11/23 & 6/8/23

The Belleview 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 Belleview 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***

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**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;
- 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.

Bellevue 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:

- Bellevue School will, to the extent possible, operate a School Breakfast Program.
- Bellevue School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Bellevue School will notify parents and students of the availability of the School Breakfast Program.
- Bellevue 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** - Bellevue 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, Bellevue may utilize electronic identification and payment systems and promote the availability of school meals to all students.

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

**Meal Times and Scheduling** – Bellevue 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).

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**Qualifications of Food Service Staff** – A qualified nutrition professional (cafeteria manager) who has met the Bellevue Job Description requirements will administer the school meal programs. The school district will provide ongoing opportunities for professional development for nutrition 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, Bellevue 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.

Energy and caffeinated drinks are not to be brought or consumed by students on campus during the school day, or during participation in after-school sports.

- These drinks are often used by students to provide an extra boost in energy. However, the stimulants in these drinks have known harmful effects including dehydration, heart complications, anxiety, and insomnia. (CDC, <https://www.cdc.gov/healthyschools/nutrition/energy.htm>. The American Academy of Pediatrics further recommends that adolescents not consume caffeine and other stimulant substances contained in energy drinks.
- The school can provide opportunities to educate students/athletes about the difference between energy drinks and sports drinks and potential dangers of consuming highly caffeinated beverages.

**Rewards** – Bellevue 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** – Bellevue School staff will encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting

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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** – Bellevue School District aims to teach, encourage, and support healthy eating by students and staff. Bellevue 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;
- 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.

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**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 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** - Bellevue School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Bellevue 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. Bellevue 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** – 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, as per Board policy.

## ***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.

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**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 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).

This institution is an equal opportunity provider.

# BELLEVIEW SCHOOL DISTRICT

## Model Wellness Policy Comparison

### Triennial Review 2022-2023

Component	Description
<b>Tool used for Model LSWP Comparison:</b>	Action for Healthy Kids' School Health Index, Elementary School Version.
<b>Areas of Strength:</b>	<p>1. Compliance with National School Lunch Program and School Breakfast program nutrition standards.</p> <p>2. Students receive regular physical education and participate in abundant physical activity. Families have multiple opportunities for involvement.</p> <p>3. The district continues to promote healthy food and beverage choices for all students across the school campus during the school day and encourages participation in school meal programs.</p>
<b>Opportunities for Improvement</b>	<p>1. Competitive foods and beverages must align with California-specific Smart Snack Standards.</p> <p>2. Social-Emotional Climate should be more specifically addressed in the LSWP.</p> <p>3. Classroom activities will prohibit using food as a reward or punishment and prohibit withholding recess as punishment.</p>
<b>As a result of the comparison, was new language adopted in the School Wellness Policy?</b>	<p><input checked="" type="checkbox"/> Yes -</p> <p><input type="checkbox"/> No- New language will be proposed to be adopted by the school board.</p>
<b>If yes, briefly describe what was adopted (include page numbers for new language if possible)</b>	<p>New language has been added, and was presented to the school board for approval around the following:</p> <ul style="list-style-type: none"> <li>- Alignment with California Smart Snack Standards, prohibiting caffeinated and energy drinks for students during the school day and during sports.</li> </ul>

Component	Description
<b>Describe next steps for strengthening your School Wellness Policy</b>	<ol style="list-style-type: none"> <li>1. Present updated wellness policy to the School Board for approval.</li> <li>2. Notify the public of the changes made to the LSWP.</li> <li>3. Provide training to school sites on implementing the new wellness policy components.</li> </ol>



## BELLEVIEW SCHOOL DISTRICT

### Extent of Compliance for All Schools with the LSWP, Triennial Review 2022-2023

<b>Policy Area</b> <b>(Write the requirements included in your LSWP in the column below)</b>	<b>Not Met</b> <b>(Number</b> <b>of</b> <b>Schools)</b>	<b>Partial</b> <b>Compliance</b> <b>(Number of</b> <b>Schools)</b>	<b>Full</b> <b>Compliance</b> <b>(Number of</b> <b>Schools)</b>
<b>Nutrition Education/Physical Activity Requirement</b> Nutrition and physical activity (PA) education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and PA topics.	0	0	1 OF 1
<b>Nutrition Education/Physical Activity Requirement</b> Teachers and other staff are provided with training on nutrition and PA education.	0	0	1 OF 1
<b>Nutrition Promotion Requirement</b> The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out of school time/and before and after school) and will encourage participation in school meal programs.	0	0	1 OF 1
<b>Other Student Wellness Requirement(s)</b> The district is committed to ensuring that the physical health needs of all students are met. The district will support students' physical health by ensuring students have access to highly qualified nurses or other medical professionals in the school setting (with appropriate student to professional ratios) and referrals to and collaboration with community services as needed.	0	0	1 OF
<b>Federal/State Meal Standards</b> All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will	0	0	1 OF 1

<b>Policy Area</b> (Write the requirements included in your LSWP in the column below)	<b>Not Met</b> (Number of Schools)	<b>Partial Compliance</b> (Number of Schools)	<b>Full Compliance</b> (Number of Schools)
provide meals that meet the nutrition standards for school meals as determined by the U.S. Department of Agriculture (USDA).			
<b>Foods Offered but Not Sold Standards</b> The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks Standards.	0	0	1 OF 1
<b>Food and Beverage Marketing</b> All foods and beverages marketed or promoted to students on the school campus during the school day and during the extended school day (including during out-of-school time/and before and after school) will meet or exceed Smart Snacks Standards	0	0	1 OF 1

<b>District- Level Local School Wellness Policy (LSWP) Components</b>	<b>For the components below, indicate whether the district is in compliance</b>
<b>Public Involvement</b> The district will actively communicate the ways in which representatives of the District Wellness Council, School Wellness Council, and others can participate in the development, implementation and periodic review and update of the LSWP.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Public Notification</b> The district will actively inform caregivers and the public each year of basic information about the LSWP.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

District- Level Local School Wellness Policy (LSWP) Components	For the components below, indicate whether the district is in compliance
<p style="text-align: center;"><b>Triennial Assessment</b></p> <ul style="list-style-type: none"> <li>• Once every three years, the district will assess the LSWP by completing the following: Comparing district LSWP to a model LSWP</li> <li>• Assessing the extent of compliance for all schools with the LSWP</li> <li>• Assessing the progress made in attaining the goals of the LSWP</li> </ul>	<p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>

## BELLEVIEW SCHOOL DISTRICT

### Progress in Reaching LSWP Goals – Triennial Review 2022-2023

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<b>Nutrition Education and Physical Activity Goal</b> Nutrition and physical activity (PA) education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and PA topics.	Partially	The district adopted evidence-based curriculum for nutrition and Physical Education that is aligned with National Health Education standards for grades K-6. The district has not yet adopted curriculum for all grade levels.  100% of K-6 <sup>th</sup> grade teachers indicated they implemented lessons from the approved curriculum list.	Attachment 1: list of approved curricula
<b>Nutrition Promotion Goal</b> The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out of school time/and before and after school) and will encourage participation in school meal programs.	Yes	District distributes healthy food and beverage promotional materials on an annual basis to all schools.  School website include menus for school meals, and events that promote physical activity.  All schools promote school meal participation through morning announcements.	Attachment 2: Images of promotional materials
<b>Other Student Wellness Goal</b> The district is committed to ensuring that the physical health needs of all students are met. The district will support students' physical health by ensuring students have access to	Yes	All school sites have access to highlight qualified medical professionals. Each school site has a medical professional accessible at least one day per week or on call as needed.	Attachment 3: Summary of services provided to students through school health services.

<b>Goal</b> <b>As defined by your LSWP</b>	<b>Was the Goal Met?</b> <b>Yes/</b> <b>Partially/</b> <b>No</b>	<b>What Was Achieved?</b> <b>Describe how you achieved this goal</b>	<b>Documentation</b> <b>Share documents (as links or attachments) used to measure LSWP implementation</b>
<b>highly qualified nurses or other medical professionals in the school setting (with appropriate student to professional ratios) and referrals to and collaboration with community services as needed.</b>			



## Access to a Broad Course of Study (LCFF Priority 7)

Attachment

#1

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LEAs provide a narrative summary of the extent to which all students have access to and are enrolled in a broad course of study by addressing, at a minimum, the following four prompts:

1. Briefly identify the locally selected measures or tools that the LEA is using to track the extent to which all students have access to, and are enrolled in, a broad course of study, based on grade spans, unduplicated student groups, and individuals with exceptional needs served. (response limited to 1,500 characters)

The locally selected measures that the District is using to track to the extent to which all students have access to and are enrolled in a broad course of study, include the following:

- Grades K-8, (Unduplicated Students and Individuals with Special Needs) Eureka and Big Ideas Math, Benchmark ELA, iReady Diagnostic and Daily Practice for Reading & Math
- Grades K-8 (Unduplicated Students and Individuals with Special Needs) SPARKS Physical Education Curriculum
- Grade K (Unduplicated Students and Individuals with Special Needs) - Kindergarten Assessment that is a locally developed comprehensive test for literacy and math.
- Grade 1 (Unduplicated Students and Individuals with Special Needs) Literacy & Fluency test that is a locally developed test specifically for 1st graders to test reading fluency.
- Grades K-2 (Unduplicated Students and Individual with Special Needs) iReady Daily Practice and Diagnostic in reading and math
- Grades 3-8 (Unduplicated Students and Individuals with Special Needs) CAASPP ELA & Math (no students take CAA)
- Grades 3-8 (unduplicated Students and Individuals with Special Needs) Get More Math Program
- Grades 5 & 8 (Unduplicated Students and Individuals with Special Needs) CAST State Science Test
- Grades 5 & 7 (Unduplicated Students and Individuals with Special Needs) PFT - the State's Physical Fitness Test
- Grade 8 (Unduplicated Students and Individuals with Special Needs) - Scholastic Math Inventory (SMI) and the Scholastic Reading Inventory (SRI). This test is administered to diagnose students in order to select the appropriate placement for them in high school English and Math classes.

2. Using the locally selected measures or tools, summarize the extent to which all students have access to, and are enrolled in, a broad course of study. The summary should identify any differences across school sites and student groups in access to, and enrollment in, a broad course of study, and may describe progress over time in the extent to which all students have access to, and are enrolled in, a broad course of study. (response limited to 1,500 characters)

Students have access to a broad course of study. In addition to the locally selected measures, teachers utilize a standards-based report card and measure student growth on curriculum embedded assessments in most subject areas. In addition to all the regular subjects, PE is offered to all students in K-8 and music is offered on a limited basis (Ukulele lessons) and in the after school program. Students in grades 6-8 have electives that include Leadership, Robotics, Engineering, Art, Yearbook, School Newspaper, Art, etc. All students in grades K-8 have 1:1 Chromebooks so technology is readily accessible.

3. Given the results of the tool or locally selected measures, identify the barriers preventing the LEA from providing access to a broad course of study for all students. (response limited to 1,500 characters)

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The main barrier is funding and a high number of students identified as having special needs, as well as interventions for struggling students. We currently have 17% of our students identified as qualifying for special education services. SELPA has imposed a site funding model and the costs of providing services to our students with special needs has tripled. Results of our LCAP Stakeholder survey indicate a need for intervention for students struggling with behavior and academics. In order to remedy this challenge, Bellevue has performed a "Program Transfer" in collaboration with SELPA for our Speech Program and will continue to hire its own Speech Therapist in 23/24.

4. In response to the results of the tool or locally selected measures, what revisions, decisions, or new actions will the LEA implement, or has the LEA implemented, to ensure access to a broad course of study for all students? (response limited to 1,500 characters)

Additional funds have been allocated in 2023-2024 to address the needs of our special education population as well as the remediation needs for learning loss experienced in the previous two years during the pandemic. Additional aides have been hired to provide 1:1 support to students so that they can be fully included in to the regular classroom. A PE specialist was hired to provide physical education to students, while the classroom teacher can provide intervention as needed. A retired teacher and additional instructional aides also provide general classroom support that allows the teacher to work with smaller groups who need additional assistance.



*Health Services Department*

Dear Parents,

In order to promote the best environment for maintaining health of all our students and staff, we offer the following health information.

The most common illnesses of children are upper respiratory infections (colds, sinusitis, tonsillitis, bronchitis, sore throat) and diarrhea. These conditions can be symptomatic of more involved illnesses. Most often however, they are infections within an age/developmental group where hygiene habits are just being learned. Therefore, the following are guidelines to assist you with the decision whether or not to send your child to school:

A child should **NOT** attend school if he/she has any of the following symptoms:

1. A fever, taken with an **oral** or **otic** (ear canal) electronic device, **reading over 100.4**
2. **OR a temporal electronic device, taken 3-4 times with an average reading over 100°F**
3. Severe sore throat, presence of green or yellow phlegm
4. Copious nasal discharge; yellow or green in color
5. Frequent loose or liquid stools
6. Any body rash that is not firmly related to contact with an irritant, i.e., poison oak
7. Itching, watery, discolored eye drainage (yellow, white, green drainage, crust formation) or red eyes (Not contributed by any known allergy)
8. Nausea and/or vomiting
9. Ear drainage or ear pain (see your healthcare provider)
10. Persistent and/or productive cough

If your child exhibits any of the above conditions, it is best to have the child stay home so they can rest and be observed for any other factors that might affect their overall well-being. If they have a fever, **they should be fever free for 24 hours without medication** before returning to school. Please note, in certain instances discretion will be necessary, such as if a child has an oral temperature of 100 and a slight nasal discharge during flu season. In such situations you may be asked to consult a healthcare provider and obtain a written note indicating your child may return to school.

In addition, it is important to note that at times there may be other students within your child's classroom who may require hospitalization for a severe illness following exposure to a common infectious disease.

Yours in Good Health,

Tuolumne County Schools Nurses  
Kendra Ziepfel, RCSN-P (209) 536-2049  
Health Services Line: (209) 536-2045  
(Attachment: CDC Illness Chart)



## WHEN TO CALL PARENT/ GUARDIAN OR SEND A STUDENT HOME FROM SCHOOL

Information compiled from CDC (Centers for Disease Control); and DOH (Department of Health)

Deciding when to send a student home from school is not always easy. It's important for children to attend school and for some parents staying home means missing work. But when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

The following information to decide when to send a child/ student home from school. Please follow the following information to notify parents as well:
<p><b>COUGH:</b> A mild hacking cough often starts after the first few days of a common cold. A child with mild symptoms, no fever and otherwise feeling well may be fine at school.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> A child with deep or uncontrollable coughing belongs at home even without a fever. <b>A child with cough and fever must stay home from school for at least 24 hours after they no longer have a fever or signs of a fever, without the use of fever-reducing medicine.</b></p>
<p><b>DIARRHEA/ VOMITING:</b></p> <p><b>WHEN TO SEND A STUDENT HOME:</b> Children who have vomited or had diarrhea should be kept at home and should return to school only after being symptom-free for 24 hours.</p>
<p><b>EARACHE:</b> Consult school nurse for earaches. Ear infections may require medical treatment.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> A child should stay at home until pain free.</p>
<p><b>FEVER:</b> Fevers are a common symptom of viral and bacterial infection. Children are likely to be contagious to others when they have a fever.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> Any child with a fever of 100°F or higher should not attend school and should not return until they have been fever free for 24 hours. <b>A child with flu-like illness (fever and a cough) must stay home from school for at least 24 hours after they no longer have a fever or signs of a fever, without the use of fever-reducing medicine.</b></p>
<p><b>HEADACHES:</b> A child whose only complaint is a mild headache usually does not need to be sent home from school. Complaints of frequent or more severe headaches can be noted to parent to make decision if child needs to be evaluated by a medical provider, including vision exam if needed.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> A child with a significant headache should be send home only after contacting both school nurse and parent.</p>
<p><b>HEAD LICE:</b> are tiny insects that live only on human scalps and hair. They do not cause illness or carry disease. An itchy scalp is the most common symptom. Adult lice are reddish brown, about the size of a sesame seed and can be hard to see. Lice lay nits (eggs) on strands of hair close to the scalp. Nits are easier to see than lice, look like tiny tan or white dots and are firmly attached to hair. Nits can usually be seen near the scalp behind ears, at the nape of the neck and under bangs. The most important step for getting rid of head lice is daily careful nit removal for at least 14 days using a special lice comb and by "nit picking". In addition, over the counter and prescription treatments are available.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> Student should be send home only if a live louse is found on head. The student is to remain at home until all live lice have been removed and home treatment has been administered. Student can remain in school even if nits are still present.</p>
<p><b>IMPETIGO:</b> is a contagious bacterial skin infection that usually begins with small fluid filled blisters that cause a honey-colored crust on skin after bursting. It is important to have these symptoms evaluated by a medical provider because untreated infection can lead to serious complications. 24 hours after starting prescribed antibiotics, impetigo is no longer contagious.</p> <p><b>WHEN TO SEND A STUDENT HOME:</b> School nurse should be contacted if impetigo is detected. The nurse will then make decision if student should go home. Student is to stay home and may return 24 hours after starting prescribed antibiotics and impetigo is no longer contagious. Area should be covered at school at all times.</p>

**PINKEYE** (Conjunctivitis) is a common infectious disease of one or both eyes caused by several types of bacteria and viruses. The eye typically appears very red and feels irritated. There may be drainage of mucous and pus or clear liquid. Prescription medication may be needed to treat bacterial infection. Virus-caused pink eye will not need antibiotic treatment.

**WHEN TO SEND A STUDENT HOME** A student with the above symptoms should be kept at home until evaluated by a medical provider and return to school with or without treatment depending on the diagnosis and note from a doctor.

**RASHES** A rash may be one of the first signs of a contagious childhood illness such as chickenpox. Rashes may cover the entire body or be in only one area and are most contagious in the early stages.

**WHEN TO SEND A STUDENT HOME** Contact school nurse and have her make decision about rash before sending or calling parent.

**SORE THROAT:** A child with a mild sore throat, no fever and otherwise feeling well may be fine to attend school.

**WHEN TO SEND A STUDENT HOME** If student has fever or no fever and or is in severe distress or pain contact parent and child should be send home and can come back with a doctor note.

**STREP THROAT:** A significantly sore throat could be strep throat, a contagious illness. Other symptoms may include fever, white spots in the back of the throat, headache and upset stomach. Untreated strep throat can lead to serious complications.

**WHEN TO SEND A STUDENT HOME** If student has above symptoms contact school nurse. If student is diagnosed with strep throat he or she is no longer infectious and can return to school 24 hours after antibiotic treatment has been started.

**STOMACH PAIN:**

**WHEN TO SEND A STUDENT HOME** Consult with school nurse and contact parent if child has stomachache that is persistent or severe enough to limit activity. If vomiting or diarrhea occurs, the child needs to stay home until symptom free for 24 hours.

## HEALTHY HABITS to STAY WELL and PREVENT SPREADING GERMS

**WASH YOUR HANDS OFTEN** with soap and water especially after coughing, sneezing or blowing your nose. Alcohol-based hand cleaners are also effective.

**Avoid touching your eyes, nose or mouth** to help prevent the spread of viruses.

**Don't share** food, utensils, beverages or anything that might be contaminated with germs.

**Try to avoid close contact with sick people.**

**Stay home when sick**, especially with flu-like symptoms of fever and cough. Stay home for at least 24 hours after being fever free without the use of fever reducing medicine.

**Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash and wash your hands.

**Cough and sneeze into your sleeve or elbow** instead of your hands if you don't have a tissue.

**Wear a mask if you're asked.**

**Clean surfaces that may be contaminated with germs** using household disinfectant cleaners.

# Belleview School Lunch Menu for May 2023

Page 4 of 4

Mon	Tue	Wed	Thu	Fri
1 Meatballs n Gravy, Roll, Mashed Potatoes, Corn, Fruit, Milk	2 Walk-in Taco, Lettuce, Tomato, Peas, Fruit, Milk	3 Beefy Cheesy Pasta, Salad, Carrots, Fruit, Milk	4 Grilled Cheese Sandwich, Broccoli, Cauliflower, Fruit, Milk	5 Tamales, Rice, Green Bean, Mix Veggies. Fruit, Milk
8 Chicken Tomato Bake, Spinach, Mix Veggies, Fruit, Milk	9 Chicken Enchiladas, Corn, Cauliflower, Fruit, Milk	10 Pot Stickers, Rice, Broccoli, Carrot Sticks, Fruit, Milk	11 Sliced Ham, Au Gratin Potatoes, Roll, Green Beans, Fruit, Milk	12 BBQ Chicken Breast, Lettuce, Tomato, French Fries, Fruit, Milk
15 Breakfast for lunch, Strawberries, Hash Brown, Milk	16 Chicken Fajitas , Tortilla, Cheese, Beans, Corn, Fruit, Milk	17 Sloppy Joes, Bun, Peas, French Fries, Fruit Milk	18 Dunkers (cheesy Bread Stick), Marinara Sauce, Broccoli, Fruit, Milk	19 Turkey Sub, Chips, Lettuce, Tomato, Carrot Stick, Fruit, Milk
22 Fish Nuggets, French Fries, Cole Slaw, Fruit, Milk	23 Turkey Tacos, Cheese, Lettuce, Tomato, Beans, Fruit, Milk	24 Buffalo Chicken Meatballs, Ranch Rice, Celery Stick, Pea, Fruit, Milk	25 Uncrustable, Chips, Broccoli, Carrots, Fruit, Milk	26 Hamburgers, Bun, French Fries, Lettuce, Tomato, Fruit, Milk
29	30 Nachos, Cheese, Taco Meat, Chips, Beans, Olives, Salsa, Fruit, Milk	31 Cooks Choice	June 1 Tuna Sandwich, Chips, Carrots, Celery, Fruit, Milk	Salad Bar Weeks 5-2-23 Salad bar salad 5-10-23 Taco Salad 5-16-23 No Salad Bar 5-22-23 No Salad Bar 5-30-23 No Salad Bar

We offer 1% milk or fat free milk daily, menu may change without notice. USDA is an equal opportunity provider and employer. Belleview School is utilizing the Universal Meals program. With that student meals are at no charge, A la carte Milk price \$0.50, adult meals price \$5.00



Carmel Portillo &lt;cportillo@mybellevue.org&gt;

## County School Nurse Assignments

2 messages

Kendra Ziepfel &lt;KZiepfel@tcsos.us&gt;

Thu, Sep 8, 2022 at 1:20 PM

To: Jocelyn Perlow <JPerlow@tcsos.us>, Sarah Gillum <SGillum@tcsos.us>, Kim Flower <KFlower@tcsos.us>, Scott Diehl <SDiehl@tcsos.us>, Kalie Gonzalez <KGonzalez@tcsos.us>, Bonnie Cozad <BCozad@tcsos.us>, Amy Belding <ABelding@tcsos.us>, Paul Nelson <PNelson@tcsos.us>, Carmel Portillo <cportillo@mybellevue.org>, Adelina Bustamante <abustamante@mybellevue.org>, Barbara Gissler <bgissler@mybellevue.org>, Wynette Hilton <whilton@bofg.org>, Michele Hessler <mhessler@bofg.org>, Mitch Heldstab <mheldstab@cusd49.com>, Lori Stewart <lstewart@cusd49.com>, Amber Pullen <apullen@cusd49.com>, Rick Hennes <rhennes@cusd49.com>, Dawn Mori <dmori@ccreekmustangs.com>, Stephen Sweitzer <ssweitzer@ccreekmustangs.com>, Cindy Rhorer <crhorer@ccreekmustangs.com>, Jennifer Warren <jwarren@goldrushcs.org>, Hannah Davis <hdavis@goldrushcs.org>, Mary Rosiles <mrosiles@goldrushcs.org>, Contessa Pelfrey <cpelfrey@jespanthers.org>, Carrie Martin <cmartin@jespanthers.org>, Michelle Keefe <mkeefe@jespanthers.org>, Lorraine Lewis <llewis@jespanthers.org>, Cheryl Griffiths <cgriffiths@sesk12.org>, Christopher Boyles <cboyles@sesk12.org>, Kim Edwards <kedwards@sesk12.org>, "Newman, Theresa" <tnewman@sesk12.org>, "Lewis, Kathryn" <klewis@sesk12.org>, Ed Pelfrey <epelfrey@sonorahigh.org>, Karen Sells <ksells@sonorahs.k12.ca.us>, William Sarkisian <wsarkisian@sonorahs.k12.ca.us>, Mary Lindsley <mlindsley@soulsbyvilleschool.com>, Jeff Winfield <jwinfield@soulsbyvilleschool.com>, Betsy Taylor <betsyt@soulsbyvilleschool.com>, "hblott@soulsbyvilleschool.com" <hblott@soulsbyvilleschool.com>, Ben Howell <bhowell@sumel.org>, Heather Shepherd <hshepherd@sumel.org>, Susie Casillas <scasillas@sumel.org>, Rebecca Questo <rquesto@sumel.org>, Michael Merrill <mmerrill@summbears.net>, Brett Christopher <bchristopher@summbears.net>, Jamee Dahl <jdahl@summbears.net>, Gabe Wingo <gwingo@twainharteschool.com>, Ladd Brunner <lbrunner@twainharteschool.com>, Kathleen Cross <kcross@twainharteschool.com>, Andrea Fray <afray@summbears.net>, Lara Hall <lhall@soulsbyvilleschool.com>, Katie Patterson <KPatterson@tcsos.us>, Lydia Olson <LOlson@tcsos.us>, Mary Krempetz <mkrempetz@goldrushcs.org>, Susan Torngren <STorngren@tcsos.us>, "jgurule@jespanthers.org" <jgurule@jespanthers.org>, "jthockle@jespanthers.org" <jthockle@jespanthers.org>, Molly McGrew <MMcGrew@tcsos.us>, John Reesman <jreesman@sesk12.org>, "yward@sesk12.org" <yward@sesk12.org>, Julie Shaw <jshaw@goldrushcs.org>, Lauren Parker <lparker@sumel.org>, "kdial@summbears.net" <kdial@summbears.net>, Star Shirley <sshirley@twainharteschool.com>, Linda Gnipp <lgripp@twainharteschool.com>, Michelle Hightower <mhightower@cusd49.com>, Suzanne Mohr <smohr@cusd49.com>, "mschultz@sesk12.org" <mschultz@sesk12.org>, "jnrich@sesk12.org" <jnrich@sesk12.org>, "kclark@sesk12.org" <kclark@sesk12.org>, "dgardiner@sesk12.org" <dgardiner@sesk12.org>

Cc: Colleen Whitlock <CWhitlock@tcsos.us>, Cathy Parker <CParker@tcsos.us>, Lisa Hope <LHope@tcsos.us>, Michelle Prado <MPrado@tcsos.us>

Hello all,

Please see below for the contact information and school assignments, for the TCSOS county school nurses. Please contact your designated school nurse, regarding upcoming IEP assessments and health plans. Along with general health concerns. Please forward this email to case managers or applicable staff not listed.

**Kendra Ziepfel:**

**Lisa Hope:**

Gold Rush High

TCSOS Transition

Columbia College Preschool  
(TCSOS)

Jamestown El./

Columbia

Sonora El.

Tenaya

Curtis Creek

Don Pedro High

Twain Harte

TLC

Chinese Camp

GREC  
(ILS)

Soulsbyville/ TCSOS

Belleview  
School

Gold Rush Country

Sonora High/ (TCSOS)  
Elementary

Summerville

Tioga High School

Summerville High

Contact: [kziepfel@tcsos.us](mailto:kziepfel@tcsos.us)  
[lhope@tcsos.us](mailto:lhope@tcsos.us)

Contact:

209-536-2049

209-536-2048

Work Cellphone: 209-454-0305

Thank you,

## BELLEVIEW SCHOOL DISTRICT

### Triennial Assessment Report to the Public 2022-2023

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, community partners	School Website	6/30/2023
District School Board and Community Partners	Presentation during School Board meeting	8/11/2022 5/11/2023 6/15/2021
Community Partners Parents/Caregivers	Presentation during District Wellness Committee meeting and School Site Council	12/9/2022 2/10/23