

SAUSALITO MARIN CITY SCHOOL DISTRICT'S WELLNESS POLICIES INCLUDING NUTRITION AND PHYSICAL ACTIVITY

The Sausalito Marin City School District acknowledges that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive and that good health fosters student attendance and achievement. Students are at risk for heart disease, cancer, strokes and diabetes because of dramatically increased childhood obesity rates, physical inactivity and excessive caloric intake. Therefore the Sausalito School district is committed to providing school environments that promote and protect children's health, well being and ability to learn by supporting healthy eating and physical activity by:

- ❖ Providing opportunities for students to be physically active on a deliberate and regular basis
- ❖ Providing and serving beverages at school which meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- ❖ Providing a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.
- ❖ Providing clean, safe and pleasant settings and adequate time for students to eat.
- ❖ Providing meals that accommodate the ethnic and cultural diversity of the student body
- ❖ Providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE GOALS:

1. The Sausalito Marin City School District will maintain a School Health Council to develop, implement and monitor, review and as necessary, revise school nutrition and physical activity policies. This School Health Council will ideally consist of a group of individuals who represent the school and the community and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and others as deemed most effective

2. Nutritional Quality of Foods and Beverages sold and Served on Campus

School Meals

Meals served through the Sausalito Marin City School District Breakfast and Lunch Programs will

1. be appealing and attractive to children
2. be served in clean and pleasant settings
3. meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
4. offer a variety of fruits and vegetables
5. serve only low-fat milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
6. ensure that half of the served grains are whole grain.
7. be inclusive of, and as much as practical and feasible; accommodate the needs of children with special, documented food needs. Included will be children with medical needs, religious needs, and specific culturally driven dietary needs as well as others on a case by case basis.
8. feature foods that reflects community and cultural diversity

The Sausalito Marin City 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 or who have special food needs as discussed in item 7 above.

The Sausalito Marin City School District will make every effort to provide students with at least 20 minutes to eat after sitting down for lunch and will only schedule tutoring, class or activities during mealtimes if students may eat during such activities

The Sausalito Marin City School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks

The Sausalito Marin City School District will make available, as possible, information about the nutritional content of meals with parents and students. Such information could be made available on menus, on websites, on cafeteria menu boards and in parent newsletters

Breakfast.

To ensure that all children have breakfast, either at school or at home in order to meet their nutritional needs. and enhance their ability to learn.

1. School will operate and maintain the School Breakfast program and notify parents and students of the availability of the School Breakfast Program.
2. Schools will encourage parents who choose to opt out of the breakfast program to provide a healthy breakfast for their children through newsletter articles, take-home materials, classroom instructional materials, and other means

Beverages

There shall be no beverage vending equipment that dispense soft drinks containing caloric

sweeteners; sports drinks, iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat free chocolate milk (which contain trivial amounts of caffeine) available on campus to students.

Alternately, vending machines that dispense water without caloric sweeteners; fruit and vegetable juices, fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent on-dairy beverages (to be defined by the USDA) will be allowed.

Food

The content recommendation for food item offered for sale individually and or donated to the classrooms for special occasions

Will:

- ❖ Have no more than 35% of its calories from fats (excluding nuts, seeds, peanut butter and other nut butters) and 100% of its calories from saturated and trans fat combined
- ❖ Have no more than 35% of its weight from added sugars
- ❖ Contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium for pastas, meats, and soups and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- ❖ Limit portion sizes to one and one-quarter ounce for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
- ❖ One ounce for cookies
- ❖ Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
- ❖ Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat free ice cream,
- ❖ Eight ounces for non frozen yogurt
- ❖ Twelve fluid ounces for beverages, excluding water and
- ❖ Fruits and vegetables (non-fried) are exempt from portion-size limits.

Resources and suggested items for school donation or sale shall be disseminated and made available to parents at each site at the start of the school year and be available for examination throughout the school year

Nutrition information for all foods and beverages sold will be provided and available for inspection.

Fundraising Activities: the Schools shall work closely with parents, students and other fundraising groups to identify fundraising alternatives that meet nutrition guidelines and are attractive to target audiences.

The schools shall further engage young people to identify healthy and creative student fundraisers that will appeal to their peers.

Snacks. Snacks served during the school day or in after school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water 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.

Rewards Schools will encourage use of non food items for rewards. When foods are used, foods or beverages that meet the nutrition standards for foods and beverages sold individually (discussed above), as rewards for academic performance or good behavior. Foods and beverages will not be withheld as punishment.

Celebrations: School celebrations should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (discussed above).

School-Sponsored Events: foods and beverages offered or sold at school sponsored events outside the school day are encouraged to be in keeping with the nutrition standards for meals or for foods and beverages sold individually (discussed above)

Sharing of foods and Beverages. Schools will discourage students from sharing their foods or Beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.

Food Service and Acquisition of Foods

The Sausalito Marin City School district School Food Service Program will approve and provide all food and beverage sales to students in elementary and middle schools through vendors who have been examined and approved by the school board in cooperation with the School Health Council.

Vendors who follow the USDA approved nutrient guidelines for food preparation, who utilize fresh, whole ingredients rather than pre-packaged, processed foods and who consistently practice at the highest standard of food handling and preparation shall be considered.

Periodic assessment by the food service staff shall be conducted on the consumption of foods provided by the school breakfast and lunch programs. These assessments shall include meals that are enjoyed and consumed by the majority of students as well as those that majority of students tend to reject in part or in whole. Each component of the meals should be examined for student consumption. Feedback regarding these findings should be provided to the food vendors in an effort to provide meals that students will consume and enjoy.

3. Nutrition and Physical Activity Promotion and food marketing literacy

"Healthy, active and well-nourished children are more prepared to learn and more likely to attend school and class, and are able to take advantage of educational opportunities." Jack O'Connell State Superintendent of Schools, 2003.

Sausalito Marin City schools will begin to focus on nutrition and physical activity promotion by sharing with students, parents and school staff the essential knowledge and skills they need to become "health literate". Schools in the Sausalito Marin City district will be prepared and organized to reinforce healthy behavior by supporting school staff and teachers to model healthy lifestyles and food choices. As such, curriculum shall support:

Nutrition Education and Promotion:

- ❖ Offer at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- ❖ Nutrition Education and health promotion shall be a part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- ❖ Include enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contest, promotions, taste testing, farm visits and school gardens.
- ❖ Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
- ❖ Teach media literacy with an emphasis on food marketing and advertising
- ❖ Include regular and periodic professional development training for teachers and other staff including the food service staff. This training should include but not be limited to safe food handling, nutrition education, recognition of the signs, symptoms and

appropriate responses to severe food allergy reactions and methods for introduction of a wide variety of foods to elementary aged children and their parents.

- ❖ Reject promotion of any food or beverages that do not meet the nutrition guidelines (e.g. through signage, vending machine fronts, logos, scoreboards, school supplies)
- ❖ Encourage and establish an instructional garden at the school sites of sufficient size to provide students with experiences in planting, harvesting, preparation, serving and tasting foods including ceremonies, and celebrations that observe food traditions, integrated with nutrition education and core curriculum that meet state standards.
- ❖ Integrate hands-on experiences in gardens and kitchen classrooms with enriched activities such as farmers market tours and visits to community gardens so that students begin to understand how food reaches the table and implications for health and future.

Integrating Physical Activity into the Classroom Setting. Students in the Sausalito Marin City School district shall continue to receive the recommended/required 100 – 225 minutes per week of dedicated physical education each week. In addition, the school district has adopted and implemented the FITT activity program as enhancement to the districts physical activity curriculum. Adopting the philosophy that students should embrace regular physical activity as a personal behavior for life long wellness and success; the Sausalito Marin City School District

shall:

- ❖ Teach positive messages about eating healthy and being active
- ❖ Teach health and physical education from a “health at any size approach”, using health based rather than weight based principles. Maintain sensitivity when taking height and weight measurements in physical education classes.
- ❖ Educate students, staff, and parents on physical changes that are part of normal adolescent development, and the impact of the media on body image.
- ❖ Have designated staff to address these issues on campus and partner with local resources on body image and disordered eating and physical lifestyle to prevent and intervene in major health issues before they arise.
- ❖ Physical Education should be a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle, embracing this, the district will strive to provide one staff member dedicated to provision of Physical Education for all students and /or provide staff with physical education curriculum support.
- ❖ Insure that students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The school district shall not allow substitution for meeting that requirement with other activities involving physical activity.
- ❖ To the extent possible, adopt and conduct the Safe Routes to School program. The Sausalito Marin City School District will encourage parents and students to walk and bike to school where safe routes are available and assist the parent-teacher organization in organizing adult supervised groups.
- ❖ Will not *use* physical activity or *withhold* opportunities for physical activity as punishment.

4. Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in the school and will report on the school’s compliance to the school district superintendent or designee.

The Superintendent or designee will insure that the Sausalito Marin City School Wellness Policy and Regulation on nutrition and physical activity will be posted, at minimum in salient part, in public view within all school central eating areas. Salient parts as an example will include brief

text that the students and staff will be able to easily read and understand. The full policy will be made available for public inspection as requested via the school office.

The school food service staff, at the school and district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or the school principal. In addition, the school food service staff will report on the most recent USDA School Meals Initiative review findings and any resulting changes.

The superintendent or designee will develop a summary report in the spring every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools. Included in the report will be assessment and summary in the areas of successes, gains and deficiency and, if necessary, revised financial, resource, functional and curricula recommendations. The report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations and school principal(s) along with suggested revision (s) and work plans to facilitate the implementation of the suggested revision (s).

Policy Review

An initial baseline assessment of the schools' existing nutrition and physical activity environments and policies were conducted utilizing the modified form of School Health Index provided by the Center for Disease Control and Prevention. These assessments will be repeated every three years in the spring as part of the district wide compliance report preparation. Findings of the policy review that highlight need for modification shall be reviewed and revised to reflect Sausalito Marin City School District's commitment to the health and wellness of children in our district.

ed note: add footnotes