

**MARIN COUNTY OFFICE OF EDUCATION
ADMINISTRATIVE REGULATIONS AND PROCEDURES**

STUDENT WELLNESS

(Board Policy 5230)

I. Nutritional Quality of Foods and Beverages Served on Campus

A. Meals served to students through the Marin County Office of Education will:

1. Be appealing and attractive to children
2. Be served in clean and pleasant settings
3. Give children access to hand washing or hand sanitizing before they eat snacks or meals
4. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
5. Offer a variety of fruits and vegetables
6. Serve non-fat or low-fat milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
7. Ensure that half of the served grains are whole grain
8. Accommodate, where appropriate, the ethnic and cultural diversity of the student body

B. The Marin County Office of Education will encourage parents to provide a healthy breakfast, lunch and snacks for their children through school newsletters, at Back to School Night, at other parent activities and any other means as appropriate. Students will be discouraged from sharing their foods or beverages with one another given concerns about allergies and other restrictions on some children's diets.

C. The Marin County Office of Education 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. Outreach efforts will be made to identify all students in need of the free and reduced-price school meals program.

D. The Marin County Office of Education will make every effort to provide students with at least 20 minutes to eat after sitting down for lunch and will only schedule tutoring, clubs or other activities during mealtimes if students may eat during such activities.

E. Food consumed by students in Marin County Office of Education programs guided by this policy will conform to the following, to the extent reasonably possible:

1. Not more than 35 percent of the total calories of the food item, excluding nuts or seeds is from fat
2. Not more than 10 percent of the food item's total calories is from saturated fat
3. Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

4. Foods will have neither an excessive amount of sodium (defined as >400 mg/serving) nor harmful food additives. Also, fresh fruits and/or vegetables and other foods with a minimum of trans fats will be encouraged.

F. The Marin County Office of Education will make every effort to limit the serving sizes of foods and beverages consumed by students to the following:

1. The serving sizes of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable serving sizes offered as part of school meals. Fruits and non-fried vegetables are exempt from serving size limits
2. 1 ¼ ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
3. 1 ounce for cookies
4. 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
5. 4 fluid ounces for frozen desserts including, but not limited to, low-fat or fat-free ice cream
6. 8 ounces for non-frozen yogurt
7. 12 fluid ounces for beverages, excluding water

G. The Marin County Office of Education will be inclusive of and accommodate, as much as practical and feasible, the needs of children with special, documented food needs. Included will be children with medical needs and specific culturally driven dietary needs as well as others on a case-by-case basis.

H. Snacks served during the school day will make a positive contribution to children's diets and health by encouraging parents to provide fruits and vegetables as snacks and water as the beverage. School staff will be encouraged to avoid the use of non-nutritious foods as rewards for students' school performance, accomplishments or classroom behavior. The Marin County Office of Education will disseminate a list of healthful snack items to teachers.

I. Classes should limit celebrations that involve food during the school day and should make every effort to insure that foods served during celebrations are nutritious. Foods offered at school sponsored events should follow the same guideline.

II. Nutrition and Physical Activity Promotion

A. The Marin County Office of Education will provide age appropriate nutrition education designed to provide students with the knowledge and skills necessary to promote and protect their health. To the extent it is reasonably

possible, this will be integrated into classroom instruction across curricular areas. Consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices will be promoted. Students will be taught the relationship between caloric intake and energy expenditure (physical activity and exercise). Staff will receive training supporting health enhancing practices. This will include hands on activities for students and media literacy. It will also discourage the promotion of foods and beverages that do not meet the guidelines for sale in vending machines.

B. The Marin County Office of Education will encourage its students to engage in physical activity. Students will be discouraged from engaging in sedentary activities both at home and at school. To the extent practicable, teachers will provide for students short physical activity breaks between lessons or classes.

C. There will continue to be a school health council which assisted in the development of this policy and administrative procedures. This committee may include, but not be limited to, school administrators, health professionals, school nurses and others interested in school health issues. This committee will also be involved in the evaluation of the policy and procedures as well as future policy development and planning and implementing activities to promote health within the school community.

III. Physical Activity Opportunities and Physical Education

The Marin County Office of Education insures that all students including those with disabilities and specialized health care needs meet the California Education Code requirements for physical education in all K-8 programs as well as the high school graduation requirements. Students are provided opportunities to engage in healthful levels of vigorous physical activity to promote and develop their physical, mental, emotional and social well-being. Activities are designed to promote high levels of personal achievement and a positive self-image and teach students how to cooperate in the achievement of common goals.

A. All elementary school students will have at least **20 minutes** a day of supervised recess, preferably outdoors, during which schools should encourage physical activity appropriate to the needs of the class grouping. When activities such as mandatory testing make it necessary for students to remain indoors and sedentary for long periods of time, students should be given periodic breaks during which they are encouraged to be moderately active, as appropriate.

B. School staff will not use physical activity or withhold opportunities for physical activity as punishment.

IV. Monitoring and Policy Review

Compliance with this policy shall be monitored annually based on feedback from program administrators and staff. The policies and regulations on nutrition and physical activity will be posted within all school central eating areas. A written, annual report will be submitted to the superintendent summarizing each program's compliance with the various components of the policy. These will include, but not be limited to, data regarding nutrition education, physical education and opportunities for physical activity at school, staff wellness activities and nutritional offerings at the various school sites. In addition, the report will be disseminated to the School Nutrition Advisory Council and program administrators. Classrooms located on district sites will follow the host site's policy and regulations.