

**WELLSAT Contains 6 topics:**

## **SECTION 1. NUTRITION EDUCATION**

- Nutrition Education
- Nutrition Education and School Food Services Department
- Nutrition Education and Agriculture

## **SECTION 2: STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEAL**

- USDA National School Lunch Program Regulations
- USDA School Breakfast Regulations
- Student Privacy / Identifying Low Income Students with Unpaid, Free, Reduced Price Meals
- Increasing Participation in School Meals
- “Seat time” to Eat Meals
- Drinking Water During School Meals
- Training of Food Service Staff
- Purchasing Local Foods

## **SECTION 3: NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES**

- Smart Snacks
- Vending machines
- A La Carte Sales and Fundraising
- Caffeine
- Class parties / Celebrations
- Food After School / Before / Weekends
- Rewards and Punishments
- Drinking Water All Day

## **SECTION 4: PHYSICAL EDUCATION / PHYSICAL ACTIVITY**

- Physical Education Curriculum K-12/ National and State Standards
- Promotes Active Lifestyle
- Time Per Week of Physical Education for Elementary, Middle, and High School
- Physical Education Teacher Qualifications
- Physical Education Teacher Training
- Exemption Requirements/Substitution
- Family and Community Engagement Opportunities
- Before and After School Physical Activity
- Recess/Physical Activity Breaks During School
- Joint/Shared Use Agreements
- Active Transport (Safe Routes to School, Bussing)

## **SECTION 5: WELLNESS PROMOTION AND MARKETING**

- Modeling Healthy Eating and Physical Activity from Staff
- Supporting Employee Wellness
- Rewards and Punishments of Physical Activity
- Marketing to Promote Healthy Food and Beverage Choices
- Marketing Restrictions
- Marketing on School Property and Equipment
- Marketing on Educational Materials
- Marketing where Food is Purchased
- Marketing in School Publications and Media
- Marketing through Fundraisers and Programs

## **SECTION 6. IMPLEMENTATION, EVALUATION, AND COMMUNICATION**

- District Wellness Committee

- Stakeholders Participation in Wellness Policy
- Implementation and Compliance of the Local Wellness Policy
- Wellness Policy Availability to Public
- Assessments
- Updating Policy
- Ongoing School Building Level Wellness Committee

## **SECTION 7: USDA NONDISCRIMINATION STATEMENT**

# Delphic Elementary School



## School District's Wellness Policies on Physical Activity and Nutrition

### Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates are at concerning levels in adolescents and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Dietary Guidelines for Americans <https://www.dietaryguidelines.gov/>;

Whereas, nationally, the items most commonly sold from vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Delphic Elementary 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. Therefore, it is the policy of the Delphic 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 and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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 adequate time for students to eat.
- To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks],

- Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## SECTION 1. NUTRITION EDUCATION

### Nutrition Education

### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion.** Delphic Elementary School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education integrated into other subjects/broader curriculum, as part of health education and offer stand-alone classes at each grade level. [NE1, NE6] Nutrition education will incorporate lessons that are interactive, helping children acquire skills such as reading food labels and monitoring personal progress toward a nutritional goal. [NE2]

Schools should provide nutrition education and engage in nutrition promotion that:

- is offered 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;
- 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;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

### Nutrition Education and School Food Services Department

#### Nutrition Education and Agriculture

District shall provide a website with comprehensive nutrition resources geared toward nutrition education, including education curriculum ideas for teachers to utilize in their lesson plans. Website shall also provide monthly menus and updates to the nutrition services department.

Website shall include monthly "Harvest of the Month" materials to highlight seasonal menu offerings and the nutritional benefits of the produce highlighted. This, and other educational posters will be displayed in the cafeteria to promote nutrition education beyond classroom time. [NE7]

Students will receive education about agriculture and the food system through the Harvest of the Month program, highlighting different produce, either a fruit or vegetable, each month. This will include information on

the item, healthy serving ideas, produce tips, a recipe, the RDA for fruits and vegetables, and a section promoting physical activity. [NE8]

## SECTION 2: STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEAL

### USDA National School Lunch Program Regulations

#### 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;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- comply with the CDC guidelines for Smart Snacks, <https://www.cdc.gov/healthyschools/npao/smartsnacks.htm>
- ensure that half of the served grains are whole grain.<sup>3,3</sup>

Schools should engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

### USDA School Breakfast Regulations

**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:

- Delphic will, to the extent possible, operate the School Breakfast Program.
- Delphic will, to the extent possible, arrange schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Delphic will serve breakfast to students and notify parents and students of the availability of the School Breakfast Program.

<sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>2</sup> As recommended by the *U.S. Dietary Guidelines* <https://www.dietaryguidelines.gov/>.

<sup>3</sup> A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

- Delphic will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### Student Privacy / Identifying Low Income Students with Unpaid, Free, Reduced Price Meals

**Free and Reduced-priced Meals.** Delphic Elementary School 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<sup>4</sup>. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

The district will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students’ eligibility status) [SM3]

Schools 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<sup>4</sup>. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals or classroom breakfast.[SM 3, 4]

Community Eligibility Program: All enrolled students in our school district, regardless of income level, are eligible to receive a healthy school breakfast and school lunch at no charge each day. No further action is required of you. Your child(ren) will be able to participate in these meal programs without having to pay a fee or submit a meal application.[SM5]

### Increasing Participation in School Meals

- The district will implement strategies to increase participation in school meal programs by limiting competitive food choices using Smart Snack guidelines and by posting menus online and in the cafeteria along with Harvest of the Month promotional materials. The district will feature and promote the CalFresh Smarter Lunchroom tools on their website along with 5 actions they are committing to from the list. [SM6]

### “Seat time” to Eat Meals

**Meal Times and Scheduling.** Delphic Elementary School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

<sup>4</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

- 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).

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

### Drinking Water During School Meals

- Free potable water will be available in the cafeteria during meal times.[SM8]

### Training of Food Service Staff

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>5</sup>

- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours[SM9]

### Purchasing Local Foods

- District values purchasing local foods for the school meals program. The website features information including active links on the Farm to School program and a section on gardens. District will comply with Buy American standards.[SM10]

<sup>5</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.



## SECTION 3: NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES

### Smart Snacks

The district is in compliance with all federal and state nutrition standards for all foods served in schools. 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. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption **during the school day**. [NS1]

**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. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

[NS2]

It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. [NS3,4,5,6] No competitive foods or beverages may be sold during the school day. [NS 6]

### Vending machines

#### **Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces 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
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

## A La Carte Sales

### **Foods and Beverages 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.)**

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

#### Foods

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its *weight* from added sugars;<sup>6</sup>
  - will 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 per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).<sup>7</sup>

## Fundraising

**All fundraisers held during the school day must meet Smart Snacks. There are no exemptions.[NS7]**

<sup>6</sup> If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

<sup>7</sup> Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

## Caffeine

### Beverages

Beverages containing caffeine will not be sold on the high school campus.

All schools may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.[NS8]

- Allowed: water or seltzer water<sup>8</sup> without added caloric sweeteners; fruit and vegetable juices and 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 nondairy beverages (to be defined by USDA);
- Not allowed: 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).

## Class parties / Celebrations

**Celebrations.** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards. [NS9]

## Food After School / Before / Weekends

Only healthy snacks will be served to students in afterschool programs. [NS10,11] Snacks sold to children participating in on-site programs after school ends will meet USDA Smart Snack nutrition standards. [NS11].

## Rewards and Punishments

**Punishment:** Food and/or beverages will not be withheld or forced as a punishment.

The use of food/beverages as a reward or punishment is strongly discouraged.

The district will encourage non-food alternatives as rewards by providing teachers with a list of alternatives and via the nutrition services website.[NS12]

<sup>8</sup> Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

## Drinking Water All Day

In order to be compliant with the USDA final rule, free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served. Students are allowed to bring in bottled water from home. [NS13]

## SECTION 4: PHYSICAL EDUCATION / PHYSICAL ACTIVITY

### Physical Education Curriculum K-12/ National and State Standards

#### IV. Physical Activity Opportunities and Physical Education

**Daily Physical Education (P.E.) K-8.** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

#### Promotes Active Lifestyle

Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness.[PEPA3]

#### Time Per Week of Physical Education for Elementary, Middle, and High School

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) 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 complement 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.

#### Physical Education Teacher Qualifications

Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.[PEPA7]

#### Physical Education Teacher Training

The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.[PEPA8]

#### Exemption Requirements/Substitution

Unless otherwise exempted, all students will be required to engage in the District's physical education

program.[PEPA9]

The school district discourages/does not allow students to substitute community activities such as JORTC for physical education class time or credit in place of required physical education. [PEPA10]

### Family and Community Engagement Opportunities

**Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### Before and After School Physical Activity

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Before- and after-school physical activities, such as clubs, intramural sports, interscholastic sports, AYSO, and Little League for students in all elementary, middle and high schools [PEPA12]. There will be opportunities for family and community engagement in these activities. [PEPA11]

**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.

### Recess/Physical Activity Breaks During School

**Daily Recess.** All elementary school students will have at least 20 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.

Schools should discourage 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

- A break of at least 20 minutes a day of supervised recess, preferably outdoors, featuring time for unstructured but supervised play for all pupils will be provided, unless it would occasion an exposure of health. [PEPA13,14]

### Joint/Shared Use Agreements

District will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.[PEPA15]

### Active Transport (Safe Routes to School, Bussing)

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

- District strategies to improve student safety along routes to school and to promote walking, bicycling, and other forms of active transport to school by students may include: Education activities that promote safety and awareness, encourage strategies designed to generate interest in active transport to school, Enforcement strategies to deter unsafe behaviors of drivers, pedestrians, and bicyclist, and Engineering strategies that address the design, implementation, operation, and maintenance of traffic control devices or physical measures.[PEPA16]  
<https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs>

## SECTION 5: WELLNESS PROMOTION AND MARKETING

### Modeling Healthy Eating and Physical Activity from Staff

Activity programs will be available for staff members and they will be encouraged to model healthy eating and physical activity behaviors.[WPM1,2]

### Supporting Employee Wellness

**Staff Wellness.** Delphic Elementary School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. A staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist will be created and sustained. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

### Rewards and Punishments of Physical Activity

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

Food rewards are prohibited and teachers are provided with a list of alternative ideas. We strongly recommend staff use physical activity as a reward when feasible.[WPM3]

### Marketing to Promote Healthy Food and Beverage Choices

California Education Code 49431.9 The Pupil Nutrition, Health, and Achievement Act of 2001

(2) Participate in a corporate incentive program that rewards pupils with free or discounted foods or beverages that do not comply with Smart Snacks guidelines. [WPM 7,8,9,10,11]

All foods and beverages marketed to students on the school campus **during the school day** will meet or exceed Smart Snacks. This includes the marketing of products on:

- the exterior of vending machines
- posters, flyers, menu boards, coolers, trash cans and other foodservice equipment
- cups used for beverage dispensing [WPM 7,8,10,11]
- School publications and school media outlets (including school radio stations, screen savers, and announcements on the PA systems).

### Marketing Restrictions



## Marketing on School Property and Equipment

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools 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 (above).<sup>9</sup> School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>10</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Signage will be prominently displayed at every serving line to educate students in selecting a half cup of fruit or vegetable with every reimbursable meal.[WPM6]

## Marketing on Educational Materials

Furthermore, criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods. [WPM9]

## Marketing where Food is Purchased

## Marketing in School Publications and Media

## Marketing through Fundraisers and Programs

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community. Alternatives to food related fundraising will be provided on the district nutrition services website. [WPM12]

<sup>9</sup> Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

<sup>10</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

## SECTION 6. IMPLEMENTATION, EVALUATION, AND COMMUNICATION

### District Wellness Committee

#### I. School Health Councils

The district will convene a representative District Wellness Committee (DWC) that meets at least once per year to establish goals for and oversee school health and safety policies and programs – including the development, implementation and periodic review and modification of this LWP. [IEC1]

The wellness committee will meet a minimum of once per year. A letter will be sent to the school community via email, and will be posted on the district nutrition services website, inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy. [IEC2]

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### Stakeholders Participation in Wellness Policy

#### Implementation and Compliance of the Local Wellness Policy

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

### Wellness Policy Availability to Public

All public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website.[IEC4]

### Assessments

The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index and

make assessment results available to the public.[IEC5]

The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.[IEC6]

### Updating Policy

## V. Monitoring and Policy Review

Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly. [IEC7]

**Policy Review.** To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.<sup>11</sup> The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### Ongoing School Building Level Wellness Committee

School building level wellness committees are encouraged. [IEC8]

<sup>11</sup> Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

## **SECTION 7: USDA NONDISCRIMINATION STATEMENT**

**In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.**

**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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.**

**To file a program complaint of 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), and 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:**

**(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;**

**(2) fax: (202) 690-7442; or**

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

**This institution is an equal opportunity provider.**

Updated and Approved by the Board of Delphic Elementary School District, 3/9/2022