

ADMINISTRATIVE REGULATION

Placentia-Yorba Linda Unified School District

Students

5030 - AR

STUDENT WELLNESS

A. Purpose

The Placentia-Yorba Linda Unified School District (referred to herein as 'the District') is committed to promoting a culture of health by providing a comprehensive program in collaboration with community partners that supports students and staff.

B. General

The District Board of Education recognizes the important connection between a healthy diet, physical activity, and a student's ability to effectively learn. The Board also recognizes the school's role in creating an environment that fosters healthy nutrition and quality physical activity.

C. Nutrition Education

The District teaches, models, encourages, and supports healthy eating. Nutrition education and physical education foster lifelong habits of healthy eating and physical activity that promote and protect children's health, well-being and academic success.

1. Appropriate nutrition education may be integrated into other areas of the curriculum such as math, science, language arts, social studies, and electives. Nutrition education may be offered before and after school. Nutrition lessons are provided to students in grades K-8 each school year. Nutrition education is available to students in grade 9-12.
2. Nutrition education promotes current USDA dietary guidelines and healthy food preparation methods. It also emphasizes caloric balance between food intake and energy expenditure to promote physical activity.
3. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver a research-based nutrition education program designed to promote healthy eating habits.
4. The district school sites shall provide health education information to families through newsletters, information handouts, parent meetings, web sites, and other venues that inform parents and children about health and nutrition. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
5. District staff wellness programs should support employee efforts to improve their personal health and fitness so they can serve as role models and promote the health of others including students.
6. Parents/guardians, volunteers, and school staff shall support the district's nutrition education program by ensuring nutritional quality when selecting any snacks that they may donate for occasional class parties. Foods or beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party. Class parties at elementary school sites

shall be held after the lunch period when possible. Birthdays are encouraged to be recognized with non-food celebrations.

7. Non-food items are encouraged as a reward for student behaviors.

D. Physical Activity

The District provides students physical activity that includes physical education and recess. Classroom-based physical activity, walk and bicycle to school, and 60 minutes of out-of-school physical activity are encouraged.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) should not be withheld as punishment. The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent feasible, the District will ensure that its grounds and facilities are safe and that equipment is available for students to be active. The District will conduct necessary inspections and repairs.

1. Physical Education

- a. The District provides students with physical education, using an age-appropriate, sequential curriculum consistent with national and state standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
- b. All students are provided equal opportunity to participate in physical education classes. The District makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.
- c. Time allotted for physical education is consistent with state requirements.
- d. As mandated by state law, students are assessed for physical fitness levels in grades 5, 7, and 9.
- e. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

2. Recess

- a. Recess provides a unique contribution to a child's creative, social, and emotional development.
- b. All elementary schools will offer at least twenty minutes of recess on all regularly scheduled days during the school year.
- c. Recess will complement, not substitute, physical education class.

3. Physical Activity Breaks

- a. Students are more attentive and ready to learn if provided periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities during and

between classroom time to be active or to stretch on all or most days during a typical school week.

- b. The District will provide resources to support teachers in providing classroom physical activity breaks.

4. Active Academics

- a. Teachers are encouraged to incorporate movement and kinesthetic learning strategies into instruction when possible and to limit sedentary behavior during the school day.
- b. The District will provide resources to support teachers in incorporating movement and kinesthetic learning strategies.
- c. Teachers are encouraged to serve as role models by being physically active alongside the students whenever feasible.

5. Before and After School Activities

- a. Schools are encouraged to offer opportunities for students to participate in physical activity either before and/or after school hours through a variety of methods.

6. Active Transport

The District supports active transport to and from school, such as walking or biking. Schools are encouraged to support this through activities such as:

- a. Promotional events such as participation in International Walk to School Week, National Walk and Bike to School Week
- b. Instruction on walking/bicycling safety provided to students
- c. Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- d. Crosswalks exist on streets leading to school

E. Procedures

1. The District will maintain a local wellness committee that meets a minimum of four times a year and may be comprised of students, parents, teachers, school administrators, a school nurse and other health professionals. The committee will make recommendations to improve nutrition and physical activity in the school environment.
2. All foods and beverages sold during school hours shall meet nutritional standards and other guidelines set by the federal and state governments and the school district.
3. The Nutrition Services department shall take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Nutrition Services shall offer a variety of age appropriate healthy food and beverage selections for elementary, middle, and high schools.

4. The Board prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means to adhere to all state guidelines.

F. Campus Food

Campus food sold or provided outside of the Federal Reimbursable Meal (school lunch) Program by students, staff, or parent organizations on the school campus, during the school day must meet the USDA requirements as summarized in the *PYLUSD Quick Nutrition Reference Guide (attached)*. The school day is defined as midnight through 30 minutes after the last bell. The school campus includes the cafeteria, vending machines, student stores, or classroom parties.

1. Vending machines shall not be stocked with peanut products.
2. Any school sponsored fundraising activities involving food or beverage items during the school day will follow the nutritional guidelines listed in Section F. School-sponsored fundraising activities that sell or serve food or beverages will not occur more than four times per year. Site and district administrators will encourage parent groups, students, and staff to utilize available resources for non-food fundraising options.
3. Foods and beverages sold on campus during the school day may not compete with any foods sold as part of the school nutrition program.

G. Eating Environment

1. All schools shall maintain pleasant eating areas for students while fostering good manners and respect for fellow students and their environment.
2. Lunch periods shall be scheduled as near the middle of the school day as possible. Adequate time will be dedicated to lunch periods to maximize student time to eat and to promote physical activity.
3. Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.
4. Clean, fresh drinking water will be available for students at mealtime.

H. Nutrition Service Operations

1. The Nutrition Service program will aim to be financially self-supporting. Therefore, food sold or served by students, staff, or parent organizations should not reduce student participation in the meal program.
2. Each school site will strive to maximize participation in the available state and federal child nutrition programs by reviewing all viable available programs (e.g. school lunch, school breakfast, after-school snack and supper programs).

I. Food Safety – Food Security

1. All foods sold on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food illness in schools.

2. For the safety and security of the food and facility, access to the nutrition service operations shall be limited to nutrition service staff and authorized personnel.
3. When schools become aware of a student with severe food allergies, a plan to mitigate exposure to those foods will be developed by the administrator, school nurse, nutrition services, and the parents of the student.
4. Parents will only provide home prepared items for consumption by their own student. Foods brought to school for the purpose of consumption by other students must be sealed in manufacturer containers and may not be made in the home to protect students' health and wellness. (*Hazard Analysis and Critical Control Points* (HACCP) regulations) Regulations are designed to protect students' health and wellness.

J. Program Implementation and Evaluation

1. At the discretion of the Superintendent or designee each school shall post the district's wellness policies and regulations in public view within all school cafeterias or in other central eating areas and on District and school web sites. (ED Code: 49432).
2. The Superintendent shall designate at least one person within the district who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy (43 USC 1751Note).
3. Triennially, the goals set up by the wellness committee will be evaluated for effectiveness using the most current approved assessment tools. Goals will be set for the upcoming triennial period with measurable parameters. Goals will be shared with all stakeholders and progress will be tracked.

K. Approved by:

Responsible Division Head: Gary Stine

Date: 5/1/2024

Superintendent: Alex Cherniss, Ed.D

Date: 5/1/2024