

Students

## STUDENT WELLNESS POLICY

The Governing Board recognizes the link between student health and learning. The Student Wellness Policy is designed to provide a comprehensive program promoting healthy eating and physical activity for District students. An important goal of the District is to attend to those nutritional and physical objectives which contribute to the ability to learn, while also promoting the importance of good health.

To support the District's goals concerning the nutritional and physical health of students the following elements are included:

- I. Nutritional Quality of Foods and Beverages Sold on Campus
  - II. Nutrition and Health Education
  - III. Physical Activity to promote student wellness
  - IV. Monitoring and Policy Review
- I. Cinnabar School District recognizes that children need access to healthful foods in order to learn and thrive. The nutritional quality of foods and beverages sold and served on campus shall meet or exceed the following requirements:
1. Food sold by the District or parent organization on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085.
    - a. Milk and dairy products, including cheese, yogurt, frozen yogurt, and ice cream
    - b. Full-strength fruit and vegetable juices and fruit drinks containing 50% or more full-strength fruit juice, and fruit nectars containing 35% or more full-strength fruit juice
    - c. Fresh, frozen, canned, and dried fruits and vegetables
    - d. Nuts, seeds, and nut butters
    - e. Non-confection grain products, as defined by regulation of the United States Food and Drug Administration (FDA) including crackers, bread sticks, tortillas, pizzas, pretzels, bagels, muffins, popcorn
    - f. Meat, poultry, and fish, and their products including beef jerky, tacos, meat turnovers, pizza, chili, and sandwiches
    - g. Legumes and legume products, including bean burritos, chili beans, bean dip, roasted soybeans, and soups
  2. Food sold during school hours shall be sold as balanced meals.

3. Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk, and 100% fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and no added sweeteners. (Education Code 49431.5)
  4. Foods sold will be carefully selected which will contribute to students' nutritional well being and the prevention of disease.
  5. Foods will be sold in age-appropriate quantities and at reasonable prices.
  6. The superintendent/principal will have the discretion to approve fundraising activities and food sales that do not conform to the policy guidelines outside of school hours.
- II. Cinnabar School District is committed to teach, encourage, and support student wellness through nutritional education programs for students and families.
1. Student Nutrition Education offered in each classroom K – 6 shall meet or exceed the following minimum requirements:
    - a. Age-appropriate nutrition education is offered at each grade level as part of sequential, comprehensive, standards-based program.
    - b. Classroom health education will complement physical education by reinforcing the knowledge and self management skills needed to maintain a physically-active and healthy lifestyle.
  2. Cinnabar School District will support parents in their efforts to provide a healthy diet and daily physical activity for their child.
    - a. Although nutrition quality policies only apply to food offered FOR SALE on school campus, and a student's lunch and snack are at the discretion of the family, the District will encourage all students and families to learn about healthy nutrition and physical education.
    - b. The District will annually disseminate a list of healthy snack ideas, based on specific healthy food choices selected by the students, for parents to consider when choosing a food item to send or bring to school.
    - c. The District will provide information to families about opportunities for students to be physically active outside the regular school day, including programs offered before and after school.
- III. Cinnabar School District will provide ample opportunities for students to participate in physical activities that promote student health and wellness.
1. Physical education offered by each individual classroom teacher will meet or exceed the following P.E. requirements:
    - a. A structured physical education program including sports, games, and skill-building activities for 200 minutes every 10 days.
    - b. Physical education will be incorporated into the comprehensive health programs offered in every classroom at the discretion of each teacher.
  2. Opportunities for students to participate in physical education outside of the school day will be offered to students on a regular basis such as after school sports, track meets, etc.
- IV. Cinnabar School District shall ensure compliance with the Student Wellness Policy through the following practices of monitoring and policy review.
1. The superintendent or designee will ensure compliance with the established Student Wellness Policy and nutritional standards at our school site. (Education Code 49431)

2. Policy assessments will be conducted every three years to help review policy compliance, assess progress, and determine areas in need of revision or improvement. The District will, as necessary, revise the wellness policies and develop plans to facilitate their implementation when needed.
3. The School Site Council will assume a leadership role in assessing the District's Student Wellness Program and in developing proposed language changes.

Policy Adopted:

CINNABAR ELEMENTARY SCHOOL DISTRICT