



# **Sunol Glen Unified School District**

## **Wellness Policy**

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# **Sunol Glen Unified School District**

## **Wellness Policies on Physical Activity and Nutrition**

### **Introduction**

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized Child Nutrition Programs in school districts nationwide and included a section that specifically addresses local school wellness policies. The objectives of the HHFKA include enhancing existing local school wellness policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both local school wellness policy development and reporting.

The final rule requires school districts update or modify the wellness policy as appropriate to ensure compliance with latest guidance and regulations. The final rule also requires school districts assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years. LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

### **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 have doubled in children and tripled in adolescents over the last two decades, 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school 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 Sunol Glen Unified 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 Sunol Glen Unified 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, all schools in our district will participate in the National School Lunch Program.
- Schools 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.

#### **TO ACHIEVE THESE POLICY GOALS:**

### **I. Wellness Committee**

The SGUSD Site Council also serves as the Wellness Committee. Site Council assists with the development/revision, implementation, monitoring and, review of the school nutrition and physical activity policies in the Wellness Policy. The Site Council also serves as a resource to the school site for implementing those policies.

Our Wellness Committee members include:

- Molleen Barnes – Superintendent
- Teresa Donovan – District Clerk/Food Services Manager
- Elizabeth Harmuth - Computer Tech Aide
- Karen Jeffries – Teacher
- Chris Wheeler – Teacher
- Site Council members – elected for two-year terms
- Board of Education

### **II. Implementation, Evaluation, and Monitoring of the SGUSD Wellness Policy**

The Superintendent shall designate one person within the District (Wellness Committee Chair)

to be charged with the operational responsibility to ensure that the school site complies with this policy. The District will develop and maintain a plan for implementation to manage and coordinate the execution of this policy.

The District will engage stakeholders, including but not limited to, students, parents, teachers, the Board of Education, school administrators, physical education teachers, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness, and physical activity policies. Stakeholders will be solicited through various electronic and traditional posting methods, including but not limited to, annual information letter, District website [www.sunol.k12.ca.us](http://www.sunol.k12.ca.us)), or emails.

Annual training on this policy will be provided by the Superintendent or designee. All staff are to utilize this policy to develop their own internal procedures to ensure compliance with the Wellness Policy.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated.

The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent, and staff awareness and to identify successes, as well as barriers to success. Each year, the evaluation forms must be filled out by the appropriate stakeholders.

The evaluations shall include:

- The extent to which District schools are in compliance with this policy.
- A description of the progress made in attaining the goals of the SGUSD Wellness Policy.
- An open invitation for any interested member of the public to join the Wellness Committee at any time. The Annual Evaluation Forms are to be turned into the Superintendent or designee by May 1st each year.

The purpose of the Annual Evaluation Forms is to determine if the District is meeting the wellness goals set forth in this policy and determine particular areas of strength or weakness. Each year, the evaluation results shall be submitted to the Board for the purposes of assessing the policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

### **III. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **School Meals**

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements outlined below:

	<b>K-5</b>	<b>6-8</b>
Calories Breakfast	350-500	550-650
Calories Lunch	550-650	600-700
Sodium	$\leq 640$	$\leq 710$
Calories from Saturated Fat	$< 10$	$< 10$
Fruits (min weekly requirement)	2½ cups	2½ cups
Vegetables (min weekly requirement)	3¾ cups	3¾ cups
Grains (min weekly requirement)	8 oz	8 oz
Meats/Meat Alternatives (min weekly requirement)	8 oz	9 oz
Milk (min weekly requirement)	5 cups	5 cups

- Contain no trans fat that is not naturally occurring.

**Free and Reduced-priced Meals.** Sunol Glen 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.

**Meal Times and Scheduling.** Sunol Glen School:

- will provide students with at least 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- will 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 (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimen of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Sharing of Foods and Beverages.** We 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.

**Elementary Schools.** Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle Schools.** In middle/junior high, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**
  - Allowed: water or seltzer water 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).

- **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>8</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>9</sup>

- **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 fatfree 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.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools will 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). School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

## **IV. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Sunol Glen School District aims to teach, encourage, and support healthy eating by students. 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;

**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.

**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 support parents' efforts to provide their children with opportunities to be physically active outside of school.

**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). School-based marketing of brands promoting predominantly low-nutrition foods and beverages 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.

**Staff Wellness.** Sunol Glen 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.

## **V. 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 school students) for the entire school year. All physical education will be taught by a certified 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.

**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. We 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, we will give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** When feasible Sunol Glen School will offer extracurricular physical activity programs, such as track or intramural programs.

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.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Use of School Facilities Outside of School Hours.** School spaces and facilities are available to students, staff, and community members before and after the school day, on weekends, and during school vacations. These spaces and facilities also are available to community agencies and organizations offering physical activity and nutrition programs.

## **VI. Family, Staff, and Community Involvement**

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- Staff shall model healthy behaviors.
- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons, and community activities.

## **SUNOL GLEN UNIFIED SCHOOL DISTRICT**

### **Policy Statement National School Lunch Program**

The National School Lunch Program (NSLP) is a federally assisted meal program operating in the Sunol Glen Unified School District, which provides nutritionally balanced, low-cost or free lunches to students.

The goal of the SGUSD Child Nutrition Program is to serve nutritious, appetizing, and affordable meals to students. We believe that good nutrition is an important key to learning and that every child has the right to a nutritious breakfast and lunch at the lowest possible price.

#### **Menus are available online.**

Free and reduced price meals are available to qualifying students in grades K-8.

**Policy Statement:** *The USDA, Food and Nutrition Service Instruction 791-1 (revised) prohibits the denial of meals as a disciplinary action to all children who participate in the school nutrition program. The prohibition does not extend to the denial of meals for failure to pay. The school will not provide free meals unless the student qualifies for free meal benefits. Students who do not qualify for free meals must pay for their meals.*

For further information regarding the child nutrition program, or for assistance in completing the meal benefit application call the District Clerk/Food Services Manager at 925-862-2026.

#### **Free/Reduced Price Meals**

The National School Lunch and Breakfast Program is a federally subsidized program and your child(ren) may be eligible to receive free or reduced price meals. You and your child(ren) do not have to be a U.S. citizen to qualify for free or reduced price meals. Application for meal benefits must be completed each school year and only one application is needed per household. If you wish to apply, applications can be completed by paper available at the Sunol Glen School office located at 11601 Main Street, Sunol, CA 94586.

Processing of an application takes 7-10 operating days. For more information call the District Clerk/Food Services Manager at 925-862- 2026.

#### **Homeless, Runaway, and Migrant Children**

Contact the Sunol Glen School Office or contact the school at 925-862-2026 to see if your child(ren) qualify if you have not been informed that they will receive free meals.

#### **Military Housing Allowance**

If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. All other allowances must be included in your gross income.

#### **Confidentiality**

Food Service officials use the information supplied on the application to decide if your child(ren) should receive free or reduced price meals. This information can be released to other federal education programs and to state health and education programs.

#### **How to Apply for Meal Benefits / Processing Time**

Application for meal benefits must be completed each school year and only one application is needed per household. Paper applications are provided to children at participating schools at the beginning of each school year, however should you need another application you can obtain one from the school office or by calling 925-862-2026. Once a paper application is complete return it to District Clerk/Food Services Manager, 11601 Main Street, Sunol, CA 94586, making sure to be as complete and accurate as possible as incomplete and illegible applications will be returned. Applications are processed in the school office and benefits begin once eligibility has been determined. Processing of an application takes 7-10 operating days.

## **Verification**

Your eligibility may be checked at any time during the school year. Food Service officials may ask you to send documentation to prove that your child(ren) should receive free or reduced price meal benefits.

## **Fair Hearing**

If you do not agree with Food Service decision regarding eligibility of your meal benefit application or results to verification, you may discuss it with Food Service officials. You have a right to ask for a fair hearing. You may do this by calling 925-862-2026 or writing to our Superintendent, 11601 Main Street, Sunol, CA 94586.

## **Reapplication**

You may apply for meal benefits at anytime during the school year, if you are not eligible now. For example, if you have a decrease in household income, become unemployed, have an increase in family size or become a participant of: Supplemental Nutrition Assistance Program (CalFresh), Temporary Assistance for Needy Families (TANF) or Food Distribution Program on Indian Reservations (FDPIR).

## **Non-Discrimination Statement**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter by mail to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

## **Use of Information Statement**

This explains how we will use the information you give us. The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservation (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch program. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules. While disclosure of the last four digits of a social security number is voluntary the National School Lunch Act requires the last four digits of a social security number or indication of "none" for approval of the application.

## Appendix A

### Frequently Asked Questions

1. **How does the National School Lunch Program and School Breakfast Program work?** School districts that choose to participate in the meal programs receive federal reimbursement and donated commodities from the U.S. Department of Agriculture (USDA) for each meal they serve. In return, they must serve meals that meet Federal requirements, and they must offer free or reduced price meals to eligible children.
2. **What are the nutritional requirements for school meals?** The National School Lunch Act mandates that school meals "safeguard the health and well-being of the Nation's children". Participating schools must serve lunches that are consistent with the applicable recommendation of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables, and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat, less than 10% of calories from saturated fat and no trans fats. The Healthy Hunger Free Kids Act of 2010 and the SGUSD Student Wellness Policy also regulate menu choices.
3. **Do I have to complete an application (apply) each school year?** Yes, your child's application is only good for that particular school year and up to 30 operating days of this school year. You must submit a new application to determine eligibility for THIS school year **UNLESS** you received a status notification letter (dated THIS school year) from Sunol Glen Unified School District confirming eligibility for your child. If you have any additional questions contact the District Clerk/Food Services Manager at 925-862-2026.
4. **How do children qualify for free or reduced price meals?** Child(ren) can get free or reduced price meals if your household's gross income is within Federal Income Eligibility Guidelines. Children in households receiving benefits from the Supplemental Nutrition Assistance Program (**CalFresh**), the Food Distribution Program on Indian Reservations (**FDPIR**) or, in some states Temporary Assistance for Needy Families (**TANF**), can get free meals regardless of your income. Foster children that are under the legal responsibility of a foster care agency or court, can get free **meals**. **NOTE:** Any child at a participating school may purchase a meal through the National School Lunch/Breakfast Program.
5. **Who should I include as members of my household?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your child(ren), and who pay a pro-rated share of expenses), do not include them.
6. **What if my income is not always the same?** List the amount that you normally receive. For example, if you normally make \$1,000 each month, but you missed some work last month and only made \$900, put down that you make \$1,000 per month. If you normally get overtime pay, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income. If your income decreases during the school year, you may submit another application at any time.
7. **I get WIC, can my child(ren) get free meals?** Children in households participating in WIC **may** be eligible for free or reduced price meals. Please fill out an application, so that eligibility can be determined.

## **Appendix B. School Site Annual Evaluation Form**

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the SGUSD Wellness Policy and to determine particular areas of strength or weakness. This evaluation must be completed annually by a teacher (or designee) and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Committee and the Board would like to take note of your feedback. For items marked "Needs Improvement", you must include a comment as to why the school did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

Responses for the following questions could be one of the following choices: Needs Improvement, Meets, or Exceeds (unless otherwise indicated).

### **Overview**

1. The school promotes a healthy lifestyle to staff, students, and parents.

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2. The programs and/or activities provided by the school support the goals of the Wellness Policy

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3. Were you aware of the SGUSD Wellness Policy before you filled out this evaluation form? Yes/No

### **School Health, Safety and Environment**

1. Healthy habits for staff and students are promoted

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2. A drug- and substance-free environment is promoted.

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3. An “anti-bullying” policy is enforced.

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- 
4. Your school encourages events that promote and support a healthy lifestyle
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- 

### **Nutrition**

1. Cafeteria staff are well-prepared and efficiently serve meals

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- 
2. Fresh, safe, free drinking water is available to students on campus.
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3. Measures are in place to ensure foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day comply with the California Education Code and California Code of Regulations. (See Appendix B)
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4. Documentation of nutrition information for foods sold outside of Nutrition Services on school campus during the school day is kept on file at the District Office.

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5. Food safety and sanitation standards are followed at all school-related events

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6. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus (ex. fast food, sugary beverages, etc).

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7. Fundraising efforts comply with the Wellness Policy

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**Physical Education and Physical Activity**

1. Your school provides all students with the opportunity to be physically active on a regular basis

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2. Physical Education follows California Education Code requirements (Appendix C)

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3. Physical education/activity is not used for disciplinary purposes

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4. Physical education is delivered by well-prepared and well-supported staff

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Please check the box if interested in joining the SGUSD Wellness Committee. ☐

## Appendix C

### Competitive Food Regulations

<p><b>ELEMENTARY SCHOOL-FOOD RESTRICTIONS</b>  <i>References: Education Code sections 49430, 49431, 49431.7; California Code of Regulations sections 15575, 15577, 15578; Code of Federal Regulations sections 210.11, 220.12</i></p> <p>An <b>elementary school</b> contains no grade higher than grade 6.</p> <p>Effective from midnight to one-half hour after the end of the official school day.</p> <p>Applies to <b>ALL</b> foods sold to students by any entity.</p> <p>Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.</p> <p>Compliant foods <b>Must</b> meet one of the following general food standards:</p> <ul style="list-style-type: none"> <li>• Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or</li> <li>• Be a combination food containing at least ¼ cup fruit or vegetable. AND must meet the following nutrition standards:</li> <li>• ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and</li> <li>• &lt; 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and</li> <li>• ≤ 35% sugar by weight (except fruit, non-fried vegetables, dried fruit and nut/seed combo), and</li> <li>• &lt; 0.5 grams trans fat per serving (no exceptions), and</li> <li>• ≤ 200 milligrams sodium per item/container (no exceptions), and</li> <li>• ≤ 200 calories per item/container (no exceptions) Paired foods:</li> <li>• If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.</li> </ul>	<p><b>ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS</b>  <i>References: Education Code Section 49431.5, California Code of Regulations Section 15576, Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12</i></p> <p>An <b>elementary school</b> contains no grade higher than grade 6.</p> <p>Effective from midnight to one-half hour after the end of the official school day.</p> <p>Applies to <b>ALL</b> beverages sold to students by any entity.</p> <p>Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.</p> <p>A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.</p> <p>Compliant beverages:</p> <ol style="list-style-type: none"> <li>1) Fruit or Vegetable juice: <ul style="list-style-type: none"> <li>• ≥ 50% juice</li> <li>• No added sweeteners</li> <li>• ≤ 8 fl. oz. serving size</li> </ul> </li> <li>2) Milk: <ul style="list-style-type: none"> <li>• Cow's or goat's milk,</li> <li>• 1% (unflavored), nonfat (flavored, unflavored),</li> <li>• Contains Vitamins A &amp; D,</li> <li>• ≥ 25% of the calcium Daily Value per 8 fl. oz.,</li> <li>• ≤ 28 grams of total sugar per 8 fl. oz.</li> <li>• ≤ 8 fl. oz. serving size</li> </ul> </li> <li>3) Non-dairy milk: <ul style="list-style-type: none"> <li>• Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.: <ol style="list-style-type: none"> <li>i) ≥ 276 mg calcium</li> <li>ii) ≥ 8 g protein</li> <li>iii) ≥ 500 IU Vit A</li> <li>iv) ≥ 100 IU Vit D</li> <li>v) ≥ 24 mg magnesium</li> <li>vi) ≥ 222 mg phosphorus</li> </ol> </li> </ul> </li> </ol>
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<ul style="list-style-type: none"> <li>If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans-fat, sodium, and calories.</li> </ul>	<ul style="list-style-type: none"> <li>vii) <math>\geq 349</math> mg potassium</li> <li>viii) <math>\geq 0.44</math> mg riboflavin</li> <li>ix) <math>\geq 1.1</math> mcg Vit B12,</li> <li><math>\leq 28</math> grams of total sugar per 8 fl. oz., and</li> <li><math>\leq 5</math> grams fat per 8 fl. oz.</li> <li><math>\leq 8</math> fl. oz. serving size</li> </ul> <p>4) Water:</p> <ul style="list-style-type: none"> <li>No added sweeteners</li> <li>No serving size</li> </ul> <p>All beverages must be caffeine-free (trace amounts are allowable)</p>
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## ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

### ***Reference: California Code of Regulations Section 15500***

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district. Effective from midnight to one-half hour after the end of the official school day. Student organization sales must comply with all food and beverage standards AND all of the following:

- 1) Only one food or beverage item per sale.
- 2) The food or beverage item must be pre-approved by the governing board of the school district.
- 3) The sale must occur after the last lunch period has ended.
- 4) The food or beverage item cannot be prepared on campus.
- 5) Each school is allowed four sales per year.
- 6) The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.

**MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS**

**References: Education Code sections 49430, 49431.2, 49431.7, California Code of Regulations sections 15575, 15577, 15578, Code of Federal Regulations sections 210.11, 220.12**

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

“Snack” foods must meet one of the following general food standards:

1. Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
2. Be a combination food containing at least ¼ cup fruit or vegetable. **AND** must meet the following nutrition standards:
  - a. ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
  - b. < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
  - c. ≤ 35% sugar by weight (except fruit, non-fried vegetables, dried fruit and nut/seed combo), and
  - d. < 0.5 grams trans fat per serving (no exceptions), and
  - e. ≤ 200 milligrams sodium per item/container (no exceptions), and
  - f. ≤ 200 calories per item/container (no exceptions) Paired foods:
3. If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
4. If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans-fat, sodium, and calories.

**MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS**

**References: Education Code Section 49431.5, California Code of Regulations Section 15576, Code of Federal Regulations sections 210.10, 210.11, 220.8, 220.12**

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice and
  - b. No added sweeteners
  - c. ≤ 12 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, and
  - b. 1% (unflavored), nonfat (flavored, unflavored), and
  - c. Contains Vitamins A & D, and
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
  - e. ≤ 28 grams of total sugar per 8 fl. oz. f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
  - b. ≤ 28 grams of total sugar per 8 fl. oz., and
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 12 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size limit

***All beverages must be caffeine-free (trace amounts are allowable)***

<ol style="list-style-type: none"> <li>5. "Entrée" foods must be intended as the main dish and be a: <ol style="list-style-type: none"> <li>a. Meat/meat alternate and whole grain rich food, or</li> <li>b. Meat/meat alternate and fruit or non-fried vegetable, or</li> <li>c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food). AND</li> </ol> </li> <li>6. A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be: <ol style="list-style-type: none"> <li>a. ≤ 400 calories, and</li> <li>b. ≤ 35% calories from fat</li> <li>c. &lt; 0.5 grams trans fat per serving</li> </ol> </li> <li>7. A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards: <ol style="list-style-type: none"> <li>a. Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or</li> <li>b. Be a combination food containing at least ¼ cup fruit or vegetable AND meet the following nutrition standards: <ol style="list-style-type: none"> <li>i. ≤ 35% calories from fat, and</li> <li>ii. &lt; 10% calories from saturated fat, and</li> <li>iii. ≤ 35% sugar by weight, and</li> <li>iv. &lt; 0.5 grams trans fat per serving, and</li> <li>v. ≤ 480 milligrams sodium, and</li> <li>vi. ≤ 350 calories</li> </ol> </li> </ol> </li> </ol>	
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## MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

### ***Reference: California Code of Regulations Section 15501***

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district. Effective from midnight to one-half hour after the end of the official school day. Student organization sales must comply with all food and beverage standards AND all of the following:

- 1) Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).

- 2) Food or beverage item(s) must be pre-approved by the governing board of the school district.
- 3) Only one student organization is allowed to sell each day.
- 4) Food(s) or beverage(s) cannot be prepared on campus.
- 5) The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
- 6) In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

**Appendix D**  
**California Education Code**  
***Physical Education***

***Ed Code 51210*** states: “g) Physical education, with emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each 10 schooldays, exclusive of recesses and the lunch period.

***Ed Code 51210.1*** states: “(2) It is, therefore, the intent of the Legislature that all children shall have access to a high-quality, comprehensive, and developmentally appropriate physical education program on a regular basis.”

***Ed Code 51210.2*** states: “(a) The Legislature hereby finds and declares that the physical fitness and motor development of children in the public elementary schools is of equal importance to that of other elements of the curriculum.”

**In the Education Code it clearly states there are NO WAIVERS for Middle School students.**