

## **Oak View Union Elementary School District Wellness Policy 2020-2023**

Oak View Union Elementary School District (OVUESD) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. Therefore, it is the policy of OVUESD that all students be provided with opportunities and information through school-based activities that foster lifelong habits of proper nutrition, physical activity, and healthy living.

### **Goals for Nutrition, Physical Activity, and other Wellness Activities**

In order to maximize the district's ability to provide nutritious meals, OVUESD shall participate in available federal school nutrition programs, including the National School Lunch Program, to the extent possible. The school district will provide continuing professional development opportunities for all school nutrition professionals that may include training and/or certification for food service personnel at their various levels of responsibility.

In order to ensure wellness policies are consistent with current trends in health and nutrition, the Board supports relationships with agencies that assist schools by providing consult, promotion, and planning of activities and resources for improving wellness (Alliance for a Healthier Generation, American Heart Association, National Dairy Council, etc.)

Foods and beverages sold or served by the school will meet the nutrition recommendations of the USDA Child Nutrient Guidelines. Guidelines do not refer to food items brought from home for individual consumption.

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school programs, extracurricular programs, in-class physical activity breaks, and other structured and unstructured activities.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf.0000-Vision)  
(cf. 0200- Goals for the School District)  
(cf.1230-School Connected Organizations)  
(cf.4131, 4331-Staff Development)  
(cf. 5131.2 Bullying)  
(cf. 6142.7-Physical Education and Activity)  
(cf. 6145-Extracurricular and Cocurricular Activities)

### **Wellness Advisory Committee (WAC)**

The Superintendent or designee shall encourage parents/guardians, food service personnel, physical education teachers, school health professionals, Board representatives, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

The Superintendent or designee may appoint a Wellness Advisory Committee (WAC), a committee consisting of representatives of the above groups. The WAC may also include health educators, curriculum directors, counselors, before-and-after school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220-Citizen Advisory Committees)  
(cf. 9140 Board Representatives)

The following six components contribute to the health and well-being of students and comprise the area of responsibility for the Wellness Advisory Committee.

1. Physical Education
2. Health Services
3. Nutrition Services
4. Mental Health and Social Services
5. Healthy and Safe School Environment
6. Family and Community Involvement

The WAC shall assist with policy development and advise the district on health related issues, activities, policies, and programs, with the exception of family life education. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within school or community.

### **Program Implementation and Evaluation**

The Superintendent or designee shall designate one or more district or school employee, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758)

(cf.0500-Accountability)  
(cf. 3555-Nutrition Program Compliance)

### **Meals served through the Child Nutrition Programs will:**

- Meet or exceed nutrition requirements established by local, state, and federal regulations.
- Meals are comprised of Meat/Meat Alternative, Whole-grain rich grains, vegetables, fruits, and milk.
- A salad bar is stationed at the front of the line to ensure students are taking the necessary components of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans, and peas and legumes). This complies with NSLP Meal Pattern Requirements for all meals served.
- Includes only low-fat (one percent) and fat-free fluid milk.
- Meets target levels for calories, saturated fat, sodium, sugars, and cholesterol.
- Students will have at least 20 minutes to eat after sitting down indoor and outdoor.
- There will be access to hand washing before eating and sanitization afterwards with portable sanitizing stations and affixed hand sanitizer machines.
- Students will have access to drinking water through multiple water fountains equipped with water bottle refill stations.
- Students are highly discouraged from sharing food and beverages, given concerns about allergies, special diets, and to help prevent the spread of infectious diseases.

### **Physical Activity and Education**

All students will receive physical education instruction a minimum of 200 minutes every 10 school days. District fitness tests will be administered to all students in fifth and seventh grade.

The following Physical Education Model Content Standards for California Public Schools will be taught to all students:

Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.

Assess and maintain a level of physical fitness to improve health and performance.

Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

### **Intramural Sports Program**

All students in grades 4-8 will be provided with the opportunity to participate in a seasonal intramural sports program during the school day. This program includes, but is not limited to the following sports: volleyball, basketball, flag football, soccer and kickball.

### **Recess**

All students will have the opportunity to participate in daily supervised recess, preferably outdoors, during which they are encouraged to take part in moderate to vigorous physical activity. Students in grades K-2 will receive 60 minutes a day and 3rd – 8th grade students will receive 40 minutes per day.

### Counseling Services

All students have access to a part-time mental health counselor either in a group setting or individual therapy. Services can address, but are not limited to, self-esteem, negative behavior, poor grades, peer relations, social media, anxiety, other emotional disorders, and problems at home.

### Attendance Program

All students will participate in the school-wide attendance program having the opportunity to earn monthly and quarterly incentive prizes for perfect attendance, culminating in an end of the year perfect attendance field trip.

### Fall Field Day

Every Fall, all students have the opportunity to participate in a Field Day. It is a school-wide event where all students are put on teams with middle school students serving as team captains. It is a healthy and friendly day full of team competition in physical challenges and the promotion of teamwork and school spirit. All staff are encouraged to participate as well.

### Jogathon

Oak View Parent Club hosts a Jogathon every year where all students can earn monetary pledges that encourage them to run as many laps around the school track as possible during a 20-minute time frame. Staff is also encouraged to participate.

### Track Meets

Oak View has an upper grade track meet as well as a primary track meet. Students participate in a number of track events earning ribbons and or trophies. Events include but are not limited to: long distance running, sprinting, obstacle course, long jump, hurdles, and shot-put.

### Red Ribbon Week

All students will participate in Red Ribbon Week during the month of October that promotes healthy living by staying tobacco, drug, and alcohol free.

### **Posting Requirements**

Each school shall post the district's policies and regulations on nutritious and physical activity in public view within all school cafeterias or in other central eating areas, and on the school district website.

(Education Code 49432)

**Legal Reference:**

## EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49490-49494 School lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49570 National School Lunch Act

51210 Course of study, grades 1-6

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51880-51921 Comprehensive health education

## UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program

1751 Note: Local wellness policy

1771-1791 Child Nutrition Act, including:

1779 Rules and Regulations, Child Nutrition Act

## CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

## MANAGEMENT RESOURCES

CSBA PUBLICATIONS Increasing Access to Drinking Water in Schools, Policy Brief, March 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

## CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

## CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

## WEB SITES

CSBA: <http://www.csba.org>

Alliance for a Healthier Generation, June 2020 <https://api.healthiergeneration.org/resource/2>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

National School Boards Association: <http://www.nsba.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, Wellness Policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

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(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)

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