

# Orange County Department of Education

## Wellness Policy on Physical Activity, Nutrition and Related Programs

### Preamble

The Orange County Department of Education - Alternative Community and Correctional Educational Schools and Services (ACCESS) and Division of Special Education Services (hereto referred to as the District) is committed to the optimal development of every student. Our mission is to ensure that all students are equipped with the competencies they need to thrive in the 21st century. The District believes that for students to have the opportunity to achieve personal, academic and developmental success, we need to create safe and health-promoting learning environments.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup>

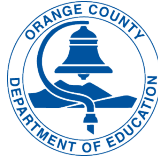
This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day, to the maximum extent practicable – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students have access to quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Schools encourage nutrition and physical activity promotion and other activities that promote student wellness;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy and its established objectives.

This policy applies to all students and staff in the Alternative Community and Correctional Educational Schools and Services (ACCESS) and Division of Special Education Services. Specific measurable goals and outcomes are identified within each section below.

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## **I. Wellness Committee**

### ***Committee Role and Membership***

The District and/or individual schools within the district will work with existing School Wellness Committees to develop, implement, monitor and review school nutrition and physical activity policies. The School Wellness Committees will also serve as a resource to Alternative Community and Correctional Educational Schools and Services (ACCESS) and Division of Special Education sites for implementing policies.

The School Wellness Committee will meet at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

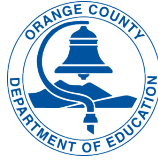
### ***Leadership***

The following designees will convene the School Wellness Committees and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy:

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
John Basurto	Food Service Manager	jbasurto@ocde.us	Oversees the school food environment, including: answering Wellness Policy questions and concerns; menu development; food preparation; federal and state requirements for child nutrition programs; day to day foodservice operations; providing nutrition-related resources, upon request; and.
Darshi Balasuriya, MPH	Program Specialist, Evaluation Assessment & Data Center	DBalasuriya@ocde.us	Triennial Progress Assessment
Dareen Khatib, MPH, RDN, MCHES	Administrator, Health and Wellness	dkhatib@ocde.us	

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Nadia Moya, MA	Youth Engagement Project Manager, Nutrition Education and Obesity Prevention (NEOP)	nmoya@ocde.us	Assists in the School Health Index (SHI)
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## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

A school-level assessment will be made using the Centers for Disease Control and Prevention’s School Health Index (SHI): Self-Assessment & Planning Guide 2014 (<https://www.cdc.gov/healthyschools/shi/index.htm>). The SHI is an implementation planning tool used to improve the Wellness Policies. SHI has two activities completed by the evaluator:

- 1) Self-Assessment Process- identifying and assessing the extent to which The District implements the types of policies and practices outlined in the Wellness Policy, compared with policies recommended by CDC in its guidelines for school health programs.
- 2) Planning for Improvement Process and Progress Report- identifying recommended actions The District can take to improve its performance in areas that received low scores and generating an annual Wellness Policy progress report. The progress report delineates actions and timelines and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at <http://ocde.us/PublicNotices/Pages/default.aspx> (*District’s Wellness Policy pending approval*)

### **Monitoring and Triennial Progress Assessments**

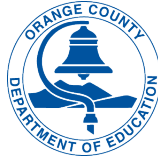
At least once every three years, The District will evaluate compliance with the Wellness Policy on behalf of each participating school, or may allow each school to conduct its own assessment, and the assessment will include:

- The extent to which schools are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the District’s wellness policy.

The Wellness School Assessment Tool (WellSAT) for food service directors will be utilized to assess the quality of the school district’s wellness policy, and provide personalized guidance and resources for making improvements. This tool is found on the USDA’s Local Wellness Policy

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Resources (<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellness-policy-process/assessment-needs-assessment>).

The person responsible for managing the triennial assessment and contact information is:

Darshi Balasuriya, MPH

Program Specialist, Evaluation Assessment & Data Center

Ph: 714-966-4106

[DBalasuriya@ocde.us](mailto:DBalasuriya@ocde.us)

Other stakeholders are permitted to be involved in the review process, including: parents, students, school food authority, members of the school board, school administrators, teachers, and members of the public. The District or schools sites will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

**The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.** The Wellness Committee will modify the wellness policy based on the results of the annual SHI and triennial assessments or as District priorities change; community needs change; wellness goals are met; new health science emerges; and new Federal or state guidance or standards are issued.

### ***Community Involvement, Outreach and Communications***

The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Annually, the District will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status as well as information on how the public and stakeholders can get involved with the school wellness committee. The district will invite participation by measures such as:

- posting the Wellness Policy in student, staff and parent/guardian view at each site;
- providing status updates in foodservice/staff trainings;
- making this information available on the LEA website;

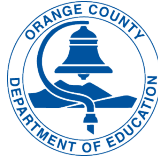
### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at <http://ocde.us/PublicNotices/Pages/default.aspx> (*District's Wellness Policy pending approval*). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;

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- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### **III. Nutrition**

#### ***School Meals***

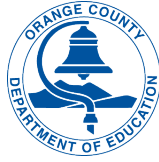
Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) to the maximum extent possible, offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by the [USDA nutrition standards](#).
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#), where applicable:
  - Menus will be created/reviewed by a Registered Dietitian.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - A reimbursable meal can be created in any service area available to students
  - Student feedback is used to inform menu development
  - Menus will sent directly to participating schools for posting, and nutrient content is available upon request.
  - The District child nutrition program will accommodate students with special dietary needs
  - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
  - Students are served lunch at a reasonable and appropriate time of day.

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### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations where foods and beverages are sold, including, but not limited to: à la carte options in cafeterias, vending machines, school stores and snack or food carts.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

### ***Celebrations and Rewards***

The District encourages that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. The District will support and encourage Smart Snacks in School Nutrition standards by, upon request, providing:

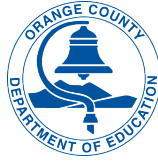
1. A list to parents [of foods and beverages that meet Smart Snacks](#) nutrition standards for classroom snacks.
2. Healthy celebrations and parties ideas, available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
3. Staff with a [list of alternative ways to reward and incentivize children](#); discouraging foods and beverages used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. Upon request, the District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

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### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy choices. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs, by ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

### ***Nutrition Education***

The District will encourage and support healthy eating by all students, by providing resources annually to teachers, upon request on topics including, but not limited to, the following:

- Food guidance from [MyPlate](#)
- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Preparing healthy meals and snacks
- Food safety
- [The Dietary Guidelines for Americans](#)

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for students to practice healthy eating and physical activity behaviors while minimizing commercial distractions. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

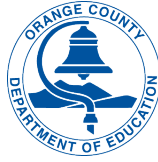
Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards. Marketing of non-compliant food and beverages is not permitted during the school day, but may be present at events that happen after the end of the school day, 30 minutes after the instructional day (i.e. including, but not limited to, restaurant donation nights, candy and pizza sales, etc.); However, corporate incentive program, in which students receive free or discounted noncompliant foods or beverages, is not permitted at any time during or after the school day.

Food and beverage marketing is defined as advertising and other promotions in schools, such as food and beverage brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container on displays, school/foodservice equipment,

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school publications or mailings, and product samplings/coupons. Items of personal expression such as clothing and products brought from home for personal consumption are exempt.

#### **IV. Physical Activity**

For students to receive the nationally-recommended amount of daily physical activity, students need opportunities for physical activity beyond physical education class. The district recommends at least 60 minutes of physical activity every day, including physical activity before, during and after school.

All students capable of movement will have opportunities, support, and encouragement to be physically active on a regular basis. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes as necessary.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

#### *Glossary:*

**Extended School Day** – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234-1239.

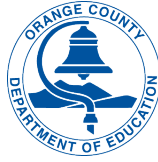
<sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3-36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899-907.

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- <sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.
- <sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metzler JD. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
- <sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.
- <sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.
- <sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.
- <sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- <sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- <sup>12</sup> Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- <sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
- <sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.
- <sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

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