



PALO VERDE UNION ELEMENTARY SCHOOL DISTRICT

Wellness Plan

2022-2027

Board Approval:

06/08/2022

PALO VERDE UNION ELEMENTARY SCHOOL DISTRICT

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<i>Current Revision History</i>			
Date	Pg.	Summary of Changes	By

PVUESD NON-DISCRIMINATION STATEMENT

Palo Verde Union Elementary School District is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from unlawful discrimination based on race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. The following person has been designated to handle inquiries regarding the non-discrimination policies: Phil Anderson, Superintendent/Principal, 9637 Avenue 196, Tulare, CA 93274, 559-688-0648.

Palo Verde Union Elementary School District

Mission Statement

- Proficient in reading comprehension, communication, computation, technology, reasoning and problem solving in all subject areas
- Capable of problem solving in a variety of real life situations
- Supportive of the role of the fine arts and humanities
- Committed to good health and physical fitness
- Active participants in the democratic process
- Willing to assume responsibility for their actions
- Respectful of the rights and feelings of others
- Proficient in the use of good social skills and proper etiquette
- Respectful of the many cultures that contribute to and make up our world community
- Successful lifelong learners

Wellness Plan on Physical Activity and Nutrition

Preamble

Palo Verde Union Elementary School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

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.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} 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.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15, 16, 17}

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.

Thus, the Palo Verde Union Elementary 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, physical activity, health education, physical education, health services, nutrition/food services, counseling/psych services, health environment, health promotion for staff, and parent involvement. Therefore, it is the policy of the Palo Verde Union Elementary 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 preschool-8 and all staff members will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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, our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program [including after-school snacks], Migrant Summer School and Summer Food Service Program (SFSP), and Child and Adult Care Food Program (CACFP).
- Palo Verde Union Elementary School District will provide nutrition information and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services.

WELLNESS GOALS 2021-2026	GOAL MET (Yes/No)	HOW GOAL WAS MET
NURSING		
Train staff in CPR and first aid as needed.		CPR training for staff with 2022/2023 school year.
Train staff in EpiPen as needed.		Staff training completed on 08/10/2022.
Continue to employ a full time LVN Health Aide.		LVN will continue to be employed throughout the 2022/2023 school year.
Keep current/updated health records on AERIES. Adherence to HIPAA Rules is required for all health records.		Student records updated daily as needed with new information received from parents, screenings, and medical reports.
Provide immunization clinics throughout the school year.		Will be scheduled as needed.
Dental screening provided for kindergartners.		Screenings offered for those students that parents completed consent for.
Update food service manager on any and all student food allergies.		Updated Flora Mosqueda throughout the school year with any new meal accommodations due to food allergies.
Provide vision and hearing screening to students (PS, K, 2, 5, 8, new and IEP) in the district.		Screenings performed in 2022/2023 school year for K, 2 nd , 5 th , and 8 th . Other screenings for IEPs assessments performed throughout the school year as needed.
Sex education to be provided for 8 th grade students.		Sex education given to 8 th grade student during 2022/2023 school year.
Puberty Education to be provided for 5 th grade girls.		Puberty Education given to 5 th grade girls and 5 th grade boys during the 2022/2023 school year.
On-going HIPPA training for all employees as needed.		We will continue to train staff for HIPPA through KEENAN.

NUTRITION		
Increase awareness of “My Plate”.		
Food service manager, and others designated as needed by manager, will attend required professional development activities.		
Principals will consult with the food service manager for alternative rewards, as needed. Principal will communicate alternative rewards to staff, as needed.		
Principals will clear food items for sale on campus with the food service manager as needed.		
Food service manager will provide the Superintendent/principal with a list of food and beverage recommendations for class parties and celebrations that meet Smart Snacks nutrition standards for distribution to staff and parents.		
Food service will provide increased amounts of fruits and vegetables in an attractive manner, including the Fresh Fruit and Vegetable program at the elementary school site.		
Food service will provide school nutrition menu requirements from California Department of Education for parents, students and staff via school website.		
Grade level assemblies provided by Family Health Care Network (FHCN) teaching dental hygiene and nutrition.		
PHYSICAL EDUCATION		
Maintain and monitor the required Physical Education minutes at K-8 th grades in accordance with the California Education Code. (200 minutes, every 10 days)		During daily Physical Education classes
Continued preparation and practice of the California Physical Fitness Test (PFT) at a minimum weekly during Physical Education classes 4 th -8 th grades.		During daily Physical Education classes
Provide Health and Nutrition classes for PE students during rainy day schedules.		During Physical Education classes as needed
Nutrition and physical fitness instruction provided for students participating in the Cadet program 4 th -8 th grade.		During daily Physical Education classes

Information will be distributed to parents of students at Palo Verde School (Middle Grade Students) annually on Sudden Cardiac Arrest risks and symptoms.		Beginning of the school year
Information will be distributed to parents of students at Palo Verde School (Middle Grade Students) annually on concussion risks and symptoms.		Beginning of the school year
HEALTH PROMOTION FOR STAFF, PARENTS, AND COMMUNITY		
The District will sponsor a yearly health fair.		Health Fair to take place in the Spring.
The District will provide health/wellness information to parents in the district newsletter.		All newsletters published included information on health/wellness.
Needy family food distribution.		Weekly food distribution in cooperation with the Central California Food Bank.
The District will notify parents of community food distributions.		Teachers will identify students who appear to have need of food resources. Teachers will send home Central California Food Bank permission slips. Completed slips will be forwarded to Food Bank coordinator who will oversee distribution team as they deliver meal kits to students' classrooms on Fridays for students to take home.
COUNSELING/PSYCHOLOGICAL SERVICES		
The District will provide psychological services at PVUESD.		A school psychologist is on campus 2 days per week throughout the year.
The District will maintain a Suicide Prevention Plan.		The Suicide Prevention Plan was approved by the Palo Verde School Board. The plan is available on the District website.

I. School Wellness Plan Committee

The Palo Verde Union Elementary School District Wellness Council will also act as the Palo Verde Union Elementary School District Wellness Policy Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and as necessary, revising school nutrition and physical activity policies. The committee will serve as the resource for implementing those policies. (A school wellness policy committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, school administrators, teachers, health professionals, and members of the public.) The Council will consist of: administrator, parent, manager of food services, physical education teacher, nurse, community member, school psychologist, elementary school principal, and middle school principal.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

a. School Meals Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;¹⁶
- Serve only non-fat or 1% milk and nutritionally-equivalent non-dairy alternatives¹⁷ (to be defined by USDA); and
- Ensure that appropriate percentage of served whole grains meets current standards.¹⁸
- In addition, schools should share information about the required nutritional content of meals with parents and students. Such information will be made available on the school website and posted in the cafeteria.

b. Breakfast To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including breakfast during morning break or recess.

- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

c. Free Meals

- PVUESD is part of the Community Eligibility Provision program. Since this program serves free breakfast and lunch to all students, this eliminates the chance of overt identification or stigma associated with a free lunch program¹⁹. PVUESD utilizes electronic identification and payment systems. It also promotes the availability of school meals to all students and/or promotes nontraditional methods for serving school meals, such as “offer vs. serve”, salad bar and brunch for middle school students.

d. Summer Food Service Program

- Schools, to the extent possible, in which more than 50% of students are eligible for free or reduced-price school meals will sponsor Migrant Summer School and Summer Food Service Program (SFSP) between the last day of the academic school year and the first day of the following school year.

e. Meal Times and Scheduling Schools, to the extent possible:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m.; brunch at middle school before 10 a.m.
- Should 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) when possible;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

f. Food Service during modifications to school schedule if and when COVID-19 restrictions apply

If the Tulare County Health and Human Services requires that special conditions apply when students are on campus, they will be provided food service following the schedule determined for their group. Students will follow staggered schedules and to help with physical distancing. Student cohorts will not be mixed during meal time. Meals for the following school day(s) when they do not have on-campus learning will be provided for them to take home at the end of the day. Meals will include a breakfast and a lunch for each school day they are not scheduled to be on campus.

PVUESD may provide meals through the National School Lunch and Breakfast Programs or through the Summer Food Service Program as allowed by law.

g. Qualifications of School Food Service Staff

- Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all food service personnel.²⁰ The district recognizes the cultural diversity within the student population and will include as a part of staff development the opportunity to reflect on the diversity of healthy food traditions in the student population. Staff development programs should include appropriate certification and/or training programs for cafeteria workers, according to their levels of responsibility.

h. Sharing of Foods and Beverages

- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on some children's diets.

i. Foods and Beverages Sold

- Food and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as fundraisers and school stores, etc.)
 1. Senate Bill 965 is the current beverage legislation and is summarized below.
- Beverages
 1. Senate Bill 965 – July 1, 2007, Formerly Senate Bill 677, (Elementary-High School). Approved beverages that can be sold any time of the day (including fundraising events, sporting events, academic events, etc.):
 - ✓ Water²¹
 - ✓ Milk
 - ✓ 100% Fruit Juice

- ✓ 100 % vegetable juice and 100 % fruit and/or vegetable juice diluted with water (with or without carbonation and with or added sweetener) (no more than 8 fluid ounces).
 - 2. Noncompliant beverages may be sold (including fundraising events, sporting events, academic events, etc.)
 - ✓ ½ hour after the end of school until midnight.
 - 3. NOTE: Senate Bill 965 has replaced Senate Bill 677 as of July 1, 2007, adding High Schools to the current legislation.
- Foods

Current legislation states that Foods of Minimal Nutritional Value cannot be sold anywhere reimbursable meals are served or eaten. This Federal Policy is summarized below:

 1. Foods of Minimal Nutritional Value Federal Policy and Requirements Related to Foods of Minimal Nutritional Value – July 2005 (Elementary School), Reference: United States Department of Agriculture APB: SP-01-04, Title 7, Code of Federal Regulations, Parts 210 and 215.
 2. Cannot be sold where reimbursable meals are served or eaten. This includes, but is not limited to, classrooms and cafeterias.
 3. List of foods of minimal nutritional value:
 - ✓ Carbonated beverages
 - ✓ Water ices: except those that contain fruit or fruit juice
 - ✓ Hard candy: including, but not limited to hard, brittle texture, candy stick, lollipops, cinnamon candies, jaw breakers, breath mints
 - ✓ Jellies & gums: gum drops, jelly beans
 - ✓ Marshmallow candies
 - ✓ Fondant: candy corn, soft mints
 - ✓ Licorice
 - ✓ Spun candy: cotton candy
 - ✓ Candy coated popcorn

j. Senate Bill 12 – July 1, 2007 (Elementary School) Senate Bill 12 encompasses foods for all grade levels and is summarized below:

- Preschool and Elementary (K-4) – Foods that can be sold anytime during the school day (including fundraising events, sporting events, academic events, etc.):
 1. Full meals (National School Lunch/School Breakfast Program)
 2. Individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables (not deep fried) and legumes
 3. Individually sold dairy or whole grain food
 - ✓ Not more than 35% of total calories from fat
 - ✓ Not more than 10% of total calories from saturated fat
 - ✓ Not more than 35% of total weight shall be composed of sugar
 - ✓ Not more than 175 calories per individual food item

- Middle School (5 - 8) – Foods that can be sold anytime during the school day (including fundraising events, student stores, vending machines, cafeterias, sporting events, academic events, etc.):
 1. Snacks:
 - ✓ Not more than 35% of total calories from total fat. Exempt: nut, nut butters, seeds, eggs, cheese, fruits, non-fried vegetables, legumes
 - ✓ Not more than 10% of total calories from saturated fat. Exempt: egg, cheese
 - ✓ Not more than 35% of total weight shall be composed of sugar. Exempt: fruits, non-fried vegetables
 - ✓ Not more than 200 calories per individual food item
 2. Entrees:
 - ✓ Not more than 400 calories per entrée
 - ✓ Not more than 4g of fat per 100 calories per entrée
 - ✓ Entrée portions no larger than school meal portions
 - ✓ All items must have 0 trans fat
 3. 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.
 4. Fundraising Activities – To the extent possible to support children’s health and school nutrition-education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.
 5. Rewards – Schools, to the extent possible, 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,²³and will not withhold food or beverages (including food served through school meals) as a punishment. Food Services will provide information on alternative rewards.
 6. Celebrations – Palo Verde Union Elementary School District should, to the extent possible, limit celebrations that involve food during the school day. The district may disseminate information regarding healthy party ideas to parents and teachers.
 7. 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 should meet current legislation.

III. Nutrition, Physical Activity and Wellness Promotion and Food Marketing

a. Nutrition Education and Promotion – Palo Verde Union Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should to the extent possible, provide nutrition information and engage in nutrition promotion that:

- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, and 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.
- Teaches media literacy with an emphasis on food marketing and includes training for management and staff.
- The district will administer the Healthy Kids survey to 5th and 7th grade students, as provided by TCOE.
- The school will provide education to students regarding tobacco cessation, drugs & alcohol, life skills, and STD/HIV prevention, when required to do so.

b. Communications with Parents

- Palo Verde Union Elementary School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy foods. In addition, it will also send home nutrition information and post nutrition tips on school newsletters and school menu boards. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.
- The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information

about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

c. Food Marketing in Schools

- School-based marketing will be consistent with health promotion. 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.^{21,22,23,24} School-based marketing of brands promoting predominantly low-nutrition foods and beverages^{25,26} 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, scoreboard in middle school gym, school structures, and sports equipment; educational incentive programs that provide fruits and/or vegetables as a reward; programs that provide schools with supplies when families buy low-nutrition food products; 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 and sales of fruit for fundraisers.

d. Wellness and Health Promotion Activities and Events – To promote student wellness and learning, the district will:

- Provide vision and hearing screening to students in the district.
- Provide scoliosis screening and sex education to required grades.
- Establish a relationship with a community provider (Tulare Youth Services) to provide counseling services to elementary and middle school students as needed.
- Provide psychological services to staff and students in the district.
- Increase awareness of “MyPlate.”
- Provide health information in monthly district newsletters.
- Sponsor a yearly health fair.
- Keep current/updated health records on AERIES. Adherence to HIPAA Rules is required for all health records.
- Provide immunization clinics throughout the school year as available.

- Encourage PVUESD employees to model healthy eating, activities, and a healthy lifestyle to their students.
- Provide health and wellness screenings for employees if participation enrollment is met.

IV. Physical Activity Opportunities and Physical Education

a. Daily Physical Education (PE) K-8

- All students, including students with disabilities, special health-care needs and in alternative educational settings, will receive physical education of 200 minutes/10 days for grades K through 8, for the entire school year. Students will spend at least 50 percent of physical education class time participating in physical activity, subject to any restrictions or limitations noted in their IEP.

b. Daily Recess

- Elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage physical activity.
- Schools should 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

c. Physical Activity Opportunities During School

- Palo Verde Union Elementary School District will offer extracurricular physical activity programs, such as during and after school athletic programs. Palo Verde Union Elementary School District will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.

d. HEART After-School Program

- After-school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of physical activity for all participants.

e. 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. physical education) as punishment.

f. Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

g. Use of School Facilities Outside of School Hours

- School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities should be available to community agencies and organizations. School policies concerning safety will apply at all times. (See District Facility Use Request Use/Policy) BP 1330(a)

V. Monitoring and Plan Review

a. Monitoring

- The Superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness plan by following Board Policy BP 5030. The principal or designee will ensure compliance with the plan in his/her school and will report on the school’s compliance to the school district superintendent or designee.
- School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- The school nurse will ensure wellness goals are met as established in the nutrition and physical activity wellness plan. How each goal was met will be completed in the spring of each school year and submitted to the school board for review. The report will also be provided to school principals and school health services personnel in the district.

b. Policy Review

- The Wellness Council will meet at least three times a year to review and evaluate the goals. The plan is to be posted in all school cafeterias or in other central eating areas. See Board Policy, BP5030.

- Palo Verde Union Elementary School District will conduct reviews with the wellness council at the start of each school year using evidence-based strategies to evaluate the prior year's existing nutrition, physical activity and wellness environment. The results of those school-by-school goals will be compiled at the district level to identify and prioritize needs.
- Reviews will be repeated yearly to help policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review eating, physical activity, nutrition, physical education and wellness policies. The district's Wellness Council will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

c. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Palo Verde Elementary School Health Office and Palo Verde Union Elementary School District Office. 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;
- 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; and
- Documentation demonstrating that the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

d. Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will

also publicize the name and contact information of the District employees leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

e. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy including:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Footnotes

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.

² 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.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

⁴ 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.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ 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.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

⁸ 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.

⁹ 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.

¹⁰ 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.

¹¹ 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.

¹² Singh A, Uijtdewilligne 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.

¹³ 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.

¹⁴ 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.

¹⁵ 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>

¹⁶ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

¹⁷ As recommended by the *Dietary Guidelines for Americans 2010*.

¹⁸ A whole grain is one labeled as a “Whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice and oatmeal.

¹⁹ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-priced, or “paid” meal.

²⁰ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

²¹ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

²² If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (In place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

²³ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

²⁴ Unless this practice is allowed by a student’s individual education plan (IEP).

²⁵ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

²⁶ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.