

# **CANYON SCHOOL SCHOOL WELLNESS POLICY**

## **Canyon Elementary School District School Wellness Policy Nutrition and Physical Education June, 2023 (Update)**

The Canyon School District is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn, by supporting healthy eating and physical activities.

The School District will form a wellness committee that will engage students, parents, teachers and administrative staff, food service professionals, health professionals, and other community members in developing, implementing, monitoring and reviewing school 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 or exceed the nutrition standard specified in California Code of Education, California Code of Regulations, State Senate Bills and Federal Laws and Statutes.
- 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 all students, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The district will participate in available federal school meal programs (including the School Breakfast Program, and the National School Lunch Program.)
- Canyon school will provide nutrition education and physical education to support 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. School Wellness Committee**

The school district will create, strengthen, or work with the existing school wellness committee to develop, implement, monitor, and review, and as necessary, revise the school nutrition and physical activity policies. The committee will serve as a resource to the school site for implementing these policies. (A school wellness committee consists of parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the community).

#### **II. 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 a clean and pleasant setting;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only 1% or fat free milk (or current law);
- Serve grains that are whole grain as often as possible (or current law).

Schools and parents should encourage students through meal programs to identify and try new, healthful, and appealing menu choices.

### **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:

- The school will, to the extent possible, operate the School Breakfast Program;
- The school will, to the extent possible, arrange schedules and utilize methods to serve school breakfasts that encourage participation.
- Parents and students will be notified of the School Breakfast Program.
- The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, and other means.

### **Free and Reduced-Priced Meals.**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free or reduced-price meals.

### **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, we will provide continuing professional development for all nutrition professionals in schools.

### **Sharing of Foods and Beverages.**

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

**Fundraising Activities:** To support children's health and school nutrition-education efforts, school fundraising will be encouraged to promote physical activity, and be limited to off campus sales of foods of minimal nutritional value. All sales on campus will follow California Education Code, California Code of Regulations, and Code of Federal Regulations addressing such sales for both student and parent organizations. The school will make available a list of alternative fundraising activities.

**Kitchen Use by Parent or Student Groups and Organizations:**

The school kitchen may be used for fundraising activities as long as the following criteria are met:

- A kitchen use form must be filled out prior to event by the contact person;
- All local, state, and federal laws and regulations will be followed;
- No children are allowed in the kitchen.

**Snacks:**

Snacks served during the school day or in after-school programs or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and nuts as a primary snack and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will work with after-school and enrichment program personnel to provide snacks compatible with state standards.

**Rewards:** Canyon school 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.

**III. Physical Activity Opportunities and Physical Education Physical Education K-8.**

All students in grades K-8, including students with disabilities, special health care needs, and in alternative educational settings, will receive physical education instruction meeting California requirement standards for elementary and middle school aged students. Student involvement in other activities involving physical activity will not be substituted for meeting the physical activity requirement.

**Daily Recess:** All 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. Schools will discourage extended periods (of two or more hours) of inactivity. When activities such as mandatory school-wide testing, makes 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.

**Physical Activity Opportunities Before and After School:** Canyon school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Canyon school will offer a wide variety of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs. After-school 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.

#### **IV. Monitoring and Policy Review Monitoring.**

The superintendent or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within the school food service areas and will report this matter to the school principal.

**Policy Review.** Assessments will be repeated every three years to help review policy compliance, assess progress, and determine and prioritize areas in need of improvement. As part of that review, the school's wellness committee will review the nutrition and physical activity policies; provisions of an environment that supports healthy eating and physical activity, nutrition and physical education policies and program elements. The district will, as necessary, revise policies and develop work plans to facilitate their implementation. The results of the wellness policy review will be reported to the school board.

