

CVUSD Board Policy

Student Wellness

BP 5030

Students

The Conejo Valley Unified School District (CVUSD) Board of Education 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 build a coordinated school health system that supports and reinforces health literacy. This includes, but is not limited to: health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a socially and emotionally safe and healthy school environment, and parent/guardian and community involvement.

- (cf. 3513.3 – Tobacco-Free Schools)
- (cf. 3514 – Environmental Safety)
- (cf. 3555 – Nutrition Program Compliance)
- (cf. 5131.6 – Alcohol and Other Drugs)
- (cf. 5131.61 – Drug Testing)
- (cf. 5131.63 – Steroids)
- (cf. 5141 – Health Care and Emergencies)
- (cf. 5141.22 – Infectious Diseases)
- (cf. 5141.3 – Health Examinations)
- (cf. 5141.31 – Immunizations)
- (cf. 5141.32 – Health Screening for School Entry)
- (cf. 5141.6 – School Health Services)
- (cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 – Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and success in school.

- (cf. 1100 – Communication with the Public)
- (cf. 1112 – Media Relations)
- (cf. 1113 – District and School Web Sites)
- (cf. 1114 – District-Sponsored Social Media)
- (cf. 6020 – Parent Involvement)

CVUSD Student Wellness Committee

The superintendent or designee shall encourage parents/guardians, students, Board members, school administrators and staff, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. A triennial review and update by the CVUSD Wellness Committee will be performed and presented to the school board.

(c.f. 1220 – Citizen Advisory Committees)
(cf. 9140 – Board Representatives)

The CVUSD Student Wellness Committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

CVUSD Student Wellness Committee Mission Statement

The CVUSD Student Wellness Committee is comprised of parents, teachers, administrators, and community members who acknowledge that students' health and lifestyle choices including nutrition, physical activity and social/emotional health affect school performance. The Committee will provide policy recommendations that consider the cultural differences of our schools and families, and are developed from the perspective that children's health is fundamentally important. The Committee recognizes the role of the school as part of the larger community in the establishment and promotion of a wellness culture. Committee members seek to accomplish this mission through the development of CVUSD School Board policy.

Goals for Nutrition, Physical Activity, Social Emotional Health and other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, social and emotional health and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.

(42 USC 1758b)
(7 CFR 210.30)

Each school must formulate one goal for each of the following:

1. Nutrition promotion
2. Physical Activity
3. Social and Emotional Health

*See Appendix B

(cf. 0000 – Vision)
(cf. 0200 – Goals for the School District)

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

(cf. 6011 – Academic Standards)
(cf. 6143 – Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before – and after – school programs, summer learning programs, and school garden programs.

(cf. 5148.2 – Before/After School Programs)
(cf. 6142.8 – Comprehensive Health Education)

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 athletic programs, extracurricular programs, before – and – after school programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2) – Safe Routes to School Program)
(cf. 642.7 – Physical Education and Activity)
(cf. 6145 – Extracurricular and Co-curricular Activities)
(cf. 6145.2 – Athletic Competition)

The Board may enter into a joint use agreement to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 – Joint Use Agreements)

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, teachers and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

The superintendent or designee shall encourage staff to serve as positive role models for healthy eating, physical fitness and emotional well-being. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote health behaviors.

(cf. 4131 – Staff Development)

(cf. 4231 – Staff Development)
(cf. 4331 – Staff Development)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at, or near, district schools and/or may provide referrals to community resources.

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.

(BP 5131.2)

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines that support the objectives of promoting student health and reducing childhood obesity. The CVUSD Board believes that foods and beverages sold, or provided, to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold, or provided, to students, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(See Attachment A, Food Restrictions)

(cf. 3312 – Contracts)
(cf. 3550 – Food Service/Child Nutrition Program)
(cf. 3554 0 Other Food Sales)
(cf. 5141.27 – Food Allergies/Special Dietary Needs)
(cf. 5148 – Child Care and Development)
(cf. 5148.3 – Preschool/Early Childhood Education)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch Program and the School Breakfast Program, and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3552 – Summer Meal Program)
(cf. 3553 – Free and Reduced Price Meals)

The superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. (See Appendix A)

School Day Fund Raising Programs

Effective from midnight to one-half hour after the end of the official school day, food restrictions apply to all foods sold or given 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. (See Appendix A).

Events and Celebrations

School events, classroom celebrations, and birthday recognitions that involve food or beverage during the school day shall be limited to no more than two events per class per month. At such events, administrators, teachers and parents are strongly encouraged to choose foods and beverages that support a healthy lifestyle. (See Appendix A) A list of healthy food and beverage ideas is available on the Child Nutrition webpage on the CVUSD website. Non-instructional classroom or school-sponsored food or beverage activities must take place AFTER lunch is served, in order to not interfere with the lunch program.

Rewards/Incentives

Group recognitions using food and beverage are permitted, but these items shall not be used as a reward for individual student performance. CVUSD staff is strongly encouraged to use alternative privileges, teacher recognition, and non-food items as rewards.

Curriculum or Thematically Based Activities

The above policy language is not intended to restrict curriculum or thematically based activities.

Marketing and Advertising

To reinforce the district's nutrition education program, the CVUSD Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. Existing items do not need to be immediately replaced, but as new contracts are signed and/or durable equipment replaced, these guidelines should be followed.

(7 CFR 210.30)

(cf. 1325 – Advertising and Promotion)

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site complies with the district's wellness policy.

Director of Childhood Nutrition
(805) 497-9511 ext. 256

The superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

(42 USC 1758b)
(7 CFR 210.30)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

(42 USC 1758b)

The superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before – and - after school program staff, and/or other appropriate persons.

The Board and 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.

As feasible, an assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the CVUSD Board for the purposes of evaluating 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.

Notifications

The superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.

(Education Code 49432)
(42 USC 17580)
(7 CFR 210.30)

The superintendent or designee shall distribute this information through the most effective methods of communication consistent with District practice.

Records

The superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

(7 CFR 210.30)

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
49430-49436 Pupil Nutrition, Health and Achievement Act of 2001
49500-49505 School Meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot programs
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
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students

15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs
UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program, especially:
1758b Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide 2007

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marking of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve, 2009

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

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

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2015

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

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

California Department of Public Health: <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>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

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 Association: <http://www.nsba.org>

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

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

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

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

(11/05 11/07) 7/11 6/13 6/17

APPENDIX A

ELEMENTARY SCHOOL –FOOD RESTRICTIONS

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

Effective 1/1/2017

An **Elementary School** contains no grade higher than grade 6.

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

Applies to **ALL** food sold or given 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.

Compliant Foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient) OR
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 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
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), AND
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), AND
- No trans fats AND
- ≤ 200 milligrams sodium per item/container (no exceptions), AND
- ≤ 200 calories per item/container (no exceptions)

Paired Foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- 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.

*A whole grain item contains:

- The statement “Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease...,”OR
- A whole grain as the first ingredient, OR
- A combination of whole grain ingredients comprising at least 51% of the total grain weight of the total grain weight (manufacturer must verify), OR
- At least 51% whole grain by weight.

**Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

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.

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice AND
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, AND
 - b. 1% (unflavored), nonfat (flavored, unflavored), AND
 - c. Contain Vitamin 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. ≤ 8 fl. oz. serving size

APPENDIX A

3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3) must contain per 8 fl. oz.:
 - ≥ 276 mg. calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, AND
 - b. ≤ 28 grams of total sugar per 8 fl. oz., AND
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

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

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.

APPENDIX A

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 School** contains grades 6-8 or 7-8

A **High School** contains any of grades 9-12

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

Applies to ALL foods sold or given 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:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), OR
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 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
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo) AND
- ≤ 355 sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), AND
- No trans fats
- ≤ 200 milligrams sodium per item/container (no exceptions), AND
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- 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

“Entrée” foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, OR
- Meat/meat alternate and fruit or non-fried vegetable, OR
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

AND

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:

- ≤ 400 calories, AND
- ≤ 35% calories from fat
- < No trans fats

A competitive entrée sold by Food Services 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.:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), OR
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, AND
- < 10% calories from saturated fat, AND
- ≤ 35% sugar by weight, AND
- No trans fats
- ≤ 480 milligrams sodium, AND
- ≤ 350 calories

*A whole grain item contains:

- The statement “Diets rich in whole grain foods...and low in total fat...may help reduce the risk of heart disease...,”OR
- A whole grain as the first ingredient, OR
- A combination of whole grain ingredients comprising at least 51% of the total grain weight of the total grain weight (manufacturer must verify), OR
- At least 51% whole grain by weight.

**Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

APPENDIX A

MIDDLE/HIGH SCHOOL - BEVERAGE 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 School** contains grades 6-8 or 7-8

A **High School** contains any of grades 9-12

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

Applies to ALL foods sold or given 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.

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. $\geq 50\%$ 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 Vitamin A & D, AND
 - d. $\geq 25\%$ 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
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

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

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 B

Suggestions for school's individual goals in the three required categories.

1. Nutrition Promotion Goals

- Taste tests of different types of fresh produce
- Guest speakers: farms, health promotion agencies, dietitians
- School Gardens
- Healthy edibles used as teaching items, and then consumed (check for student allergies first!)
- Use non-food rewards for accomplishments
- Check out the Team Nutrition website: www.fns.usda.gov/tn/team-nutrition
- Food into Fuel: Students learn how foods are good for them (X-ray vision carrots!)
- Food Diary: Tally who eats 5 servings of fruits and vegetables every day for 5 days
- Learn about food from other cultures and countries – find the countries on the world map
- Analyze commercials – is the food advertised good for you?
- Put a coin into a glass of soda pop and watch it disintegrate over the next few days

2. Physical Activity Goals

- Organize class schedules to allow for physical activity during the school day
- Bike Clubs
- Walking Clubs (accumulate miles to “walk across California”)
- Check out the US School Challenge at Team Nutrition (website above)
- Play games that encourage physical activity at recess
- Incorporate activity into classroom activities such as scavenger hunts, races
- Have a “stretch break” in between subjects
- Promote before and after school physical activities
- Integrate physical activity into academic lessons
- “Secret Password” – Every day establish a secret password activity such as 5 jumping jacks, hop three times, or stand on one foot for 5 seconds.

3. Social and Emotional Goals

- Create quiet areas for students to spend time alone, or with friends, avoiding overstimulation
- Encourage student problem solving
- Establish peer support groups for anti-bullying or other issues
- Improve communication to students and parents of support programs and support available (CRPD counselors, VCBH drug counselor, psychology interns)
- Use multi-cultural activities to increase tolerance and understanding of others
- Coordinate mental health and health services
- Encourage team work and collaboration in the classroom
- Include exercises in disability awareness