



Guide to School Wellness

Focusing on:

Nutrition Education

Nutrition Guidelines

Physical Activity

Wellness Activities



**In collaboration with the Del Norte School
Wellness Advisory Council**

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The Del Norte County Unified School District (DNCUSD) is committed to providing safe school environments that promote and protect children's health, mental well-being, and ability to learn by supporting healthy eating, social and emotional development, and physical activity in and out of the classroom.

The Guide to School Wellness is the framework for linking health and education. The focus is healthy and successful school communities. The interactive components of coordinated school wellness policy includes: Food and Nutrition, Physical Education and Physical Activity, Health Education, Healthy and Safe School Environments, Social and Emotional Well-being, Health Services, Staff Wellness, and Family, School and Community Involvement.

The Guide to School Wellness document is considered a "living" document that is periodically reviewed and adjusted to reflect the needs of the community and to provide continuous improvement in the development of an effective school district. It was developed to support Board Policies and Administrative Regulations addressing student wellness, nutrition services, physical education and activity, health education, environmental safety, among others.

Each school will post the District's policies and regulations on nutrition and physical activity in public view in school cafeterias and other central areas. It will also be prominently posted on the District Website. Schools will be encouraged to utilize media such as newsletters, signs, school newspapers websites, radio and television and other campaigns to disseminate positive messages about health and nutrition that will reinforce the District's goals for health and nutrition education.

Food and Nutrition

Nutrition Services/Child Nutrition Program



The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. Classroom celebrations in all schools should encourage healthy choices and portion control. **Parents and families should receive guidance from the school on foods that are appropriate for such celebrations.** It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic achievement.

Nutrition Services

- Nutrition Services employs well-prepared staff that efficiently serve appealing choices of compliant, nutritious foods at breakfast, lunch, supper and snack times.
- The District shall strive to strengthen its outreach to students and their families to ensure that all eligible Del Norte County Unified School District (DNCUSD) students are enrolled in and utilize the free/reduced meal program. The District shall ensure that students have access to nutritious meals, (breakfast, lunch, snack and supper) throughout the school year and via the summer meal program.
- The District shall develop, maintain, and update DNCUSD Nutrition Guidelines/Policy (Administrative Guideline 5030) for food and beverages that promote good health and meet or exceed all State and Federal requirements.
- All food and beverages available on school campus will promote optimal health and will meet or exceed state and federal guidelines (*Appendix: Competitive Food Regulations Summary*).
- All students shall have access to free, safe, fresh drinking water during meal times.
- Information for nutrition promotion will be provided to parents and students via the department website, in the cafeteria and on the menus.
- The department offers appealing fresh fruits, vegetables whole grains, and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Nutrition Services staff will be regularly trained in food safety and Standard Operating Procedures (SOP's) and Hazard Analysis and Critical Control Program (HACCP).

School Meal Program

- The District shall ensure the meals offered by the nutrition service program meet or exceed all legal requirements for participation in the National School Lunch, School Breakfast, and Child and Adult Care Food Programs.
- The District shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's nutrition service program.
- Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-11445.
- All food available to students on school premises during school hours, including food sold by the Nutrition Services Department, through vending machines, and by student sales, will meet or exceed nutritional standards established by the district.
- All foods available to students during school hours shall follow food and nutrition standards and procedures set by the United States Department of Agriculture (USDA) and State of California Legislation. A La Carte items sold in the cafeteria shall meet or exceed DNCUSD Nutrition Guidelines/Standards and be:
 1. Selected so as to contribute to student's nutritional well-being and the prevention of disease.
 2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
 3. Proved to give a variety of healthy choices at all sites including ethnic and cultural favorites.
- Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students.
- Healthy food choices (fresh fruits and vegetables, whole grains, dairy products and water) should be promoted in school activities involving staff, students, and community.

Cafeteria Climate

- The District shall provide adequate facilities for students to consume their meals, including age-appropriate seating. The district shall provide adequate adult supervision during meal services.

School Meal Schedules

- Students shall have adequate time during the breakfast, lunch, snack, or supper periods to purchase or retrieve a meal, eat a meal without rushing, and to clean up after themselves.

Environmental Impact

- DNCUSD Nutrition Services will implement best practices to reduce packaging and food waste in the cafeterias.

Food and Nutrition Standards

- Each school ensures foods and beverages sold or served on campus starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations (*Appendix: Competitive Food Regulations Summary, Appendix: Competitive Food Calculator*).
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.
- Documentation of nutrition information for foods sold outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.
- Food safety and sanitation standards must be followed at all school-related event. Any persons handling food or utensils will: (*refer to www.foodsafety.gov*)
 1. Wash their hands properly
 2. Properly hold foods at correct temperatures: cold foods at or below 41 degrees Fahrenheit and hot foods at or above 135 degrees Fahrenheit
 3. Clean and sanitize utensils and work surfaces

4. Not handle food or utensils when sick
 5. Not handle food with bare hands
- To reinforce the school's nutrition standards, each school prohibits the marketing and advertisement of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means (*Appendix: Competitive Food Regulations Summary*)
 - Schools will encourage non-food rewards for recognition of classroom success and achievement (*Appendix: Healthy Fundraisers & Celebration Tip Sheets and Examples*).
 - Classroom celebrations (birthday and holiday) involving food are limited to one celebration per month for PreK-12. Classroom celebrations involving food for kindergarten through 5th grade (K-5) occur after the last lunch period. Classroom celebrations involving food may occur throughout the school day for grades 6 through 12 (6-12). **Foods and beverages provided for these classroom celebrations will meet or exceed state and federal regulations that pertain to Nutrition Services** (*Appendix: Competitive Food Regulations Summary, Appendix: Competitive Food Calculator*).
 - Homemade foods will not be allowed for students during school day. This does not apply to student lunches and snacks brought from home for individual consumption.

Nutrition Education

- The school's nutrition education program shall be evidence-based and be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- Nutrition education shall be provided as part of a sequential health education program in grades PreK-12 and, as appropriate, will be integrated into other academic subjects in the regular educational program. Nutrition education will be offered through before- and after- school programs
- Harvest of the Month will be one model of nutrition education supported by the District.

Farm to School

- The District will support the development of farm to school programs to help students eat more nutritious foods and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of their foods and how their food is grown.

Local is defined as follows:

Tier I - Grown or produced in Del Norte County

Tier II - Grown or produced within a 250 mile radius in California or Oregon

Tier III - Grown or product of California or Oregon

- Nutrition Services will plan menus to accommodate the seasonality of local agriculture according to availability of foods from local farmers, producers and school gardens.
- Increase the availability of fresh fruits and vegetables and opportunities for offering seasonal fresh produce by adding a salad bar in every school, every day.
- Teacher will be allowed to establish a school garden, including container gardens, as a part of curriculum to provide students the opportunity to plant, harvest, prepare and eat the foods grown.
- Teachers will be encouraged to incorporate the school garden as part of curriculum to enrich students' learning opportunities by presenting academic projects around food, nutrition, mathematics, science, language arts and the environment.
- Teachers will use the Farm to School program to promote awareness of how food choices affect our health, communities, and environment.
- Nutrition Services and teachers will be encouraged to work together to provide nutrition education such a Harvest of the Month to highlight local foods and may include hands to activities such as taste tests of local fruits and vegetables, gardening, and visits to farms or farmers markets or visits by local farms.



Student Access

The District will strive to ensure that each student has access to healthy choices through the development of universal free breakfast offered at the school sites.

We will limit exposure to unhealthy foods and beverages to promote healthy relationships between food and reward.

Rewards

Schools will make every effort to not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually and particularly not candy, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as discipline.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above) and should not include candy, whether before, during, or after the school day. The district will disseminate a list of healthy party ideas to parents and teachers.

School Gardens

The District recognizes that school gardens can improve student health and wellness, instill the value of healthy eating, increase physical activity, improve student achievement, and create highly engaging, interactive, and hands-on learning environments. The District supports the use of school gardens as hands-on teaching environment to enliven standards-based curriculum and provide tangible ways for parents and families to contribute to the school community.



The District shall make every effort to establish a school garden program (in-ground, raised bed, container, near-by park, community garden, farm or lot) for each school site of sufficient size to provide students with experiences in planting, harvesting, preparing, serving and tasting foods. The school district will provide and promote pesticide free gardens.

Health Services

Services provided to appraise, protect, and promote health

DNCUSD recognizes that good health among students, staff members and the school community helps improve student attendance, and ultimately improves student accomplishments. The delivery of health service (including medical, dental, vision and mental health) is an important concern. As the prevalence of chronic disease increases, Del Norte County School District can play an important part in disease prevention and health activities. The district is continuing to increase the access to health care services and focus on health promotion among staff, students and families. School nurses' will provide the appropriate education among all students with regards to health prevention. Students will have vision, hearing, scoliosis, and body mass index (BMI) screenings, as mandated by California Law. Parents will be notified in a timely matter of abnormal findings that would require any further attention.



The school district will make sure that student's medical conditions such as: asthma, diabetes, allergies, seizure disorders, other medical problems, or emotional problems have access to their prescribed medications, special

diets, treatments, and emergency care as needed during the school day. These include health assessments and treatments that require students with disabilities, as indicated by a student's Individualized Education Plan (IEP). School psychologists, school nurses, and speech therapists, and other health professionals will be involved in special education health assessments, as well as indicated treatments. Case management services for students with chronic medical or mental health conditions will be fully coordinated with all relevant school staff, parents, and community programs.

Del Norte County School District will provide a sufficient number of health personnel to provide staff trainings for designed personnel who assist students with medication, first aid, and specialized physical health care services.

Health and Safety Education

The instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The district shall help allow students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices; meeting the content standards with benchmarks and performance standards.

Maintenance of a Healthy and Safe Environment



The physical and aesthetic surroundings and the psychosocial climate and culture of all schools will reflect and ensure the maintenance of a healthy environment. Each school will support a healthy and safe environment, including prevention, policies and procedures, and emergency response plans. The Superintendent or designee will ensure practices are in place to foster mutual respect between service providers, school personnel, students and families.

All staff, students, families and community members are an integral part of a clean, safe, and healthy environment. This includes:

- A system of inspection and reporting of problems to ensure a safe school facility and environment
- Maintaining pedestrian and transportation routes in and out of schools
- Promote Safe Routes to School (SRTS) International Walk and bike to School events, Walk to School events, walking school busing, safe biking routes and bicycle storage and safety patrols
- Access to drinking water and handwashing facilities
- All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced
- Adequate space and time in a pleasant surrounding will be developed so that students can be encouraged to eat a nutritious breakfast and lunch

Social and Emotional Well-Being

DNCUSD schools shall create a safe and supportive school environment for **all students** that is culturally proficient, engaging, and inclusive, provide evidence-based education to promote healthy relationships, increase their protective factors, and provide access to support services.

The District will focus on improving protective factors by promoting social health, emotional health, behavioral health, mental health as well as physical health crisis response and intervention strategies.

Targeted education and intervention areas to address include:

- Violence prevention
- Bullying prevention (cyber as well as on school grounds)
- Sexual harassment education
- Suicide prevention

- Alcohol, Tobacco and other substance abuse prevention
- Career and college awareness

Del Norte Unified School District will use the following:

- Healthy Kids Survey
- DRDP Data
- After School Quality Assessment
- Parent and Staff Surveys
- SWIS Data



All school counselors will follow the American School Counselors Association (ASCA) model and provide services in all three domains of academic, personal-social, and career for all grades pre-K through 12.

K-5 Counselors will assist by developing and implementing a school counseling program in which the delivery of student counseling services is guided by data-driven decision making, provide multiple school-wide counseling and prevention activities for all students, provide counseling and other learning support activities to selected students, provide additional intervention and counseling support to our targeted students, and develop a sustainable counseling program that serves the needs of our diverse students.

The District has adopted the Positive Behavior Intervention Supports (PBIS) framework to assure positive school climate. At Del Norte High School, staff will use PBIS as well as Restorative Justice Practices to address student issues. Pre-K - 5 teachers will implement Second Step Curriculum to address social emotional skills to improve classroom environments.

Each school site will maintain a PBIS team, offer a multi-tiered approach when dealing with student behavior, and record behavioral data in the SWIS System. School staff will reach out to local community and support agencies to assist in educational and informational opportunities to support community engagement in ensuring safe and healthy schools. This includes referral and follow-up to recommended services in the community including but not limited to Department of Health and Human Services, Public Health, Mental Health and Alcohol and Other Drugs Services, Victim Witness, United Indian Health Services, Law Enforcement Agencies, Rape Crisis Center, Remi-Vista, CHAT, Harrington House, and Tribal Services.

Staff Wellness

The District will provide opportunities for school staff to improve their health status through activities such as health assessments, health education and health related fitness activities. These opportunities will encourage staff to pursue a healthy lifestyle that contributes to their improved health status, morale, and a greater personal commitment to the district's overall coordinated school health approach.

Physical Activity and Education

Integrating Physical Activity into the Classroom Setting

All teachers will be encouraged to use physical activity as a reward in the classroom. For students to receive the nationally-recommended amount of daily physical activity of at least 60 minutes per day and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class (required PE minutes include 200 minutes every 2 weeks). 150 minutes for elementary school children and at least 225 minutes for secondary school children among all grade levels as part of the 60 minutes of daily moderate-to-vigorous physical activity are recommended by the Physical Activity Guidelines for Americans.

Goals for physical activity should be designed to promote student wellness in a manner that the local education agency determines is appropriate. Physical activity needs to be provided for every grade level. Regular physical

activity opportunities are provided throughout the school day (not including recess). Address physical activity through intramurals or interscholastic activities.

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.



The Board recognizes the benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of goals.

The Board shall approve the components of the physical education program. The district's programs shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance. An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

Exemptions

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her need cannot be provided.
2. The student is enrolled for one-half time or less.

The Superintendent or designee may exempt students, with their consent, from any two years of physical education courses during grades 10-12.

The Superintendent or designee may excuse any student in grades 10-12 who attends a regional occupational center or program from attending physical education course if such attendance results in hardship because of the travel time involved.

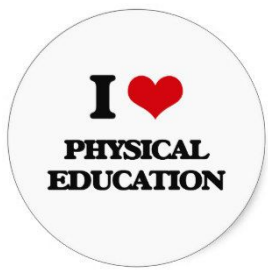
The Superintendent or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after school hours.

The Superintendent or designee may grant permanent exemptions from physical education to a student who is either:

1. Age 16 years or older and has been enrolled in grade 10 for one or more academic years
2. Enrolled as a postgraduate student
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with scheduled recreation and exercises.

Daily Physical Education (P.E.) K-12

Physical education teachers will be encouraged to gather data based on student fitness and use the data to drive classroom instruction and activities. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education from a Physical Education credentialed teacher, (or its equivalent of 200 minutes every two weeks), for the entire school year.



Physical educators promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities. Physical educators are encouraged to participate in professional development opportunities such as workshops, and collaboration for the purpose of receiving the latest information, innovations, and ideas in their field and implementing them in their physical education classes. In the absence of a certified physical educator on campus, regular education teachers are encouraged to participate in professional development opportunities as made available in the community and through in-service training.

All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive two years of daily physical education (or its equivalent of 225 minutes/week), receiving a passing grade for two years' of physical education during their high school years.

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Guidelines will be planned for sequential K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools and encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

After school Programs address childhood obesity, social-emotional wellbeing and help link healthy behaviors to families during ASP events and daily interactions during pick up. Youth enrolled in afterschool programs in Del Norte County Unified School District will participate in mild to moderate physical activity a minimum of 30 minutes per day.

All elementary and high schools will endeavor to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, as appropriate, will offer interscholastic sports programs. Schools 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 health-care needs.

After-school programs and enrichment programs will provide and encourage, verbally and through the provision of space and equipment, activities that promote physical fitness. The recommendation is that one third of the program time daily be allotted for periods of physical activity for all participants. At least 50 percent of the time allocated to physical activity should be spent in moderate to vigorous physical activity.

Joint Use Agreement

The District will make every effort to allow or accommodate community access to school facilities for physical activity. The community needs to have access to safe, local places to be active and use schools for recreation. School district and city/county agencies agree that schools are a resource for the whole community.

Physical Activity and Punishment

Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.

Monitoring and Policy Review

The School Wellness Advisory Council members will meet at least quarterly to review progress toward implementation of these policies and regulations and will provide an annual report to the Board.

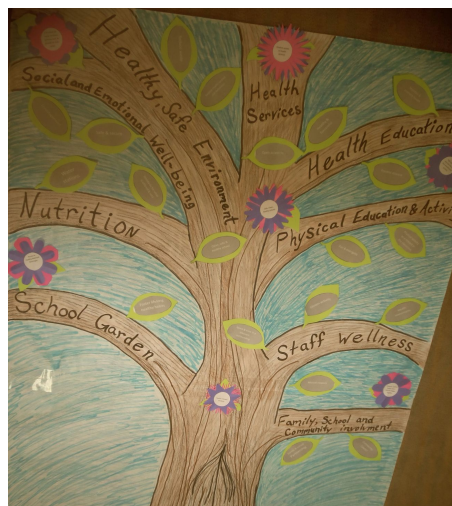
The Superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent. The SWAC will review and revise the Guide to School Wellness, as needed, every three years.

School Wellness Advisory Council

Family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council that has the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy. The family, school and community involvement component promotes long term effective partnership between families, schools, and the community in the planning and implementation of health promotion projects and events both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.

The district shall create a plan for measuring implementation and evaluation of the student Wellness Policy and Guide to School Wellness. The District shall designate one or more persons within the school district, or at each school site, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's Wellness Policy.



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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

Fax:

(833) 256-1665 or (202) 690-7442; or

Email:

Program.Intake@usda.gov

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