



Kingsburg Joint Union High School District Local Wellness Plan 2018-2019

Rational:

Will the students of today be the first generation to have a shorter life expectancy than their parents? Children today are eating diets high in calories with little nutritional value and exercise levels are low. Lack of physical activity and poor nutrition can lead to high blood pressure, type 2 diabetes, and obesity. (1) Over the last 30 years, childhood obesity in adolescents has tripled and more than one third of adolescents were obese in 2010. (2-3) Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn?

A healthy school environment goes beyond school meals. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, an appropriate amount of physical activity, and having good self worth. Foods made available on school campuses should offer children a variety of nutritious choices, physical activity should be incorporated into school life and provide skills to improve self worth. A healthy, physically active student, who has high self worth is more likely to be academically successful.

With the passage of The Healthy, Hunger-Free Kids Act of 2010, the scope of the local school wellness policies has expanded. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell national School Lunch Act (42 USC 1758b), *Local School Wellness Policy Implementation*. The provision set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Healthy, Hunger-Free Kids Act of 2010 brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. School districts have an important role in educating students about nutritional choices, offering healthy food choices and encouraging physical activity.

Component #1: Nutrition Education

- Students receive nutrition education that is interactive and teaches students the skills to help them develop healthy eating habits.
- The staff members responsible for nutrition education are adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned. (4)
- Teachers educate students regarding the “balancing equation” of food intake and physical activity.
- Nutrition education involves sharing information with families and the broader community to positively impact students and the health of the community. (7)
- Students are encouraged to start each day with a healthy breakfast.

Component #2: Physical Activity

- Physical fitness testing for all ninth graders and retakes the following year if students do not pass.
- Physical activity is integrated throughout the school day through physical education, co and extra-curricular activities, and other curricular areas, as applicable.
- Physical education courses are an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (7)
- Trained and knowledgeable instructors facilitate physical education classes.
- Time allotted for physical activity is a priority, is adequate and age appropriate to encourage optimum health habits.
- Health and physical education instructors teach and reinforce the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (9)
- Physical activity facilities on school district grounds are safe and equipment is available for student participation.
- The school district provides physical and social environments that encourage safe and enjoyable activity for all students including those who are not athletically gifted. (4)

- The school district provides community access to encourage students and community members to use school physical activity facilities outside of the normal school day. (9)

Component #3: Other School District Based Activities

- Implementation of a character education program that helps teach students self worth.
- After-school programs encourage physical activity and healthy habit formation. (9)
- The school district works in concert with local families, teachers, administrators to plan, implement and improve nutrition and physical activity in the school environment.
- The school district encourages youth groups of all ages to use the district facilities and to develop strong programs in team sports as a healthy outlet for physical development and social growth.
- Implementation of Positive Behavior Intervention Support program on campus.
- Use of Sprigeo to allow students to report issues relating to student well-being
- The school district has SAP counselors available for students to help work on self-worth and mental health needs.

Component #4: Nutrition Standards

- School reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and 220.
- Nutrition standards for all foods served and/or sold during the school day meet the standards set forth under the 7 CFR Part 210 and 220 and the School Nutrition Department.
- Food service providers take every measure to ensure that student access to foods and beverages meet federal, California legislation and guidelines. The food service providers offer a variety of age appropriate healthy food and beverage selections for schools.
- All foods made provided on campuses will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (4)
- For the safety and security of the district food and facility access to the food service operations are limited to food service staff and authorized personnel. (5)
- Morning nutrition break offers healthy choice options at the snack bar. (6)

- Foods and beverages sold at fundraisers include healthy choices and provide age-appropriate selections.
- USDA Smart Snack Standards:
<https://healthymeals.fns.usda.gov/sites/default/files/uploads/USDA SmartSnacks.pdf>
- Water bottle filling station is available on campus.

Component #5: Evaluation

- The Local Wellness Plan will be reviewed every year.
- The school district superintendent will oversee the evaluation of the LWP.
- The district superintendent will report the evaluations findings to the individual schools in the district.
- The report will be presented to the school board.
- Food is not used as a reward or punishment in classrooms or on school campuses, unless, it is detailed in a student's Individualized Education Plan (IEP).
- Supporting documentation
 - A copy of the current Local School Wellness Policy
 - Documentation demonstrating the Local School Wellness Policy has been made available to the public
 - Documentation of the district's efforts to review and update the Local School 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
 - A copy of the district's most recent assessment on the implementation of the Local School Wellness Policy
 - Documentation demonstrating the district's most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public

Component #6: Policy Development Committee

- The child nutrition program aims to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the provided nutritional needs of students.
- The child nutrition program ensures that all students have affordable access to varied and nutritious foods they need to stay healthy and learn well. (8)
- The school district participates in federal Child Nutrition programs.

- The Kingsburg Joint Union High School District employs a food service provider who is trained, knowledgeable, and properly qualified in current professional standards to administer school food service programs.

Goals for the 2018-19 School Year

- **Evaluation- A formal evaluation will be completed and reviewed with the committee and school board.**
- **Send our Free and Reduced forms to all students who qualify based on the income verification form during the registration.**
- **During celebration or class potlucks, teachers will encourage students to bring healthy options.**
- **Health Classes**
 - **Students will complete a project that tracks what they eat for a period of time and then analyze what they eat and discuss a plan for making healthier choices.**
 - **Students will complete a project that tracks their fitness level over a period of time and discuss how they can improve their overall fitness.**
- **Wellness Week**
 - **Hold a wellness fair to allow students the opportunity to seek out different agencies that promote health living.**
- **Public Service Announcements**
 - **On the video bulletin that runs throughout campus, include a nutrition, physical fitness or self-worth tip each week.**
- **On the school website include the following new information**
 - **Website links for students, parents and community to access about proper nutrition, physical fitness, and self-worth.**
(<http://www.cdc.gov/HealthyYouth/>, <http://www.letsmove.gov/>, <http://www.californiahealthykids.org/index>, <http://www.nutrition.gov/>)
<http://www.choosemyplate.gov/>

References:

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- 2) Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010. *Journal of the American Medical Association* 2012; 307(5):483-490.
- 3) National Center for Health Statistics. Health, United States, 2011: With Special Features on Socioeconomic Status and Health. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.
- 4) Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps1/CERU/Guidelines/CERU-0401-210-RCC.pdf. Accessed March 7, 2005.
- 5) United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp. Accessed March 7, 2005.
- 6) Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
- 7) Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0,1248_0_0,00.html. Accessed March 7, 2005.
- 8) Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
- 9) Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html>. Accessed March 7, 2005.
- 10) California School Boards Association. Student Wellness Policy. Available at <http://www.csba.org>. Accessed November 2, 2005.

Preamble to Kingsburg Joint Union High School District Local Wellness Plan and Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and in 2010, more than one third of children and adolescents were overweight or obese.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, in 2011, 29% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 31% attended physical education class daily

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Kingsburg Joint Union High School District is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Kingsburg Joint Union High School District that:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S Dietary Guidelines for Americans*.
- 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, Kingsburg Joint Union High School District participates in available federal school meal programs.

- Kingsburg Joint Union High School District provides nutrition education, physical education, and self worth education to foster lifelong habits of healthy eating, physical activity, and self worth.

The Kingsburg Joint Union High School Site Council supports the efforts of the Kingsburg Joint Union High School District defined in this preamble and the Local Wellness Plan.

Date

9/17/18

School Site Council Chairperson