

# *Pacifica School District Student Wellness Plan*

## **District Wellness Plan Statement of Responsibility**

The Governing Board recognizes that there is a link between student learning and healthy life styles (including diet and exercise). The purpose of this Wellness Plan is to ensure that the district's curriculum and program encourage and promote healthy decision-making by students. The goal is to ensure that all aspects of the school environment (health education, physical education, nutrition services, school climate and safety) reinforce a healthy lifestyle and citizenship.

## **Goals for Nutrition Education, Physical Activity and Other School-based Learning Experiences (Requirement #1)**

### Nutrition Education

- Schools shall provide a sequential health education taught or supervised by qualified teachers. Nutrition education shall be provided as part of the health education program K-8, and, as appropriate, shall be integrated into core academic subjects.
- Nutrition education curriculum will demonstrate the interrelationship between good nutrition, physical activity, and health. Staff development will be provided to teachers and food service staff on basic nutrition and nutrition education.
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- Schools shall make a connection between school garden and nutritional education.

### Physical Activity

- Schools shall provide a quality physical educational program that meets the minimum state required time (Ed code 51210), provides awareness of community programs and promotes the use of community resources at the school sites.
- The California Physical Education Standards Framework will serve as the instructional guide for physical education. Students will have opportunities for vigorous physical activity during physical education, recess, and other school activities.
- Physical education for students with Individual Education Plans (IEP) or 504 Plans will be appropriately adjusted to reflect the requirements of the plans.
- Schools will encourage students, parents and community members to institute and participate in programs that support physical activity in and out of school.

#### Other School-based Learning Experiences

- Schools are encouraged to use food as an integrator of education about human events, history, and celebrations, and shall encourage classes to use food and cooking as part of a learning experience that sheds light on customs, history, traditions, and cuisine of various countries and cultures.
- Whenever possible, schools shall as a part of the core curriculum integrate hands-on experiences in gardens, in kitchens, and on field trips teaching students how food reaches the table and the implications that has for their health and future.
- Schools will use positive climate reinforcement (ie: SWPBIS) to promote healthy lifestyles, character development, and citizenship, through a collaborative process.
- Schools will implement 5<sup>th</sup> and 7<sup>th</sup> grade comprehensive sexual education according to California mandate

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#### **Establish nutrition guidelines for all foods available on campus during the school day (Requirement #2)**

##### Foods Sold On Sites

- Nutrition standards adopted by the district for all foods and beverages sold to students and staff, including foods and beverages provided through the district's food service program, student stores, fundraisers, and other venues, shall meet or exceed state and federal nutrition standards as described in policies 3550, 3553, and 3554.
- All students who are eligible for free or reduced meals will be encouraged to participate. Maximum participation will be achieved by implementing a coordinated outreach and promotion plan.
- Advertising of commercially prepared food products will not be allowed on school campus. Schools will make reasonable efforts to ensure that mealtime is a pleasant experience for students including adequate time for eating. Schools will promote the use of good manners and healthy food choices.
- Schools shall offer a variety of fresh fruit and vegetable choices every day.
- The district will strive to decrease the amounts of refined, processed foods, containing artificial additives (such as colorings, flavorings or preservatives) and refined grain products that students eat in school.

##### Foods Not Sold But Available On Sites

- Schools shall develop a "healthy snacks" and "healthy parties" policy that provides healthy, affordable food choices for snacks, parties, rewards and observances.
- The district's nutritional guidelines should be applied to the selection of food for all school activities including classroom instruction, class parties, and other school sponsored events.

- Parents and staff are encouraged to provide party snacks that are consistent with the goals stated in this plan.
- School fundraising activities involving the sale of candy, cookies and other sugar “snacks” should be limited and accompanied by nutritional education promoting moderation.
- Schools are encouraged to establish other non-food alternatives for celebrating events such as holidays and birthdays.

**Assure that guidelines for school meals are not less restrictive than those set at the federal level by the Secretary of Agriculture (Requirement #3)**

- The Child Nutrition Services Director will review food program and ensure that the district policies and practices meet or exceed those set by the Secretary of Agriculture or state law.
- The Child Nutrition Services Director will present a report each year to the Governing Board that documents standards are being met. His/her report will include cost estimates of implementing recommended strategies and potential funding sources to improve quality of food.

**Establish a plan for measuring the impact and implementation of the local wellness plan (Requirement #4)**

- The district shall maintain a Wellness Committee to actively engage with food services and the sites in monitoring the implementation of the Wellness Plan and in presenting recommendations to the Governing Board.
- The Wellness Committee will present an update to the Board every year regarding the progress of implementing the District’s Wellness Plan.
- In preparing the report, the committee shall review results of the annual physical education test, and other related data.
- The Wellness Committee will propose priorities for implementing the recommended strategies in the Wellness Plan. Proposals will include cost estimates of implementing recommended strategies and potential funding sources.

**Involve parents, students, and representatives of the school authority, the school board, school administrators, and the public, in the development and implementation of the local Wellness Plan (Requirement #5)**

- The Governing Board will establish a Wellness Committee that is diverse and inclusive. Membership will include district and site administrators, parents, classified and certificated employees and the manager of Child Nutrition Services.
- The committee will meet at least semi-annually with sufficient time to conduct the group’s business.

- Committee members will ~~monitor~~ and ~~maintain established~~ healthier food choices and practices ~~in the district.~~

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