

Downey Unified School District

STUDENTS

WELLNESS

AR 2630

Downey Unified School District (DUSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The District will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, and other interested community members to be part of DUSD Wellness Policy Committee. The Wellness Policy Committee will meet periodically to review, implement and monitor District-wide wellness, nutrition and physical activity policies. The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives. Therefore, it is the intent of DUSD and the Wellness Policy Committee to:

1. Establish goals for nutrition education, nutrition promotion, physical activity, physical education and other school-based activities that promote student wellness.
2. Set nutrition guidelines for all foods and beverages available on school campus during the school day. The School day is from midnight to 30 minutes after dismissal.
3. Permit stakeholders the opportunity to participate in the development, implementation and periodic review and update of the wellness policy.
4. Form a plan for periodically measuring effectiveness and make the assessment available to the public.
5. Inform public (parents, students, and others in the community) about the content and implementation of the local school wellness policy.
6. Designate local school officials to ensure that each school complies with the DUSD school wellness policy.

Nutrition Education Goals

1. Nutrition education shall be based on research consistent with the expectations established in the state's curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

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Nutrition Education Goals – continued

2. Teachers will have opportunity for nutrition education training.
3. Nutrition education is strongly encouraged to be provided as part of the sequential health education program in grades K-12 and, as appropriate, encouraged to be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through before and after school programs.
4. Students will have opportunities for experiential learning such as culinary class and instructional gardens at school sites where available.

Nutrition Promotion Goals

1. All Foods marketed during the school day will meet federal, state and local regulations.
2. Each school will prohibit the marketing and advertising of unhealthy and 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.
3. Use of signage, web posting, school menus, free giveaways or other means will be used to promote healthy foods and healthy behaviors.
4. Schools will encourage non-food rewards for recognition of classroom success and achievement.
5. Encourage all schools to use services, contests, non-food items, and/or healthful foods for fundraising and classroom celebrations.

Nutrition Guidelines for Food and Beverages in School Meal Programs

1. All meals served through the school meal program and snacks will meet or exceed federal, state and local regulations.
2. Food Services shall employ well-prepared staff that efficiently serves appealing choices of compliant, nutritious foods at breakfast, lunch and snack time. Food Service staff will receive annual training in accordance with USDA Professional Standards.

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Nutrition Guidelines for Food and Beverages in School Meal Programs – continued

3. *Food Services* shall offer appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
4. *Food Services* shall offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources.
5. All students shall have access to free, safe, fresh drinking water during mealtimes.
6. All students will be served in a clean and pleasant eating environment with adequate seating.
7. All students shall have adequate time to eat their meals after being served.
8. Lunch will be served at appropriate intervals from other meals.
9. Schools shall encourage breakfast participation by implementing, wherever feasible, grab-n-go, second chance breakfast, breakfast during morning break or recess, and other options.
10. DUSD will ensure the privacy of students who qualify for free or reduced priced meals.

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

1. Individual food and beverage items sold outside the federal reimbursable meal programs will meet or exceed federal, state and local regulations. Sold refers to any foods or beverages provided to students on school grounds for a cost. It does not refer to foods brought from home for individual consumption. The following items should not be sold anywhere on school property at any time before the end of the school day:
 - a. All food and beverage items listing sugar, in any form, as the first ingredient.
 - b. All forms of candy.

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Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs – continued

2. All foods and beverages sold to students by any entity (including vending machines) will meet or exceed federal, state and local regulations as detailed in the California Competitive Food guidelines.
3. Schools are encouraged to use whole, fresh, unprocessed foods and ingredients whenever possible.
4. Schools are encouraged to offer fresh fruits and vegetables whenever possible.
5. Celebrations and other activities during the school day - Schools should limit celebrations that involve food during the school day so not to negatively impact school meal participation. Celebrations should occur after the last lunch period.
6. Due to food safety and allergen concerns, homemade foods are not permitted to be sold to students or provided as part of food celebrations or fundraisers. This does not apply to students' lunches and snacks brought from home for individual consumption.
7. School-sponsored events – Encourage healthy food and beverages at all school-sponsored events.
8. Healthy Fundraising:

Each school ensures foods and beverages sold on school campus starting at midnight and up to one-half hour after the school day will comply with the California Education Code and California Code Regulations.

Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that comply with the California Competitive Foods Standards.

Verification of compliance for foods and beverages sold outside of the school meal program on school campus during the school day shall be kept on file by the entity selling the items and must be made available to the CDE upon request during the Administrative Review.

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Physical Education (PE Standards)

1. DUSD PE curriculum will follow the California State Physical Education K-12 Standards.
2. Students in grades one through six (1-6) will participate in moderate to vigorous physical activity per Education Code.
3. Students in middle and high school will participate in moderate to vigorous physical activity through PE or interscholastic activities per Education Code.
4. Students in grades nine through twelve (9-12) should be provided with the opportunity to participate in intramural or interscholastic activities.
5. Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

PE and Physical Activity Goals

1. Schools should provide all students, K-12, with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.
2. A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to: PE, recess, health education that includes physical activity as a main component, special programs (Jump for Heart, Walk to School Day, Relay for Life, Walk and Jog-a-thons), athletic programs and intramural or interscholastic activities (high school).
3. PE is delivered by well-prepared and well-supported staff.
4. Current and scientifically accurate physical activity content is integrated into before and after school programs and classroom instruction.
5. Professional preparation and/or ongoing professional development are provided for District teachers related to physical education and physical activity.
6. Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill level.

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PE and Physical Activity Goals – continued

7. PE/physical activity should not be used for disciplinary purposes. Alternative disciplinary measures are encouraged in lieu of withholding physical education/activity or recess.
8. Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.

Family, Staff and Community Involvement

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle. The Board also encourages DUSD administration, teachers, and staff regarding the following: Healthy physical activity behaviors will be modeled by DUSD administration and staff.

1. Staff will be encouraged to model healthy behaviors.
2. The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.

Accountability – Measuring Implementation

Downey Unified School District will establish/maintain a Wellness Policy Committee that will periodically assess the District Wellness Policy (including comparison to model policy and attainment of goals). The committee should consist of School Board members, Food Services staff, District Office administrator(s) and staff, Student Services staff, principals, teachers (PE), school nurses, community partners, parents, students, and other stakeholders. School principals or designees in conjunction with a Food Services-Department representative will be responsible for implementing the District Wellness Policy at their school sites. Triennial evaluation (survey or questionnaire) will be completed by school principals or designees for assessment of progress in attaining the goals of the policy. The results of the evaluation will be considered by the committee to update this policy accordingly. Ongoing reporting of progress will be made available to the Board of Education and the public.

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District Official in Charge of the Local School Wellness Policy

Assistant Director of Food Services

Concern & Complaint Procedures

For any concerns, contact the school site Food Service Kitchen Supervisor, site Administrator, or the Food Services office at 562-469-6670.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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