



## RIALTO UNIFIED SCHOOL DISTRICT

**Students**

AR 5030(a)

### **STUDENT WELLNESS**

#### **Responsibilities**

The Board of Education recognizes the important connection between a healthy diet and a student's ability to learn effectively to meet high achievement standards in school. The Board also recognizes the school's responsibility in creating an environment that fosters healthy nutrition and physical activity.

#### **Nutrition Education**

1. Nutrition education that is ethnically appropriate will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
2. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
3. Nutrition education curriculum will meet the standards set by the health and P.E. framework.
4. The school site serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
5. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
6. The District will provide health information to families to encourage them to teach their children about nutrition.

#### **Physical Activity**

1. Physical activity will be integrated across curricula and throughout the school day. Physical movement can be made a part of science, math, social studies, and language arts.
2. Physical education courses will promote an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
3. Time allotted for physical activity will be consistent with State standards.
4. A daily recess period will be provided, which is not used as a punishment or a reward. (Grades P-5)

**STUDENT WELLNESS** (continued)

5. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
6. Equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
7. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
8. Students will work toward performing within their "fitness zone" in order to achieve and maintain physically active lifestyles.

**Other School Based Activities**

1. After-school programs will encourage physical activity and healthy habits.
2. Support for the health of all students is demonstrated by providing health clinics, health screenings, and help to enroll eligible children in Medi-Cal and other State children's health insurance programs.
3. District will organize a local Health Advisory Council comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.
4. The Nutrition Services department will work with the Student Advisory Committees to open a line of communication regarding healthy eating.

**Nutrition Guidelines for All Foods on Campus**

1. All foods and beverages sold or served during school hours shall meet nutritional standards and other guidelines set by the Federal and State government and the District.
2. Nutrition Services will take every measure to ensure that student access to foods and beverages meets Federal, State and local laws and guidelines. Nutrition Services will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.
3. Food items served and sold shall reflect the cultural diversity of the student body.
4. Nutritious and appealing foods such as fruits, vegetables, and whole grain products shall be available during the school day.
5. Nutrition information for products offered in snack bars, a la carte, and vending machines is readily available.
6. The sale of soft drinks, candy and SB 12 non-compliant food items is not allowed during the school day. The sale of these items may be sold on the school premises only if the sale occurs at least one-half hour after the end of the school day. Sales may occur immediately after the school day during a school sponsored activity.

## STUDENT WELLNESS (continued)

7. All classroom snacks feature healthy choices.
8. Nutrition education is encouraged during classroom snack times, not just during meals.
9. Advertising of foods or beverages must be consistent with the established nutrition environment standards.

**Eating Environment**

1. All schools shall contain pleasant eating environments for students with adequate time for eating while fostering good manners and respect for fellow students.
2. All personnel will adhere to the District's Service Promise to interact in a courteous, caring and positive manner that ensures all people will be treated with dignity and respect.
3. Lunch periods are scheduled as near the middle of the school day as possible.
4. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
5. Drinking water is available for students at meals.

**Child Nutrition Operations**

1. The Nutrition Services program will aim to be financially self-supporting.
2. The Nutrition Services program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. The school will strive to increase participation in the available Federal Child Nutrition Programs (e.g., school lunch, school breakfast, after school snack).
4. Students are encouraged to start each day with a healthy breakfast. Breakfast programs will be offered at all schools. Pilot programs such as breakfast during testing and universal free breakfast in the classroom may be offered as funding allows.

**Food Safety/Food Security**

1. All foods made available on campus 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.
2. For the safety and security of the food and facility, access to the food service operations are limited to Nutrition Services staff and authorized personnel.

STUDENT WELLNESS (continued)

Annual Review

1. The Health Advisory Council shall evaluate the established District Wellness Policy and report the findings to the Superintendent annually.
2. The District will revise and update the District Wellness Policy.

Regulation  
approved: July 12, 2006

RIALTO UNIFIED SCHOOL DISTRICT  
Rialto, California



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