



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 8.4

Meeting Date: August 15, 2019

Subject: Wellness Policy Implementation Update

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: _____)
- Conference/Action
- Action
- Public Hearing

Division: Student Support and Health Services

Recommendation: Receive an update on Wellness Policy implementation since it was adopted on August 17, 2017.

Background/Rationale: Board Policy (BP) 5030: Student Wellness was revised and adopted in August 2017 in order to reflect state and federal laws that had changed since the policy was last updated in 2006. Since adoption, District staff and community partners have been developing informational materials and supporting sites through the sharing of best practices in order to improve compliance and better support student health and well-being throughout the District.

Financial Considerations: N/A

LCAP Goal(s): Safe, Emotionally Healthy and Engaged Students

Documents Attached:

1. Executive Summary
2. Sacramento County Student Health and Wellness Statistics
3. Wellness Policy Brochure

| |
|---|
| <p>Estimated Time of Presentation: 10 minutes Submitted by: Victoria Flores, Director, Student Support and Health Services Approved by: Jorge A. Aguilar, Superintendent</p> |
|---|

Board of Education Executive Summary

District Wellness Committee

Wellness Policy Implementation Update

August 15, 2019



I. Overview/History of Department or Program:

A local school wellness policy (Student Wellness Policy) is a written document that guides a local educational agency or school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in federal Child Nutrition Programs, including the [National School Lunch Program](#) or the [School Breakfast Program](#), is required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and recently enhanced by the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#).

II. Driving Governance:

- Healthy Hunger-Free Kids Act of 2010, Section 201; Title 7, Code of Federal Regulations (7 CFR), Parts 210.30 and 220.7
- California Education Code (EC), Section 49432; 7 CFR Part 210.30

III. Budget:

There is no budget for these mandates.

IV. Goals, Objectives and Measures:

Local School Wellness Policy Requirements

School districts can develop wellness policies to meet the unique needs of each school under its jurisdiction, but [at a minimum are required to:](#)

- Include goals for [nutrition promotion and education](#), and other school-based activities that promote students wellness. In developing these goals, local educational agencies must review and consider evidence-based strategies.
- Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for [school meals](#) and [Smart Snacks in School nutrition standards](#). These guidelines are enforced from Midnight to ½ hour after the school day ends.
- Include policies for foods and beverages made available to students (e.g., in [classroom parties](#), classroom snacks brought by parents, other foods given as incentives).
- Include policies for [food and beverage marketing](#) that allow marketing and advertising of only those foods and beverages that meet the [Smart Snacks in School nutrition standards](#).
- Permit [parents](#), students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and update of the local school wellness policy.
- Identify one or more school districts or school officials who have the authority and responsibility to ensure each school complies with the policy.

Board of Education Executive Summary

District Wellness Committee

Wellness Policy Implementation Update

August 15, 2019



- Inform and update the public (including parents, students, and others in the community) about the local school wellness policy on an annual basis.
- At least once every three years, measure the extent to which schools are in compliance with the local school wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.
- Comply with all of these requirements by June 30, 2017

V. Major Initiatives:

The District Wellness Committee (in partnership with Valley Vision) continues to convene SCUSD departments to include student support and health services, nutrition services, physical education, employee wellness, youth development, safe schools, community involvement, and parent and student engagement. The Student Wellness Policy (BP 5030) was developed by members from all represented groups. Input from the community included participation at meetings and surveys.

VI. Results:

The Student Wellness Policy was adopted in August 2017, and the District Wellness Committee continues to meet regularly to outline supports and possible accountability measurements. Efforts include information sharing, support, and the initial development of District Administrative Regulations (AR) in order to meet the health and nutrition needs of SCUSD students during the school day while also meeting State and Federal requirements.

VII. Lessons Learned/Next Steps:

The ideal set out in State and Federal regulations, and the Student Wellness Policy, is supported by many, but shifting an entire District's culture around the use of non-compliant foods for classroom incentives, fundraisers, and similar remains difficult. The District Wellness Committee is currently in the process of finding ways to monitor compliance with the policy.

STATISTICS: SACRAMENTO

These statistics provide an overview of students living in Sacramento County, many of which attend SCUSD. The School Wellness Policy is designed to advance the health and well being of students across SCUSD and address the following health indicators:



12% **CHILDREN
OVERWEIGHT**

Children in Sacramento County age 2-11 are overweight

35% **TEENS
OVERWEIGHT**

Teens in Sacramento County age 12-17 are overweight

75,000 **FOOD INSECURE**

Children in Sacramento County are food insecure

62% **CHILDREN NOT
PHYSICALLY
ACTIVE**

Children age 5-11 who do not get 60 minutes of physical activity everyday

64% **CHILDREN & TEENS
CONSUME FAST
FOOD 1+ TIMES A
WEEK**

Children and teens who consume fast food 1 or more times per week

25% **CHILDREN LIVE
IN POVERTY**

Children enrolled in elementary school (grades 1-4) live in poverty

FAQ's

May students or teachers bring food items to school for sale to other students? No. The only allowed sales are pre-approved fundraisers (no home-prepared goods allowed due to food safety regulations) through student body organizations or parent groups.

May I still bring treats for the class on my child's birthday or general classroom celebration? Yes, as long as the snack meets state and federal regulations for food served during the school day. For example, fresh fruit. Other options include pencils, erasers, etc.

May our parent group still sell cookie dough (or other non-compliant foods sales) through catalogue or social media? Cookie dough (or other non-compliant food) sales and distribution that occurs between adults and/or off campus are exempt. Items must be handled and sent home with adults.

What's the consequence for noncompliance? The federal government can withhold funding from the reimbursement Nutrition Services receives for student meals.



For More Information

More FAQ's, helpful links, and other resources may be found on our Wellness Policy webpage at:
www.scusd.edu/wellnesspolicy



Board of Education

Lisa Murawski
Area 1

Leticia Garcia
Area 2

Christina Pritchett
Area 3

Michael Minnick
Area 4

Mai Vang
Area 5

Darrel Woo
Area 6

Jessie Ryan
Area 7

Student Member

Administration

Jorge A. Aguilar
Superintendent

Victoria Flores, MSW
Director III, Student Support
and Health Services



Sacramento City Unified School District
Student Support and Health Services
5601 47th Avenue, Sacramento, CA 95824
916-643-2354

SCUSD does not discriminate against any student based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics.

04/2019



School Wellness Policy



Promoting learning by supporting the health and well-being of all students

What is a Wellness Policy?

"A Wellness Policy is an important tool for parents, educational agencies and school districts in promoting student wellness, preventing and reducing childhood obesity, and assuring that school meal nutrition guidelines meet the minimum federal school meals standards. It contains goals specifically for nutrition promotion and education, physical activity, and other school based activities that promote student wellness." -USDA



Who Created SCUSD's Wellness Policy?

A group of caring and concerned parents/guardians, students, nutrition service employees, physical education teachers, school health professionals, board members, administrators, and members of the public joined together to form the SCUSD Wellness Committee, and write the policy. The committee meets monthly and welcomes new members!

Food on Campus

What may be served & sold on campus?

Foods and beverages served and sold in schools must meet strict federal and state regulations for calories, saturated fat, sodium, sugar, and trans fat. For an easy-to-use list, visit www.scusd.edu/wellnesspolicy.

When are these regulations in effect?

PreK-8th grade:

Regulations are effective from midnight to a half hour after the school day or expanded learning (whichever is later).

High schools:

Regulations are effective from midnight to a half hour after the school day.

How can you tell which foods are compliant?

Other than fresh fruits and vegetables, which are always compliant, food compliance varies widely. Use the California Project Lean calculator to determine compliance of items: www.californiaprojectlean.org

To whom do these regulations apply?

These federal and state regulations apply to Non-Charter Public Schools participating in the National School Lunch Program.

Fundraising Regulations

School student-organizations must comply with all food and beverage standards. This includes how many items they can sell, pre-approval of the items, when they can sell, how many sales can be done per year, and more.

Regulations differ between elementary schools and middle/high schools. For more information visit our webpage at www.scusd.edu/wellnesspolicy

Classroom Celebrations

SCUSD employees, parent organizations, and outside organizations will not use any food or beverage as a reward, incentive, or punishment for academic performance or good behavior.

Schools can promote a positive learning environment by shifting the focus from food during classroom celebrations, and striving to have non-food celebrations or healthy non-allergenic food. Food must be compliant with Competitive Foods regulations.

Awesome Celebration Ideas:

- Games, such as relays
- Hold class outdoors
- "Free choice" time
- Stickers/pencils
- Balloons/bubbles
- Art supplies/projects
- Read a story
- Movie day

Healthy snack options:

- Fresh fruit★
- Smoothies
- Frozen bananas★ with shredded coconut★
- Vegetables with a variety of healthy dips (hummus, guacamole, salad dressing)