

McSwain School District
MCSWAIN Wellness

Plan & Policy Updated
January 2016

MCSWAIN promotes the Wellness of the whole child. The MCSWAIN Wellness Policy applies to all schools K-8 and to the Pre-Kindergarten Program.

The MCSWAIN Wellness Policy was created by the MCSWAIN Student Nutrition and Physical Activity Committee, under the leadership of the School Site Council given our small rural school district. This means that both certificated and classified staffs all were made a part of this development and revision. This Policy is to address the Board of Education Resolution (Healthy School Nutrition and Physical Exercise Policy for McSwain Unified School District, January 14, 2004 and November 2015). This committee is composed of parents, staff, students, nutrition personnel, and healthcare professionals. Its' Wellness Subcommittee will provide ongoing monitoring of the Wellness Policy.

1. Increase the return of the Meal Eligibility Application

- a) School Principal will make participation and return of applications a priority for each of the sites.
Suggestions for how to accomplish this can be accessed at www.mcswain.k12.ca.us. Individual school sites may provide rewards/incentives for application return.
- b) Student Nutrition Services (SNS) will implement an automated meal application scanning system, which will allow families with multiple students to submit one application for the whole family. SNS will use Direct Certification for households receiving food stamps. Migrant, homeless, and runaway students will be categorically eligible for free meals. SNS will comply with all requirements for verification of qualification for free and reduced price meals.

Who will take point/lead on this strategy?

School Office with support from District Office and Student Nutrition Services

2. The MCSWAIN Nutrition Standards

- a) The Food Minimal Nutrition Value (FMNV) is the Federal Nutrition Standard.
The FMNV: Elimination of foods at or below Food Minimal Nutritional Value (FMNV) as defined by the USDA. "Foods of minimal nutritional value" means (i) in the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamins A, C, niacin, riboflavin, thiamin, calcium and iron.
- b) MCSWAIN Nutrition Standards
BEVERAGES:
Water
Plain or carbonated; no added sweeteners (natural or artificial, including sucralose and aspartame); no added vitamins, caffeine, or herbal supplements; may be any size.
Juice
100% fruit juice, plain or carbonated; no added sweeteners (natural or artificial); no caffeine or herbal supplements; maximum size 12 oz.
Juice/Water blends
No added sweeteners (natural or artificial); no caffeine or herbal supplements; maximum size 12 oz.

Milk

1% or fat free (skim) milk; enriched rice, nut or soy milk (may be “low-fat”); flavored milk may contain no more than 40 grams of sugar total per 12 oz. (27 grams of sugar total per 8 oz.), including both naturally-occurring and added sweetener; no Bovine Growth Hormone; maximum size 12 oz. Rice, soy or nut milks must be enriched with calcium to at least 30% of the RDA per 8 oz. serving, or 40% of the RDA per 11 oz. serving; maximum size 12 oz.

THE FOLLOWING IS THE NUTRITION STANDARD FOR ALL FOOD SERVED IN K-8 SCHOOLS AND CHILD DEVELOPMENT PROGRAMS INCLUDING CAFETERIA SALES, A LA CARTE, CELEBRATIONS, FUNDRAISING AND CLASSROOMS:

1. Have 30 percent or less of its total calories from fat (excluding seeds, nuts, and eggs).
2. Have 10 percent or less of its total calories from saturated plus trans fat (excluding eggs).
3. Have no more than 35% total sugar by weight.
4. Snack foods and side dishes must meet United States Department of Agriculture (USDA) standard for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts).
5. Be limited to the following maximum portion sizes:
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky;
 - b. Two and one-half ounces for trail mix, nuts, seeds, or dried fruits;
 - c. Two ounces for cookies or cereal bars;
 - d. Three ounces for bakery items;
 - e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream;
 - f. Eight ounces for non-frozen yogurt;
 - g. Twelve ounces for beverages, excluding water.
6. Fruits and vegetables shall be offered for sale at the school site where foods are sold. Non-dairy vegetarian meals shall be included in the weekly vegetarian menu.
7. Food shall be minimally processed, using whole meat whenever possible, whole grains or converted grains that retain most of their whole grain nutrients, minimal dyes, sodium and added sweeteners. No artificial sweeteners (includes aspartame and sucralose) may be used. Cooking methods shall retain the maximum nutrients possible.
8. Preference will be given to products that contain no trans fat, to the maximum extent practicable, there should be no added trans fatty acids/partially hydrogenated oils in any meal component. As of school year 2011-2012, there are no added trans fatty acids/partially hydrogenated oils in any meal component. Processed vegetable oils with high omega-6 fats should be used as minimally as possible.
9. Preference will be given to products grown, processed, and/or packaged in California and to products, which are certified organic.

10. Exceptions to these guidelines may be made for individual products, which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products, which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with actual samples of the product in question (when possible) shall be provided to Student Nutrition Services for approval before products are placed in schools.

Who will take point/lead on this strategy?

Principal and Student Nutrition Services

3. Improved Menu Choices

- a) Student Nutrition Services will improve menu choices by increasing foods that students like, based upon feedback from students and student advisory groups, by 40% and conduct research for working towards 100%, contingent on budget implications (e.g., chicken teriyaki over noodles, rice dishes and vegetables).
- b) Increase the incorporation of fresh foods (fruits and vegetables).
- c) Student Nutrition Services will minimize processed foods, select California grown produce and explore the feasibility of implementation of salad bars.
- d) The Student Advisory Council (SAC) will be involved in the selection of new food choices in meals served by Student Nutrition Services and choices of qualified products in vending machines. The Student Advisory Council will involve student councils and leadership groups to ensure that a representative cross section of MCSWAIN students are involved.

Who will take point/lead on this strategy?

Principal and Nutrition Services and Student Advisory Council

4. Nutrition Education

- a) School Health Programs Department *Network for a Healthy California* will provide nutrition education on an annual basis to the staff of Student Nutrition Services to increase their awareness of current programs/education and best practices being implemented/adopted within MCSWAIN and the state, including the continued implementation of funded projects within MCSWAIN (e.g., the California Nutrition Network Project).
- b) School Health Professionals will work with all the school personnel to integrate nutrition education into the comprehensive education programs. School Health Programs Department will provide examples of content integration related to nutrition education to increase the incorporation of nutrition education into the regular teaching plan. (Examples will be graphing fruit and vegetable intake, categorizing quantities, reading labels, etc.) Annual professional development in nutrition education is provided to appropriate staff.
- c) The site administrator and staff will promote a school environment, which is supportive of Board Resolution on Wellness Policy. Staffs are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimal nutritional value as rewards to students. Administrators/staff are encouraged to implement the District wide Health Awareness Months on an annual basis using resources and materials supplied by School Health Programs Department.

Who will take point/lead on this strategy?

Principal and Support Staff

5. Vending Machines

- a) Vending machines within MCSWAIN school sites (should they be available) will comply with the standards recommended by the Student Nutrition and Physical Fitness Committee immediately (pending contract obligations).
- b) All vending machines will be stocked with products that meet the requirements (an approved list will be provided to school site administrators and vending machine contractors, and is available online at www.mcswain.k12.ca.us. All machines vending beverages in bottles must have at least one slot offering plain bottled water.
- c) Schools serving students in Pre-K, and K-8s may not keep vending machines in areas accessible to students.
- d) School site administrator will monitor vending machines to ensure compliance with the requirements.
- e) Explore the feasibility of putting all Districts vending under contract with one vendor to obtain the most favorable financial return and ensure compliance with the nutrition standards. As contracts come up for renewal, new contracts should only be made on a month-to-month basis.

Who will take point/lead on this strategy?

Principal and Support Staff

6. Developed Pilot Programs to Increase Participation

- a) Make available a model for profit sharing for middle schools.
- b) Developed a Grab and Go pilot to increase participation in the school breakfast program.
- c) Developed/implemented a Point of Sales (POS) pilot program with a goal of full implementation within the district.
- d) Develop other pilot programs as appropriate.

Who will take point/lead on this strategy?

Principal and Support Staff

7. Food Sales

BEGIN PHASING OUT ON-CAMPUS FOOD AND BEVERAGES SALES TO STUDENTS THAT DO NOT MEET MCSWAIN NUTRITION STANDARDS:

- a) *Fall Semester of Each School Year:* Increase the awareness of California Code of Regulations governing the sales of food on campus to the School Operations and Instructional Support Office, and site-level administrators:

CODE OF REGULATIONS – TITLE V

15500 Food Sales in Elementary Schools

15501 Sales in High Schools and Junior High Schools

Sites will be responsible for adherence to Title V of Regulations (Codes 15500, 15501) including the restriction of the number of food sales by student organizations to four per school year.

- b) *As of January 2004:* The sale of any type of candy and foods of minimal nutritional value, as recommended by the Student Nutrition and Physical Fitness Advisory Committee, were restricted on all school campuses beginning January 2004.
 1. Food sold must meet the nutrition standards spelled out in Section 2, ‘The MCSWAIN Nutrition Standards,’ except as detailed in section c) “Food fundraising sales” (below).

- a. In the Fall of 2003: School Site Councils identified food/beverages that meet the MCSWAIN minimum nutrition requirements that their site will sell.
- b. The sale of any type of candy, food and beverages below MCSWAIN Nutrition Standards were prohibited on all school campuses during the school day beginning Spring Semester January 2004.
- c. Food sales

- i) Student-run fundraising food sales during the school day are limited to 4 days total per year, per California Code (15500, 15501) of Regulation. Food sold may be prepared at home or brought in from a restaurant; beverages and snack items must meet District nutrition standards (this means no soda, chips, candy, etc.).

Students may sell food after school hours provided the sale meets the conditions set forth in the California Code of Regulation referenced above. Food and beverages sold must be from the District-approved list; only one student group may sell per day; no more than three types of items may be sold (e.g., beverages, snacks, fresh fruit). An administrator must take responsibility for scheduling and supervising such sales, and for ensuring that every student group that wants to sell has an equal opportunity to do so. All such sales are at the discretion of the Principal.

- ii) Parents or school staff may not sell food during the school day; however, sales may be held before school starts or after the end of the school day, so as not to compete with the School Lunch Program.
- iii) Healthy food choices are recommended for all parent-run food sales. In elementary and middle school, sales by parents of food, which does not meet District nutrition standards, are limited to 10 times per school year, and must take place after 5:00 PM weekdays or anytime on a weekend or school holiday. The 10-times- per-school-year rule includes all parent groups (i.e., there are only 10 sales, but any number of groups may sell on each sale day). Food for these 10 sale days may be homemade, come from restaurants, or catering trucks, and the beverages and snacks sold do NOT have to meet District nutrition standards. In high schools an unlimited number of sales by parents of food which does not meet District nutrition standards may be held at school events including sports and performances, but must take place after 4:00 PM weekdays or anytime on weekends or school holidays.
- iv) Sale of food at events which are not school-related (e.g., an outside agency rents the school property and holds an event featuring a food sale) are not subject to District nutrition policy.
- v) Sales of candy or other food outside of school as a fundraiser, such as catalog order sales, are at the discretion of the Principal. All other sale of candy at school is prohibited, except as outlined in sections iii and iv. However, healthy food choices or non-food based fundraising are highly recommended.

- c) School Operations will increase their capacity to offer technical assistance and monitoring to assist sites in coming into compliance on a yearly basis as needed.

- d) Schools shall not invite outside vendors, such as catering trucks or ice cream carts, to sell any kind of food or drinks to students within 1500 feet of the perimeter of the school. The Principal will take steps to remove such vendors who show up uninvited, including contacting the local sheriff to ask that the approved route for the catering truck not be within 1500 feet of the perimeter of the school. Schools will not enter into profit sharing or other business arrangements with such vendors, or with any off-site businesses selling food in direct competition with the school cafeteria.

Who will take point/lead on this strategy?

Principal and Support Staff

8. Classroom Food/Parties/Celebrations

- a) Food and drink provided to students by teachers, students, parents, or other staff on school property shall meet the MCSWAIN nutrition standard as specified in section 2b.

This includes food and drink provided for birthdays, holiday celebrations, cooking projects, special days, rewards, treats, goodie bags, and academic activity (such as using snacks to learn math concepts).

9. Increase physical activity for students

- a) The District Physical Education Program Teachers will ensure compliance with state Physical Education requirements, including:
 - 🕒 200 minutes of Physical Education at the Elementary School level – every 10 days
 - 🕒 400 minutes of Physical Education at the Middle School level – every 10 days
 - 🕒 Physical Fitness State testing for grades 5, and 7
- b) The School will:
 - 1. Review and develop implementation plans for physical activities as recommended by the Physical Education Staff. The School Administrator will ensure monitoring and compliance. Physical Education professional development will be provided as needed to ensure implementation of state law.
- c) The administrator will ensure the implementation of the President’s Physical Fitness Standards and Practices and California Physical Fitness testing at all K-8 schools. Professional development will be made available to all MCSWAIN staff on best practices and strategies to enhance physical activities and physical education, developed in collaboration with American Heart Association, the American Cancer Society, Merced County Recreation and Parks Department and Community Based Organizations.

Who will take point/lead on this strategy?

Principal and Support Staff

10. Staff Wellness

MCSWAIN encourages school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall comprehensive health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

Nutrition and fitness education opportunities will be provided to all school staff at all grade levels. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics.

MCSWAIN will work with our community partners to identify programs/services (e.g., American Cancer Society's, Campaign for Better Nutrition, etc.) and resources to complement/enrich our Staff Wellness endeavors. MCSWAIN will promote Staff Wellness on a yearly basis.

11. Evaluation

- a) The District Office will design and implement an evaluation model, in partnership with the School Site Council, to monitor the implementation of the recommendations. Data will be shared with the committee and district as well as site administrator.
- b) Students will complete a satisfaction survey of school food, school environment, and effects of Wellness Policy every two years.
- c) Outcome data will be gathered through review of Physical Fitness Testing results and District Physical Education Curriculum.

Who will take point/lead on this strategy?

Principal and Support Staff.

12. Communication

- a) The District Administrator will work with all resources and information available to promote the healthy changes to student nutrition to District staff, students, parents, and the public.

Who will take point/lead on this strategy?

Principal and Support Staff

13. Changes to the policy

- a) Assessment will be ongoing and policy may be amended yearly or on an as needed basis, at the start of each semester.

Who will take point/lead on this strategy?

Principal

14. Other wellness related activities

- a) The District Office, will ensure implementation of other health/wellness requirements and activities:
- 🕒 Health Education for K-8 as defined by Board Policy
 - 🕒 Asthma Education/Awareness
 - 🕒 Dental Health Awareness
 - 🕒 District wide initiatives, such as Wellness Programs, Safe School Climate, and Substance Use Prevention

Who will take point/lead on this strategy?

Principal and Support Staff