

Buena Vista Elementary School District
Wellness Policy and Plan
Original Board Adoption 6/21/06
Revision 12/13/17
Revision 6/14/23

The Board
(BP 5030)

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop 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 Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC [1758b](#))

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC [1758b](#); 7 CFR 210.31).

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious 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.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near the district school and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods available on the campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC [1773](#) and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

In order to maximize the district's ability to provide nutritious meals and snacks, the district school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages

provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one or more district employees, as appropriate, to ensure that the school complies with this policy. (42 USC [1758b](#))

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which the district school is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC [1758b](#))

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

8. A description of other school-based wellness activities offered, including the number students participating, as appropriate

The Superintendent or designee shall invite feedback on school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy (42 USC 1758b).

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public about the content of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b).

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

The Superintendent or designee shall post the district's policies and regulations on nutrition and physical activity in public view within the school cafeteria or in other central eating areas. (Education Code [49432](#))

The Superintendent or designee shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

The School Mission Statement

Buena Vista is devoted to developing a well-rounded student. We provide a supportive, educational environment in a small school setting. Our family community encourages confident, focused and motivated learners.

Vision for Health and Wellness

The Buena Vista Elementary School District is committed to providing a school environment that will promote and protect our students' and employees' health, well-being and the ability to work, learn and teach.

Buena Vista Elementary School following the guidelines set forth by the Governing Board has developed the following Wellness Plan.

The Buena Vista Elementary School Wellness Plan

The Buena Vista Governing Board has set forth a list of guidelines and expectations for the Buena Vista Wellness Plan. The administration, with the assistance of the School Site Council/Wellness Committee has developed the following wellness plan.

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs.

Buena Vista participates in the National School Lunch Program (NSLP). A complete and healthy lunch and breakfast are provided each day. In order to increase the number of students participating in the breakfast program, breakfast is offered to each student free of charge. The cafeteria opens at 7:30 a.m. and starts serving at 7:30 a.m. Approximately 65 percent of the students eat breakfast at school each morning. Lunch is offered free to our students through the Community Eligibility Provision (CEP) served daily, 89 percent of the students eat the lunch provided by the Buena Vista lunch program.

Goal: to increase the number of students participating in the breakfast and lunch programs.

Strategy:

- Pamphlets (or notice in the Annual Parent Handbook) will be sent to parents at the beginning of each school year describing both the breakfast and lunch programs.
- Menus for both breakfast and lunch will be sent home at the beginning of each month.
- Annual surveys will be conducted by the wellness committee of parents and students of likes and dislikes of the cafeteria service and food. Adjustments will be made according to committee recommendations and federal guidelines.

2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.

Buena Vista employs a food service director, who is properly trained and qualified to administer the school food service program and satisfy reporting requirements. Menus for breakfast and lunch follow the “Food Based Menus” as set forth by the state of California. The option “Offer versus Serve” is used for grades 4-8 is used. Guidelines for protein, fruits and vegetables, grains and breads and milk are followed. 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. For the safety and security of the food and facility access to the food service operations are limited to Nutrition staff and authorized personnel.

3. The amount of time allowed for students to eat and adequacy of lunchroom facilities

Breakfast and lunch are served daily in the cafeteria. The cafeteria presently has the capacity to hold the entire population of our school (214 students). Breakfast is served to the students as they arrive at school in the morning. It is served until 8:30 a.m. Lunch begins serving at 11:00 a.m. for Transitional Kindergarten (TK) and 11:35 a.m. for kindergarten through third grade. Lunch for 4-8 begins at about 12:00 p.m. (Usually done serving by 12:05) TK students are given 30 minutes to eat and all other groups are given at least 15 minutes to eat, but can be allowed more if necessary.

4. Guidelines and standards for foods and beverages sold outside of the district’s meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior.

- The Buena Vista School district does not allow student accessible vending machines on campus.
- Buena Vista does not presently maintain a school store.
- Buena Vista school-sponsored events may sell snacks and beverages that are aligned with the state guidelines for healthy foods and beverages. The sale of these items must take place after the lunch time period of the school day.
- Buena Vista encourages non-food related fund-raising. However in the case of food sales, such as candy, the sale of such items may not take place at school between the hours of midnight and 3:35 p.m.
- Rewards for student performance or behavior are encouraged to be a non-food item. However in the case that a food item is used it should comply with the state guidelines for healthy foods and beverages.

5. Foods and beverages donated for class parties and other school events

Parents will be educated to the nature and requirements of healthy foods and beverages as outlined by the state. Food and beverages that are donated to the school for parties or

other special events should meet the guidelines for healthy foods and beverages. These guidelines will be relaxed only for the following holiday parties: Halloween, Thanksgiving, Christmas, Valentine's Day, Spring Break, birthdays and the "last day

6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and /or other areas accessible to students, and activities such as coupon on incentive programs

Buena Vista does not allow marketing of foods and beverages.

7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change

- Nutrition is integrated into areas of the curriculum such as math, science, language arts and social studies.
- The staff is responsible for nutrition education in each classroom.
- Nutrition education involves sharing information with families and the community in the hope that the students will be impacted by the improved health of the community.
- Buena Vista will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Nutrition information will be provided to the community in the form of newsletters, pamphlets, poster boards, and parent informational meetings.
- Students will be encouraged to start each day with a healthy breakfast.

8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.

Physical activity will be integrated across the curriculum throughout the school day. Physical education will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Students will have daily recess and PE time. The physical activity facilities will be safe. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who not athletically gifted. Information will be provided to families that will help them incorporate physical activity into their student's lives.

Recess:

- Students will have fifteen minutes of recess time before school. Actual participation time depends on the student's arrival time at school.
- Students will have fifteen minutes of recess time during the morning hours before lunch.

- Students will have twenty minutes of recess following lunch.

Physical Education:

- PE is provided daily to all students at a minimum of 200 minutes per 10 day period of time.
- PE includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education.

9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity.

- Pamphlets (or notice in the Annual Parent Handbook) will be sent to parents at the beginning of each school year describing both the breakfast and lunch programs.
- Menus for both breakfast and lunch will be sent home at the beginning of each month.
- Annual surveys will be conducted by the wellness committee of parents and students of likes and dislikes of the cafeteria service and food. Adjustments will be made according to committee recommendations and federal guidelines.
- Parents will be educated to the nature and requirements of healthy foods and beverages as outlined by the state. Food and beverages that are donated to the school for parties or other special events must meet the guidelines for healthy foods and beverages. These guidelines will be relaxed only for the following holiday parties: Halloween, Thanksgiving, Christmas, Valentine’s Day, and Spring Break.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who not athletically gifted.
- Information will be provided to families that will help them incorporate physical activity into their student’s lives.
 - Nutrition education involves sharing information with families and the community in the hope that the students will be impacted by the improved health of the community.
 - Buena Vista will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
 - Nutrition information will be provided to the community in the form of newsletters, pamphlets, poster boards, and parent informational meetings.

10. Cost estimates of implementing the recommended strategies and potential funding sources.

The cost of implementing this program will be minimal. There will be costs associated with printing of pamphlets, newsletters, and informational posters and banners.

Printing Costs	\$500.00
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11. Priorities for implementing the recommended strategies in the wellness policy

This wellness plan has been based on the recommendations of the Board, guidelines presented by the School Nutrition Association, and the National Alliance for Nutrition and Activity.

12. Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports are included.

The superintendent is responsible for the implementation of this plan. The plan will continue with ongoing evaluation, assessment and revision as necessary. The School Site Council will oversee the Wellness Committee.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a [Form AD-3027, USDA Program Discrimination Complaint Form](#) (PDF), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: 833-256-1665 or 202-690-7442; or
3. email: program.intake@usda.gov

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