

EVERGREEN UNION SCHOOL DISTRICT

School District Wellness Policy

Student Wellness

Evergreen Union School District (EUSD) is committed to the optimal development of every student. EUSD believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. *The district will align health and wellness efforts with other school improvement endeavors to ensure optimal health and academic success of all students.* This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

School Meals

EUSD is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within EUSD participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within EUSD are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students.
- EUSD offers reimbursable school meals that meet USDA Nutrition Standards.
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the Professional Standards - USDA Food and Nutrition Service.

Other Food Available at School

- The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.
 - EUSD will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy & Active Classroom Parties - Action for Healthy Kids);
 - EUSD will provide to parents a USDA School Snack Guide – Smart Snack List for Parents, Teachers ... that meets the Smart Snacks nutrition standards; and
 - EUSD will provide teachers and other relevant school staff a list of alternative ways to reward children (Non-Food Rewards - Alliance for a Healthier Generation). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Fundraising

EUSD believes that all foods and beverages sold to students, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

- EUSD encourages fundraisers that promote physical activity (e.g. walk-a-thons, Jump Rope, fun runs)

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Nutrition and Health Education

EUSD will teach, model, encourage, and support principles that define the requirements and criteria for a healthy school environment. EUSD's nutrition and physical education programs are based on research, consistent with the state standards/curriculum frameworks and are designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education shall be provided as a part of the health education program for all students and, as appropriate, be integrated into core academic subjects.
- Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens.
- Health education curriculum/standards are regularly evaluated and revised.

Physical Activity

All students shall be provided opportunities to be physically active on a regular basis. Opportunity for moderate to vigorous physical activity may be provided through physical education, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities such as intramurals, recesses,

- EUSD will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes on a regular basis.
 - All District students will receive physical education for at least 150 minutes per week throughout the school year
 - All physical education classes in district are taught by licensed teachers who are certified or endorsed to teach physical education.
 - Physical fitness is promoted through individualized fitness and activity assessments (e.g. the Presidential Youth Fitness Program)
- EUSD provides Safe Route to School access for students arriving on foot.

Other School-Based Activities Designated to Promote Student Wellness

EUSD will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities.

- To encourage consistent health messages between the home and school environment, EUSD may disseminate health information to parents/guardians through newsletters, handouts, meetings, website, and other communication. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Policy Monitoring/Implementation

EUSD has developed and sustained a District Wellness Committee composed of representatives including parents, students, nutrition/physical education professionals and employees that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.

- The Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science,

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information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

- The Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- Implementation of the wellness policy will be assessed annually using school-level health and wellness assessments (e.g. Healthier Generation, Physical Fitness Report, California Healthy Kids Survey (CHKS)).
- Effectiveness of the policy will be reported annually to the board.
- The wellness policy will be accessed and updated as indicated at least every three years.

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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

This institution is an equal opportunity provider.

To obtain detailed information of EUSD's policies, rules and regulations: [Click here](#)

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