



Shaffer Elementary School

"Excellence In Education"

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Shaffer Union Elementary School District Wellness Policy

I. Preamble

Shaffer Union Elementary School District recognizes that student wellness, proper nutrition, and physical activity are directly related to students' physical well-being, growth, development, and readiness to learn. The District is committed to providing a safe, healthy, and supportive learning environment for Transitional Kindergarten through eighth grade students that promotes lifelong healthy habits.

This policy meets the requirements of the Healthy, Hunger-Free Kids Act of 2010, the USDA Local School Wellness Policy Final Rule (7 CFR 210.31), and guidance from the California Department of Education (CDE).

II. Non-Discrimination Statement

Shaffer Union Elementary School District does not discriminate on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or retaliation or reprisal for prior civil rights activity in any of its programs or activities, including nutrition services and wellness-related programs.

U.S. Department of Agriculture (USDA) nondiscrimination statement for child nutrition program participants.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay

Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

This institution is an equal opportunity provider.

Questions: Child Nutrition Programs (CNP) Complaints | cnpcomplaints@cde.ca.gov

III. School Wellness Committee

The District shall establish a Local School Wellness Committee responsible for the development, implementation, monitoring, and review of the Local School Wellness Policy.

The District Wellness Committee will meet two 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 this district- level wellness policy.

The District encourages participation from parents/guardians, students when appropriate, school staff, school administrators, and community members.

Wellness Committee Members:

- **Joshua Blackburn - Superintendent - jblackburn@shafferschool.com**
- **Danae Polan - Chief Business Official - dpolan@shafferschool.com**
- **Jennifer Enriquez - Food Service Coordinator - jenriquez@shafferschool.com**
- **Kayla Pacheco - Cook - kpacheco@shafferschool.com**

IV. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

A. Implementation Plan

The District shall develop and maintain an implementation plan that outlines how wellness policy goals will be achieved for TK–8 students.

B. Recordkeeping

The District shall retain documentation related to the wellness policy, including:

- The written wellness policy
- Wellness committee meeting agendas and minutes
- The implementation plan
- Annual notifications to the community
- Triennial assessment reports

C. Accountability

The District shall ensure accountability for the implementation and compliance of this wellness policy. The Superintendent or designee(s) shall have overall responsibility for compliance.

The Wellness Committee shall be responsible for monitoring progress toward wellness goals, reviewing implementation efforts, and recommending policy improvements as needed.

The District shall ensure that all schools comply with federal and state nutrition standards, physical activity requirements, and wellness-related practices outlined in this policy.

D. Annual Notification

The District shall annually inform families and the public about the wellness policy and its implementation through the District website, school handbooks, or other appropriate communication methods.

E. Triennial Assessment

At least once every three years, the District shall conduct an assessment to evaluate:

- Compliance with the wellness policy
- Progress toward achieving TK–8 wellness goals
- Comparison with model wellness policies

The position/person responsible for managing the Triennial Assessment is the Superintendent located at 722-055 HWY 395 N. Litchfield, CA 96117

F. Results

Results shall be made available to the public.

G. Policy Review and Updates

The District shall review and update the wellness policy as needed based on assessment findings and stakeholder input.

H. Community Involvement and Outreach

The District shall actively seek input from families and community partners to support student wellness initiatives.

V. Nutrition

A. School Meals

- All meals served through the Child Nutrition Programs shall meet or exceed USDA nutrition standards and align with the Dietary Guidelines for Americans.
- The District participates in USDA child nutrition program and is committed to offering school meals that are accessible, appealing to children, served in a clean environment and meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable meals that meet USDA nutrition standards.)
- Meals served to TK–8 students shall emphasize fruits, vegetables including dark green, red/orange, legumes, and starchy vegetables throughout the week.

Serve whole grains with all grain offerings, meeting whole grain-rich requirements.

Provide lean protein options, such as poultry, lean meats, beans, legumes, eggs, yogurt, and cheese.

Offer low-fat or fat-free milk, including unflavored and flavored options as permitted.

Limit Sodium, saturated fat, and added sugars in accordance with USDA regulations.

Contain zero grams of trans fat per serving.

B. Staff Qualifications and Professional Development

- Child nutrition staff shall meet required professional standards and participate in ongoing training related to nutrition, food safety, and meal preparation.
- All school nutrition program directors, managers, and staff will meet or exceed education/training requirements in USDA professional standards for child nutrition professionals. These professionals will refer to USDA's Professional Standards training database and well as California Department of Education (CDE) Nutrition Services Division website to access training to meet their learning needs.

C. Water

- Free, safe, and accessible drinking water shall be available to TK–8 students throughout the school day, including during meal times.

D. Competitive Foods and Beverages

- Foods and beverages sold or provided to students outside of the school meal programs during the school day shall comply with USDA Smart Snacks in School standards.

E. Celebrations, Rewards, and Fundraising

- Schools are encouraged to use non-food rewards and healthy food options for classroom celebrations.
- Fundraising activities conducted during the school day shall support healthy eating and comply with applicable nutrition standards.

F. Nutrition Promotion and Education

- Nutrition education shall be provided to TK–8 students and integrated into the curriculum that is developmentally appropriate, and aligned with the California Health Education Standards and Dietary Guidelines for Americans.
- The District shall promote participation in school meal programs and encourage healthy eating behaviors through consistent messaging, coordination with the school meal program, and the use of evidence-based resources such as USDA Team Nutrition.
- The District shall encourage family and community engagement by providing nutrition related information and resources to support healthy choices at home.

VI. Physical Activity

A. Physical Education

- All TK–8 students shall be provided with opportunities for developmentally appropriate physical education aligned with California Physical Education Standards. Physical Education shall support students physical fitness, motor skill development, and understanding of the importance of regular physical activity.

B. Recess

- TK–8 students shall be provided with regular opportunities for supervised recess that encourages safe and active play.
- Recess shall not be withheld as a disciplinary measure, when feasible.

C. Physical Activity Breaks

- Classroom-based physical activity breaks shall be encouraged, particularly for younger students, to support learning and focus.

D. Active Academics

- Teachers are encouraged to incorporate movement into classroom instruction when appropriate.

E. Before- and After-School Physical Activity

- When available, the District shall support before and after-school programs that promote physical activity for TK–8 students.

VII. Other Activities That Promote Student Wellness

A. Community Health Promotion and Family Engagement

- The District shall work with families and community partners to promote wellness education and healthy lifestyles for students.

B. Social and Emotional Wellness

- Schools shall promote a positive school climate that supports the social, emotional, and mental well-being of TK–8 students.

C. Staff Wellness and Health Promotion

- The District encourages staff wellness and a healthy work environment.
- Professional development related to student wellness and staff health may be provided when feasible.

VIII. Helpful Links

California Department of Education – Nutrition

[Nutrition - Learning Support \(CA Dept of Education\)](#)

California Department of Education Local School Wellness Policy

<https://www.cde.ca.gov/ls/nu/he/wellness.asp>

USDA Food and Nutrition Service U.S. Department of Agriculture

[Updates to the School Nutrition Standards | Food and Nutrition Service](#)

USDA Food and Nutrition Service U.S. Department of Agriculture

[Professional Standards Learning Objectives & Training Topics | Food and Nutrition Service](#)

California School Boards Association Student Wellness Policy

[Policy 5030 Student Wellness](#)