PIONEER UNION ELEMENTARY SCHOOL DISTRICT

Local School Wellness Plan

PROPOSED UPDATE FOR BOARD REVIEW

Pioneer Union Elementary School District supports healthy eating, physical activity, and student well-being so that students are ready to learn. This plan describes nutrition services, food and beverage guidelines, physical activity opportunities, and responsibilities for implementation and review in the District's transitional kindergarten through grade eight programs.

This proposed revision updates the supplied 2018 wellness document using the District's February 12, 2026 Local School Wellness Plan, BP 5030 Student Wellness, and applicable law. The food and beverage restrictions in Section III are proposed local additions. This draft does not establish a new adoption date or replace adopted Board policy before Board action.

I. School Wellness Council and Responsibilities

The Superintendent/Principal or designee shall oversee implementation and identify the staff responsible for nutrition services, physical education, family communication, and recordkeeping. Families and staff may contact the school office with questions or to participate in wellness planning.

Parents/guardians, students, food service representatives, physical education teachers, school health professionals, administrators, Board members, and the public shall have opportunities to participate in development, implementation, and periodic review. A wellness council or designated committee may advise the District and review progress. Invitations to participate shall be shared through District communications.

II. Nutrition Services and Standards

School meals and drinking water

The District shall make a nutritionally adequate breakfast and lunch available without charge each school day to any student requesting them, regardless of household income or meal eligibility. Meals shall meet applicable state and federal requirements. The District shall maintain participation in required school meal programs and coordinate with its meal-providing local educational agency, including for supper services under the applicable program agreement.

The Superintendent/Principal or designee shall review menus and required records with the providing agency to verify compliance. Menu planning shall include varied fruits, vegetables, and whole grains, and milk or approved alternatives meeting current program requirements. Staff shall follow required food safety and professional training standards.

Free, safe drinking water shall be available during meals and throughout the school day. Meal service shall protect student privacy and avoid identifying or stigmatizing students by eligibility, income, disability, or dietary need.

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Time to eat and dietary accommodations

Students shall have clean, pleasant eating areas and access to handwashing or hand sanitizing. The District's meal scheduling goal is at least 10 minutes to eat breakfast and 20 minutes to eat lunch after students are seated. Activities should be scheduled so that students can eat their meals.

The District shall provide required disability-related meal modifications and implement applicable individualized education programs, Section 504 plans, and health plans. Families may request assistance through the school office. Other dietary, religious, and cultural requests shall be considered under applicable program rules and District procedures. Staff shall discourage food sharing to reduce allergy and food safety risks.

Foods and beverages sold to students

Foods and beverages sold to students on campus outside reimbursable meals shall meet applicable California competitive-food requirements and federal Smart Snacks standards, with the stricter applicable requirement controlling. These rules apply from midnight before the school day through 30 minutes after the official school day ends. They cover sales by the District, student groups, parent organizations, outside vendors, school stores, and fundraisers.

Food service staff or the Superintendent/Principal's designee shall approve items before sale and retain product information and other compliance records. Compliance shall use current CDE guidance for the school's classification; a campus containing grades K–8 is classified as a middle school for competitive-food purposes.

California does not allow exempt fundraisers during the competitive-food school day. Nonfood fundraisers are encouraged. Student organization sales must also satisfy applicable Title 5 requirements. Sales outside the statutory time period and at school-sponsored events remain subject to District wellness guidelines and food safety requirements.

Celebration rewards and other foods provided at school

Foods and beverages provided by the school or approved for classroom celebrations, activities, and school-sponsored events shall meet the District's adopted nutrition guidelines. Staff shall coordinate approval with food service staff or the Superintendent/Principal's designee and account for allergies and required accommodations. Food for shared classroom service shall be commercially prepared or prepared in a school kitchen under food service supervision.

Food, beverages, and school meals shall not be withheld as punishment. Staff shall follow a student's IEP, Section 504 plan, or health plan when food is part of a required support.

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III. Food Snacks and Beverages Brought From Home

PROPOSED LOCAL GUIDELINES FOR BOARD REVIEW

The foods and beverages students consume can affect their energy, concentration, and comfort. Students may bring meals, snacks, and beverages from home. Families are asked to support nutritious choices and the District's efforts to promote student wellness. Once adopted, the following local guidelines apply to foods and beverages brought onto or consumed at school during the regular school day.

Items not permitted during the regular school day

- Energy drinks and highly caffeinated beverages, including high-caffeine specialty drinks.
- Soda and other carbonated soft drinks. Plain, unsweetened sparkling water is permitted.
- Extremely spicy packaged snack products, including Takis, Flamin' Hot chips, and comparable products. This restriction concerns these snack products and does not create a general ban on cultural foods or foods seasoned at home.
- Large or excessive quantities of candy, chips, or similar foods beyond a reasonable individual snack or meal portion, including quantities brought to distribute without school approval.
- Foods or beverages that present a specific health, safety, sanitation, or significant disruption concern identified by school staff.

The Superintendent/Principal or designee shall provide families and staff with consistent examples of reasonable snack portions and products covered by these guidelines. Staff shall apply the guidelines fairly and avoid judging a student or family based on food choices, income, or cultural practices.

Healthy choices

Water is the preferred beverage during the school day. Students are encouraged to bring a refillable water bottle and nutritious snacks such as fruit, vegetables, cheese, yogurt, or whole-grain foods, consistent with any allergy or individual dietary requirements.

These guidelines support student health and readiness to learn. They apply at school during the regular school day and do not regulate what families purchase or consume at home. Restrictions on personal food are District rules; the competitive-food sales laws do not themselves specifically prohibit Takis or similar snacks brought from home.

Staff response and family communication

Staff shall explain the guideline calmly and may ask students to put away an item or arrange for it to be returned home. An item may be discarded when it presents an immediate safety or sanitation concern; routine handling should avoid unnecessary waste. Staff shall ensure access to a school meal or suitable alternative if putting away an item would leave a student without adequate food. Drinking water shall remain available.

Repeated concerns shall be addressed through parent/guardian contact and appropriate student support under adopted District procedures. A snack violation does not automatically result in exclusion from meals, denial of protected recess, suspension, or other disciplinary action.

Families with medical, disability-related, dietary, religious, or cultural needs should contact the school office. Required accommodations shall be provided, and other requests shall receive individual consideration. Staff shall not remove food needed for diabetes care, another health condition, or a required student plan.

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IV. Nutrition Education and Wellness Promotion

Nutrition instruction shall use evidence-based information and state health education standards. Teachers may connect lessons with meals, gardens, food preparation, and other learning activities. Instruction shall respect cultural food practices and help students make informed choices without shame about body size or food.

School-day marketing and advertising on campus shall be limited to foods and beverages meeting federal Smart Snacks standards and applicable state law. The District shall review school-controlled advertising and fundraising promotions for compliance.

The District shall share practical information with families about school meals, healthy snacks, celebrations, and physical activity. Staff are encouraged to model healthy practices and may participate in wellness opportunities as available. District procedures shall address bullying or harassment related to weight, disability, or health conditions.

V. Physical Education Recess and Activity

Physical education shall follow state standards and applicable instructional-minute requirements. In an elementary school maintaining grades one through eight, students shall receive at least 200 minutes of physical education each 10 school days, excluding recess and lunch, under Education Code section 51223. If a different school configuration is used, the District shall apply the corresponding legal requirement, including section 51222 where applicable. TK and kindergarten students shall have developmentally appropriate movement opportunities.

Teachers shall provide inclusive instruction and required adaptations for students with disabilities or health needs. The District's instructional goal is active participation for at least half of physical education class time. Recess, activity breaks, athletics, and ELOP activities shall supplement physical education and shall not replace required instructional minutes.

For students covered by Education Code section 49056, recess shall total at least 30 minutes on regular instructional days and 15 minutes on early release days, subject to the statutory exception for field trips or other educational programs. In a K–8 school, these requirements generally cover kindergarten through grade six; the statutory grade-six middle-school exception shall be applied only when its conditions are met.

Recess shall be supervised and distinct from physical education and meal time. It shall be outdoors when weather and air quality permit, with indoor use when necessary, and shall follow IEP and Section 504 requirements. Recess shall not be denied unless participation poses an immediate threat to physical safety; staff shall make reasonable efforts to resolve the threat and minimize exclusion.

Teachers are encouraged to provide brief movement breaks and reduce extended sedentary periods. Before- and after-school programs shall support physical activity and follow their applicable nutrition requirements. Community use of District facilities may support wellness when approved under facility-use policies and safety requirements.

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VI. Goals Monitoring and Public Review

The Superintendent/Principal or designee shall use the following implementation goals and maintain records showing progress:

- Meal access: Make breakfast and lunch available without charge each school day and review participation and barriers to access at least annually.
- Nutrition education: Include standards-based nutrition learning in each grade and review curriculum implementation annually.
- Food compliance: Approve school food sales and classroom food offerings before use, retain relevant records, and communicate adopted home-snack guidelines each year.
- Physical activity: Review physical education schedules and instructional records for required minutes and check recess schedules for compliance each school year.
- Family participation: Provide an annual opportunity for community input and share the policy, implementation updates, and ways to participate.

At least once every three years, the District shall assess each school's compliance with the wellness policy, compare the policy with model policies, and evaluate progress toward District goals. Assessment findings shall be reported to the Board and made available to the public. The policy shall be updated as needed based on findings, community input, and changes in law.

The District shall annually inform the public about the policy's content and implementation and make the policy and updates available through its website and other accessible communications. Required records shall include the written policy, assessments, public notifications, and evidence of community participation. The Superintendent/Principal or designee shall provide the Board an annual implementation update.

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District Review Notes and Source References

This page supports administrative review and is not intended for the student handbook.

The District's published BP 5030 encourages nutritious foods from home and discourages non-nutritious foods, while requiring standards for foods sold or offered by the school. The new restrictions on personal snacks, soda, energy drinks, and extremely spicy packaged snacks are proposed local additions. Before publishing them as enforceable rules, reconcile and adopt the additions through the District's Board policy and administrative regulation process.

The February 2026 District wellness plan is newer than the uploaded text and identifies a meal-service agreement with another local educational agency. This draft preserves that service arrangement, updates free breakfast and lunch access, and replaces fixed milk and nutrition descriptions with current program requirements. Staff should verify the service agreement and responsible designees before final adoption.

Upcoming requirements shall be implemented when effective. California Health and Safety Code section 109025 prohibits specified additives beginning January 1, 2027. Education Code restrictions on specified dyes in competitive foods and beverages take effect December 31, 2027. These future requirements are not described as already in effect on October 3, 2026.

Authorities and public sources checked

District BP 5030 Student Wellness, adopted June 13, 2023
https://d16k74nzx9emoe.cloudfront.net/501c39d4-686c-434b-b7f1-646300d94c11.pdf

District Local School Wellness Plan, adopted February 12, 2026
https://d16k74nzx9emoe.cloudfront.net/08734dd2-0496-428b-a4aa-004fdc38dcef/Pioneer%20wellness%20plan%202026.docx%20-3.pdf

CDE Competitive Foods and Beverages; Education Code 49430–49434; 5 CCR 15500–15501 and 15575–15578; 7 CFR 210.11
https://www.cde.ca.gov/ls/nu/he/compfoods.asp

CDE California State Meal Mandate; Education Code 49501.5
https://www.cde.ca.gov/ls/nu/sn/mbsnp052026.asp

CDE Local School Wellness Policy; 42 USC 1758b and 7 CFR 210.31
https://www.cde.ca.gov/ls/nu/he/wellness.asp

Education Code 49056, recess
https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=EDC&sectionNum=49056.

CDE Physical Education FAQs; Education Code 51210, 51222, and 51223
https://www.cde.ca.gov/ci/pl/physeducfaqs.asp

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