

**JANESVILLE UNION ELEMENTARY SCHOOL DISTRICT
HEALTH AND WELLNESS POLICY**

SCHOOL WELLNESS COMMITTEE

The District's Wellness Committee will be a subfunction of the School Site Council. The Site Council will agendize the wellness policy at least one time per year.

Leadership and Oversight

The Superintendent/Principal is designated as the lead person for the wellness policy, responsible for convening the Wellness Committee, ensuring regular updates, and overseeing compliance. The Wellness Committee will include diverse stakeholders, including parents, teachers, school administrators, students, and community members. The committee will meet at least once a year to assess and update the policy, ensuring it remains relevant and effective.

- **Responsibilities of the Wellness Committee:**
 - Conduct an annual review of the wellness policy.
 - Gather input from a broad range of stakeholders, including the school community, parents, and public health experts.
 - Evaluate the success of nutrition programs, physical activity initiatives, and health education programs.
 - Propose necessary revisions based on community needs and policy effectiveness.

Contact Information for Oversight: Superintendent/Principal

P.O. Box 280

Janesville, CA 96114

Phone: 530-253-3660

Public Communication:

- The wellness policy will be published on the district website, made available in the school handbook, and communicated to all stakeholders through email newsletters and during annual parent meetings.

Recordkeeping and Compliance

The District will maintain a comprehensive recordkeeping system to document compliance with the wellness policy at the District Office, including:

- **Written Wellness Policy:** A current version of the wellness policy will be available to the public on the district website.

- **Public Notification Documentation:** Proof of annual notification to parents, students, and the community about the wellness policy and updates.
- **Triennial Progress Assessment:** A report on policy implementation, including feedback from stakeholders, compliance results, and the degree to which the wellness policy goals are being achieved, will be shared annually. The report will include:
 - Schools under the district's jurisdiction.
 - Compliance with wellness standards.
 - A comparison of the district's policy to the USDA Smart Snacks and model wellness policies.
- **Triennial Assessment Contact:**
 Superintendent/Principal, 530-253-3660
 The progress report will be made publicly available on the district website.

Nutritional Programs

Healthy Food Options:

- **School Meals Compliance:**
 A nutritionally balanced breakfast and lunch will be served daily that meet the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP) standards. Menus will be posted on the district website and shared monthly through school newsletters.
- **Encouraging Healthy Snacks:**
 Parents will be encouraged to provide only healthy snacks, such as fruits, vegetables, and whole grains, for students. Guidelines for healthy snacks will be provided on the district website and distributed through the school newsletter periodically.
- **Ban on Sugary Beverages:**
 Soda and carbonated drinks will be prohibited during school hours. Special events (e.g., parties) may include less stringent guidelines but will be limited to four times per year to encourage healthier alternatives.
- **Special Events:**
 Special food-related events (e.g., school parties, celebrations) will emphasize healthy food choices, with clear guidelines for parents and community members about acceptable items to bring. These events will occur only four times per year to prevent excess sugar consumption.

Classroom Nutrition Awareness:

- Teachers will encourage students to bring nutritious snacks to class, with lessons integrated into various subjects on the importance of balanced diets and healthy eating.

- **Classroom Activities:**
Students will engage in projects like poster contests promoting healthy eating, and they will learn about the food pyramid and MyPlate through classroom presentations and visual aids.

Student/Community Interaction:

- **Fundraisers:**
Non-food fundraisers will be prioritized, and all fundraising activities will support wellness initiatives (e.g., fitness events, health-related products).
- **After-School Healthy Food Alternatives:**
After-school programs will provide healthy snacks and encourage physical activity. Healthy snacks will be selected based on the USDA guidelines.
- **Healthy Food List:**
An ongoing list of healthy food options will be available to families on the school website, ensuring the community has access to resources promoting good nutrition.

Nutrition Education

Nutritional Education Programs:

- Nutrition education will be integrated into the school curriculum, including science and health classes. Classroom instruction will cover topics such as:
 - The importance of a balanced diet (e.g., understanding food groups).
 - How nutrition affects energy levels and academic performance.
 - Illness prevention and good hygiene practices (e.g., handwashing, avoiding germs).
 - Food labeling and understanding portions.
- **Public Health Campaigns:**
Students will be educated about disease prevention (e.g., diabetes, obesity) through classroom lessons, assemblies, and school-wide health campaigns.
 - **Health Education Topics Include:**
 - Healthy snacks and meals.
 - The importance of hydration (access to water).
 - Proper nutrition to manage health conditions (e.g., diabetes).
- **Health Aide Services:**
The school health aide will:

- Offer health screenings (e.g., vision, hearing, dental).
- Provide health education on healthy eating habits, especially for students with chronic health conditions.
- Promote the importance of vaccinations and help ensure immunization compliance.
- **Interactive Resources:**
Classrooms will display health-related posters, and the school will offer resources to parents about nutrition, illness prevention, and safety tips.

Physical Health and Activities

Physical Education (PE):

- **Grade-Level PE Requirements:**
Physical Education will be provided in compliance with California Education Code (EC sections 51210 and 51223), with a minimum of 200 minutes every 10 school days for grades 1-8.
- **PE Curriculum:**
The PE curriculum will align with the California State Board of Education Physical Education Framework, ensuring that students engage in age-appropriate activities that promote physical fitness and well-being.

School-Wide Fitness Initiatives:

- **Schoolwide Events:**
Events will be held and promoted such as a Spring-a-Thon that will encourage physical activity through fun and competition. Walk/Jog events will be organized to promote fitness, with students raising money for wellness programs and community projects.
- **Fitness Testing:**
Grades 5 and 7 will participate in annual spring fitness testing, including assessments of endurance, strength, and flexibility, as preparation for high school physical education programs.

Competitive Foods and Beverages

- **USDA Smart Snacks Compliance:**
Foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks standards for healthy snacks and beverages. These include limitations on sugar content, fat content, and portion sizes.

- **After-School Sale Guidelines:**

Non-compliant foods may be sold after school hours at school-sponsored events, but only after half an hour has passed since the school day ended.

Water Availability

- **Access to Water:**

Drinking water will be readily available in all eating areas, during mealtime, and throughout the school day. Students will be encouraged to drink water regularly to stay hydrated and promote better concentration during lessons.

Monitoring, Implementation, and Evaluation

- **Monitoring and Reporting:**

The Superintendent/Principal will ensure the wellness policy is effectively implemented through continuous monitoring. The Wellness Committee will evaluate the policy at least once a year, with adjustments made based on feedback from students, staff, and parents.

- **Triennial Assessment Process:**

A detailed evaluation report will be produced every three years to assess policy compliance, review the effectiveness of nutrition and physical activity programs, and measure progress toward achieving wellness goals.

USDA Nondiscrimination Statement

The District will post the USDA Nondiscrimination Statement in all school spaces, including the cafeteria, hallways, and on the district website. The policy will explicitly mention that no one will be discriminated against based on race, color, national origin, sex, disability, or age.

SNAP and FDPIR State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of

hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, 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 Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Board Approval: 4-8-25