

**STUDENT WELLNESS**

The Palermo Union Elementary School District is committed to providing a school environment that enhances learning and develops lifelong wellness practices. Our school will encourage students to develop healthy habits of eating and physical activity.

To accomplish these goals:

- The Child Nutrition Program will comply with federal, state and local requirements. The Child Nutrition Program will be accessible to all children.
- Nutrition education will be promoted and provided to all students.
- Patterns of meaningful physical activity will connect to student’s lives outside of physical education.
- School-based activities will be consistent with wellness policy goals.
- All foods and beverages made available on campus during the school day, including celebrations, snacks, rewards, and fundraising, will be consistent with the California State Department of Education, and USDA requirements.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- Teachers and staff will be encouraged to model good nutritional behavior.

In response to the growing concern over childhood obesity and the onset of diabetes at the state, national and international levels, the following Wellness Plan has been developed. The Palermo Union Elementary School District desires to team with families and the community as they seek to provide a safe and nutritionally sound environment. The Palermo Union Elementary Wellness Plan meets the mandates of Child Nutrition and WIC Reauthorization Act of 2004.

Wellness Committee will include:

- School Board Member
- Superintendent
- CBO
- Director of Food Services
- Principals
- School Nurse
- Director of Special Programs

**NUTRITION STANDARDS**

- All foods made available on campus during the school day and in the extended day programs will comply with current federal, state and local requirements established by the USDA and California State Board of Education requirements.
- School meals will meet or exceed the CDE-Nutrition Services Program requirements and nutritional standards found in the federal regulations and the California State Board of Education
- Nutritional information will be readily available for menu items served in the school meal program.
- Food service personnel shall receive adequate training to include nutrition education and food service operations including safe food handling and sanitation.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will comply with the state and local food safety and sanitation regulations. A HACCP (Hazard Analysis Critical Control Point) Plan will be followed in the Child Nutrition Program to help provide assurances of proper food safety and sanitation practices.
- To ensure the safety and security of the food, access to the food service operations will be limited to Food Service Personnel and authorized personnel familiar and adhering with Child Nutrition Program regulations. Organizations that use the kitchen facilities may be required to hire a Child Nutrition Program employee to be present during times that the kitchen is used by the group.

**FUNDRAISING**

- Guidelines for snacks, beverages, vending and fundraisers, during the school day will follow California State Board of Education requirements. Ed Code sections: 49430, 49431, 49431.5, 49431.7 CA. Code of Regulations Section 15576
- All fundraising sales of food or beverage to be sold on campus will be submitted to the Site Council for prior compliance check to the District Wellness Policy. Approved Foods will be submitted for District Board for final approval.
- Food restrictions apply to ALL foods sold to students by any entity
- The following beverage and snack restrictions are effective during school hours up through one-half hour after school. After school has been deemed ½ hour after the final bell of the day.
- The Food Services Department will provide the Expanded Learning Program (also known as the After-school Program) a reimbursable snack Monday - Friday.
- The Food Service Director will be responsible for communicating guideline information to parents, students, and employees. This will help to ensure compliance of those guidelines.
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### NUTRITION EDUCATION

- Nutrition education shall be integrated into other areas of curriculum such as math, science, language arts and social studies. School staff will ensure that the nutrition standards from the California State Board of Education compliance guidelines.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver the nutrition education program.
  - ❖ Nutrition information will be available for foods served in the cafeteria.
  - ❖ The Child Nutrition Program will serve as a resource to provide teachers, students and parents the information needed to make healthy choices.
  - ❖ Cafeteria displays will help remind students of healthy, nutritional food choices.
  - ❖ Monthly menus of planned school meals will be published on the districts website and available in the office.
  - ❖ Students will be encouraged by the school personnel to begin each day with a nutritious compliant breakfast, and continue with healthy food choices throughout the day.

#### Health Course of Study Nutrition Guidelines

Grade Level	Standard
Pre &K	Identify the characteristics of foods in the food guide pyramid/healthy eating plate. Examples: taste, smell, color, texture
1.	Recognize the food groups from the pyramid guide or healthy eating plate
2.	Identify the number of daily required servings from each of the food groups on the Food Guide Pyramid.
3.	Identify the nutrients in the specific foods. Examples: proteins and fats in meats, carbohydrates and vitamins in vegetables. Apply information from food labels to healthy eating practices, Examples: selecting a low-fat snack, planning a healthy meal.
4.	Explain the relationship between proper nutrition and good health. Example: health benefits of following national dietary guidelines, impact of saturated and unsaturated dietary fats on the body, health impact of minimizing intake sweets.
5.	Identify the percentage of fat, protein, and carbohydrates needed in daily caloric intake. Examples: determining personal intake of calories, analyzing food labels or menus.

6. Distinguish between healthy and unhealthy dietary patterns.  
Examples: over-or under-eating versus eating a balanced diet.
7. Select healthy meals from sample menus in school and community settings.
8. Assess the consequences of poor nutrition/eating habits. Examples: eating versus skipping breakfast. Increased risk for heart disease, obesity, cancer, disability, fatigue and increased asthma related trouble.

### **STUDENT HEALTH AND WELLNESS**

#### Prevention

- Resources and materials will be provided in the school and classroom to practice sanitary habits to prevent illness.
- The school will be monitored on a regular basis to insure a safe and healthy environment.
- Staff will be provided annual training on specific student accommodations and safety precautions.

#### Supplementation of Health Care Plans

- Health Clerk will be given sufficient time to be available to students, parents, teachers and other care givers during the school day.
- The Individual Health Plan or Individual Education Plan will reflect information on students who require support services
- The school will provide and support preventive measures such a Physical Fitness testing, Vision Screening, Hearing Test, Dental Health Screening, Age appropriate Hygiene and Growth Development information.
- The school will comply with all federal, state and local immunization guidelines.

#### Coordination of Resources

- Certified school councilors and nurse will be available upon request and approval of the Superintendent/Principal.
- Medi-Cal/Healthy Families contact information, available Programs/resources and local organizations and clinics will be available to all families and community members.
- Professional development will be provided connecting staff with community resources where appropriate.

**PHYSICAL ACTIVITY**

Physical activity will be integrated across curricula and throughout the school day. Suggested activities may include walking program challenge within recess time allotment for students and staff

- Time allotted for physical activity will be consistent with state standards. National research will be considered in planning school activities and parent education.
- Technology in the physical education setting will be increased to enhance learning and to promote fitness.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. Activities that increase awareness of the need for physical activity, prevention of disease and wellness will be promoted.
- Adequate equipment will be available for all students to participate in physical education. Physical activity, facilities on school grounds will be safe.
- The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families and community members to help them incorporate physical activity into their student's lives, such as family nature/wild life walks at local parks, water and bicycle safety.

**OTHER SCHOOL BASED ACTIVITIES**

- Physical activity and the formation of healthy habits will be promoted in after-school programs.
- All school-based activities will follow local wellness guidelines.
- Support for health of all students will be demonstrated by hosting health screenings, and helping to enroll eligible children with MediCal/Healthy Families health insurance program.
- Guidelines for celebrations, snacks and fundraisers will follow California State Board of Education requirements. The school Superintendent, CBO, and Food Service Director will be responsible for communicating guideline information to parents, students and employees, and for compliance of the guidelines.
- Parents bringing treats to share in a classroom can only bring store bought, packaged items.

**WELLNESS POLICY REVIEW**

Palermo Union Elementary School District, School Wellness Policy is to be reviewed yearly by the Wellness Committee in the spring Changes may be submitted to the Board to be implemented in the coming school year.

“A Student Wellness Policy Implementation Monitoring Report” will be completed by the Wellness Committee and submitted to the Board for review every two years, starting 2018, with the Next full review: 2020.

Policy Approved: April 6, 2006  
Amended: February 7, 2018

**PALERMO UNION SCHOOL DISTRICT**  
Palermo, California