

Students**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning. The development of a student wellness policy is to provide a comprehensive program promoting healthy eating and physical activity in district students. An important goal of the District is to attend to these nutritional and physical objectives which contribute to the ability to learn, while also promoting the importance of good health.

To support the District's goals concerning the nutritional and physical health of students the following policies are recommended:

- I. Nutritional Quality of Foods and Beverages Sold on Campus
 - II. Nutrition and Health Education
 - III. Physical Activity to promote student wellness
 - IV. Monitoring and Policy Review
- I. Liberty District recognizes that children need access to healthful foods to in order learn and thrive. The nutritional quality of foods and beverages sold and served on campus shall meet or exceed the following requirements:
1. The District will provide a high quality lunch program that is available to all children regardless of their ability to pay. The district requires that our regular lunch program includes the following:
 - a) Food mostly made from scratch by vendor
 - b) Vendor will only use oil without transfat to cook food
 - c) Whole, fresh, unprocessed foods and ingredients as much as possible
 - d) Whole grains
 - e) Low sugar
 - f) Low to no transfat ingredients
 - g) Local sources
 - h) Natural or organic when available
 2. A minimum of 50% of the food sold by the district or parent organization on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085.
 - a) Milk and dairy products, including cheese, yogurt, frozen yogurt, and ice cream
 - b) Full-strength fruit and vegetable juices and fruit drinks containing 50% or more full-strength fruit juice, and fruit nectars containing 35% or more full-strength fruit juice
 - c) Fresh, frozen, canned, and dried fruits and vegetables
 - d) Nuts, seeds, and nut butters

- e) Non confection grain products, as defined by regulation of the United States Food and Drug Administration (FDA) including crackers, bread sticks, tortillas, pizzas, pretzels, bagels, muffins, popcorn.
 - f) Meat, poultry, and fish, and their products including beef jerky, tacos, meat turnovers, pizza, chili, and sandwiches
 - g) Legumes and legume products, including bean burritos, chili beans, bean dip, roasted soybeans, and soups.
2. Given young children's limited nutritional skills, should food be sold during school hours, it shall be sold as balanced meals. If available, foods and beverages sold individually shall be limited to low-fat and non-fat milk, water, fruits, and non-fried vegetables.
3. Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk, and 100% fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and no added sweeteners. (Education Code 49431.5)

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- 4. Foods sold will be carefully selected so as to contribute to students' nutritional well being and the prevention of disease.
 - 5. Foods will be sold in age-appropriate quantities and at reasonable prices.
 - 6. The superintendent and principal will have the discretion to approve fundraising activities and food sales that do not conform with the policy guidelines on a periodic basis.
- II. Liberty District is committed to teach, encourage, and support student wellness through nutritional education programs for students and families.
- 1. Student Nutrition Education offered in each classroom K – 6 shall meet or exceed the following minimum requirements:
 - a) Age-appropriate nutrition education is offered at each grade level.
 - b) Classroom health education will complement physical education by reinforcing the knowledge and self management skills needed to maintain a physically-active and healthy lifestyle.
 - 2. Liberty District will support parents in their efforts to provide a healthy diet and daily physical activity for their child.
 - a) Although nutrition quality policies only apply to food offered FOR SALE on school campus, and a student's lunch and snack are at the discretion of the family, the District will encourage all students and families to learn about healthy nutrition and physical education.

- b) The District will annually disseminate a list of healthy snack ideas, based on specific healthy food choices selected by the students, for parents to consider when choosing a food item to send or bring to school.
- c) The District will provide information to families about opportunities for students to be physically active outside the regular school day, including programs offered before and after school.
- d) The District will include information on health and nutrition in the monthly newsletter.
- e) The Liberty Daycare will promote a healthy diet and daily physical activities when students are in the Daycare program.

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III. Liberty District will provide ample opportunities for students to participate in physical activities that promote student health and wellness.

1. Physical education offered by each individual classroom teacher will meet or exceed the following P.E. requirements:
 - a) A structured physical education program including sports, games, and skill-building activities for 200 minutes every 10 days.
 - b) Physical education will be incorporated into the comprehensive health programs offered in every classroom at the discretion of each teacher.
2. Opportunities for students to participate in physical education outside of the school day will be offered to students on a regular basis. Other opportunities include, but are not limited to: Enrichment Programs, Running Club, Fitness Gram, Before and After School Programs, etc.

IV. Liberty School District shall ensure compliance with the Student Wellness Policy through the following practices of monitoring and policy review.

1. The superintendent or designee will ensure compliance with the established Student Wellness Policies and nutritional standards. (Education Code 49431)
2. Policy assessments will be conducted every two years to help review policy compliance, assess progress, and determine areas in need of revision or improvement. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation when needed.

LIBERTY ELEMENTARY SCHOOL DISTRICT
Petaluma, California

