

**Oak View Union Elementary School District's Wellness Policy
2017-2019**

MISSION STATEMENT

Oak View Union Elementary School District (OVUESD) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting nutritious eating habits, physical activity and healthy living. Therefore, it is the policy of Oak View Union Elementary School District that:

- All students will be provided with opportunities and information through school-based activities that foster a lifelong habit of proper nutrition, physical activity, and healthy living.

TO ACHIEVE THIS POLICY GOAL:

Oak View will create, strengthen, develop, implement, review, and, as necessary, revise the OVUESD Wellness policies.

NUTRITION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES AND SERVICES THAT PROMOTE STUDENT WELLNESS

Nutrition Guidelines

The OVUESD Nutrition Standards will follow the U.S.D.A Child Nutrient Standards:

- The Food Minimal Nutrition Value is the Federal Nutrition Standard.
- Elimination of all foods at or below Food Minimal Nutritional Value as defined by the USDA.

Beverages

- Water
- 100 % fruit juice
- Milk 1% and nonfat in assorted flavors

Foods

- Have 35% or less of its total calories from fat(excluding seeds and nuts).
- Have 10 % or less of its total calories from saturated fat.
- Have no more that 35% total sugar by weight.
- Snack foods and side dishes must meet USDA standards.
- Preference will be given to products that contain no transfat.

Foods and beverages sold or served by the school will meet the nutrition recommendations of the U.S.D.A. Child Nutrient Guidelines. Guidelines do not refer to food items brought from home for individual consumption.

Meals served through the Child Nutrition Programs will:

- Be appealing and attractive to children of various ages and diverse backgrounds
- Be served in clean and pleasant settings.
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- A salad bar is available daily to students who purchase a school lunch.
- Include only low-fat (one percent) and fat-free milk.
- Contain whole grains in at least half of the grains served.
- Meet target levels for sodium, fiber, and cholesterol.

Information concerning the nutritional content of all school meals and snacks should be shared with students and parents, if available.

Students will be highly discouraged from sharing food and beverages, given concerns about allergies and special diets.

Lunch

- Students will have at least 20 minutes to eat after sitting down.
- There will be access to hand washing before eating.
- Students will have access to drinking water.

Other concerns

- The school district will provide continuing professional development opportunities for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

Nutrition Education and Promotion

Oak View aims to teach, encourage, and support proper nutrition by students. Oak View should engage in nutrition promotion and provide nutrition education as part of health education that:

- Is offered through PE class and designed to provide students with the knowledge and skills necessary to promote and protect their health
- Provides staff members that are involved in nutrition education with the opportunity of adequate pre-service and ongoing in-service training that focuses on teaching strategies that promote healthy behaviors

Physical Education

All students will receive physical education instruction a minimum of 200 minutes every 10 school days. The physical fitness test will be administered to all students in fifth and seventh grade.

The following Physical Education Model Content Standards for California Public Schools will be taught to all students:

Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.

Assess and maintain a level of physical fitness to improve health and performance.

Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

Intramural Sports Program

All students in grades 4-8 will be provided with the opportunity to participate in a seasonal intramural sports program during the school day. This program includes, but is not limited to the following sports: volleyball, basketball, flag football, soccer and kickball.

Recess

All students will have the opportunity to participate in daily supervised recess, preferably outdoors, during which they are encouraged to take part in moderate to vigorous physical activity. Students in grades K-2 will receive 60 minutes a day and 3rd – 8th grade students will receive 40 minutes per day.

Counseling Services

All students have access to a part-time mental health counselor either in a group setting or individual therapy. Services can address, but are not limited to, self-esteem, negative behavior, poor grades, peer relations, social media, anxiety and other emotional disorders, and problems at home.

Attendance Program

All students will participate in the school-wide attendance program having the opportunity to earn monthly and quarterly incentive prizes for perfect attendance, culminating in an end of the year perfect attendance field trip.

Family Color Fun Run

All students and their families will have the opportunity to participate in the annual Family Color Fun Run during school. Every two-three years a Health Fair will also take place after the Fun Run to promote health and wellness.

Fall Field Day

Every fall, all students have the opportunity to participate in Fall Field Day. It is a school-wide event where all students are put on teams with middle school students serving as team captains. It is a healthy and friendly day full of team competition in physical challenges and the promotion of teamwork and school spirit. All staff are encouraged to participate as well.

Jogathon

Oak View Parent Club hosts a Jogathon every year where all students can earn monetary pledges that encourage them to run as many laps around the school track as possible during a 20 minute time frame. Staff is also encouraged to participate.

Track Meets

During the spring, Oak View has an upper grade track meet as well as a primary track meet. Students participate in a number of track events earning ribbons and or trophies. Events include but are not limited to: long distance running, sprinting, obstacle course, long jump, hurdles, and shot-put

Red Ribbon Week

All students will participate in Red Ribbon Week during the month of October that promotes healthy living by staying drug and alcohol free.

MONITORING AND POLICY REVIEW

Monitoring

The Wellness Committee will ensure compliance with established nutrition and physical activity wellness policies. The public will be notified annually of any updates or changes to the District Wellness Policy.

The Superintendent/Principal will report cafeteria utilization monthly to the School Board as well as annual results from the California Healthy Kids Survey and California Physical Fitness Test. Monthly student attendance rates will also be reported on a monthly basis.

The Food Service Director will ensure compliance with nutrition policies within school food service areas and will report the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes to the Superintendent/Principal.

Policy Review

The Wellness Committee will meet every three years to review compliance with the district's established nutrition and physical activity wellness policies. The OVUESD Wellness Policy will be provided to the school board, be posted on the District website and made available in the school office.