San Joaquin County Office of Education  
Wellness Policies on Physical Activity and Nutrition

Whereas, children require access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the San Joaquin County Office of Education is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the San Joaquin County Office of Education that:

- San Joaquin County Office of Education County Operated Schools and Programs will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing county-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served in County Operated Schools and Programs will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and
will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, County Operated Schools and Programs will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).

- County Operated Schools and Programs will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

- County Operated Schools and Programs will plan and implement activities and that support personal efforts by staff to maintain a healthy lifestyle. In order to promote health and wellness, healthy foods and activities will be incorporated into all functions and events.

- School Administrators or designees will ensure compliance with the Wellness Policies and Evaluations
San Joaquin County Office of Education
County Operated Schools Programs

WELLNESS POLICY GOALS:

I. School Health Councils

The San Joaquin County Office of Education, County Operated Schools and Programs will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to County Operated Schools and Programs for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on individual items, menus and kitchen placards.

Breakfast/Lunch. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
• County Operated Schools and Programs will to the extent possible, operate the National School Breakfast/Lunch Program.

• County Operated Schools and Programs will, to the extent possible, utilize methods to serve school breakfasts/Lunches that encourage participation, including serving, “grab-and-go” meal, or snack during morning break.

• County Operated Schools and Programs that serve meals to students will notify parents and students of the availability of the School Breakfast and Programs.

• County Operated Schools and Programs will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals** County Operated Schools and Programs will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go”.

**Meal Times and Scheduling** County Operated Schools and Programs:

• whenever possible, will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

• should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10 a.m. and 1 p.m.;

• should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

• will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

• should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

**Sharing of Foods and Beverages** Schools should discourage students from sharing their foods or beverages with one another during meals, given concerns regarding communicable diseases, allergies and other restrictions on some children’s diets.

**Food and Beverages Consumed individually (i.e., foods consumed by students outside of reimbursable school meals, such as through after school programs and field trips)**
All foods and beverages outside the reimbursable school meal programs during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Beverages**

- **Allowed:** water or seltzer water\(^1\) without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

**Foods**

- A food item served:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - will have no more than 35% of its weight from added sugars;\(^2\)
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

- If possible, a choice of at least two fruits and/or non-fried vegetables will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

**Snacks.**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on

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\(^1\) Seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

\(^2\) Added sugars include sugars added to foods during processing, foods and beverages that contain syrups, and sugars added to foods during baking, cooking, or omitting of foods.”
serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should limit celebrations that involve food during the school day to no more than one party per month. Each celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy celebration ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Whenever possible, foods and beverages offered at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages consumed individually (above).

**III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** County Operated Schools and Programs aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- links with school meal programs, other school foods, and nutrition-related community services;

- teaches media literacy with an emphasis on food marketing; and
• includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the maximum amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

• classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

• opportunities for physical activity will be incorporated into other subject lessons; and

• classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents** County Operated Schools and Programs will support parents’ efforts to provide a healthy diet and daily physical activity for their children. County Operated Schools and Programs will offer healthy eating seminars for parents, send home nutrition information and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The San Joaquin County Office of Education will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties and rewards. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

County Operated Schools and Programs will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.
beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Staff Wellness.** San Joaquin County Office of Education highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. In order to promote health and wellness, healthy foods and activities will be incorporated into County Operated Schools and Programs’ functions and events.

**IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be supervised by a certificated teacher. When activities, such as mandatory school-wide testing, make it necessary for students to remain seated for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School**

After-school and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., physical education) as punishment.

**Use of School Facilities Outside of School Hours** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

**V. Monitoring and Policy Review**

**Monitoring** The superintendent or designee will ensure compliance with established San Joaquin County Office of Education nutrition and physical activity wellness

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4 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.
policies. In each program, the administrator or designee will ensure compliance with those policies in his/her schools and will report on the school’s compliance to the County Office of Education Superintendent or designee.

School food service staff, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the site administrator). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

**Policy Review.** To help with the initial development of the district’s wellness policies, each school in the district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

*Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) mandates each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program) to adopt a district wide school wellness policy by the beginning of the school year after July 2006.*