STUDENT WELLNESS

WELLNESS POLICY

The El Monte City School District (EMCSD) Board recognizes the link between student health and learning. A comprehensive, diverse and culturally inclusive program promoting healthy eating and physical activity for district students will be provided. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

District staff and community representatives have developed a Wellness Policy that includes goals for the district in the following areas: Health and Wellness Education and Services, Food and Beverage Guidelines for all Campus Foods, Policy Monitoring and Other Wellness Considerations.

The Board will seek collaboration with the City of El Monte, after-school programs and other organizations that work to promote the health and wellness of the entire community.
WELLNESS POLICY
ADMINISTRATIVE REGULATIONS

Health and academic success are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially. The Local Wellness Policy requirement was established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004 and Healthy, Hunger-Free Kids Act of 2010. It requires each school district participating in the National School Lunch Program and or School Breakfast Program to develop, continuously implement, evaluate and update a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

Standards for Health and Wellness Education and Services

I. Comprehensive Health Education

Students will receive a comprehensive health education.

Monitoring/Responsibilities:

1. The Department of Instruction and site administrators will be responsible for monitoring:
   a. comprehensive health programs, including oral and lung health.
   b. documentation that the state mandated health education requirements for grades K through 8 are met. Lesson plans, mandated health education recording forms and observations will be used to assess health education at school sites.

California Education Code 51890

(a) For the purposes of this chapter, "comprehensive health education programs" are defined as all educational programs offered in kindergarten and grades 1 to 12, inclusive, in the public school system, including in-class and out-of-class activities designed to ensure that:

(1) Pupils will receive instruction to aid them in making decisions in matters of personal, family, and community health, to include the following subjects:
   (A) The use of health care services and products.
   (B) Mental and emotional health and development.
   (C) Drug use and misuse, including the misuse of tobacco and alcohol
   (D) Family health and child development, including the legal and financial aspects and responsibilities of marriage and parenthood.
   (E) Oral health, vision, and hearing.
   (F) Nutrition, which may include related topics such as obesity and diabetes.
   (G) Exercise, rest, and posture.
   (H) Diseases and disorders, including sickle cell anemia and related genetic diseases and disorders.
   (I) Environmental health and safety.
   (J) Community health.

(2) To the maximum extent possible, the instruction in health is structured to provide comprehensive education in health that includes all the subjects in paragraph (1).

(3) The community actively participates in the teaching of health including classroom participation by practicing professional health and safety personnel in the community.

(4) Pupils gain appreciation for the importance and value of lifelong health and the need for each individual to take responsibility for his or her own health.

(5) School districts may voluntarily provide pupils with instruction on preventative health care, including obesity and diabetes prevention through nutrition education. That are conducted by health care professionals, health care service plans, health care providers, and other entities if the activities are conducted in compliance with the statutory, regulatory, and programmatic guidelines applicable to those programs.
California Education Code 51891
As used in this chapter, "community participation" means the active participation in the planning, implementation, and evaluation of comprehensive health education by parents, professional practicing health care and public safety personnel, and public and private health care and service agencies.

California Education Code 51210
The adopted course of study for grades 1 to 6, inclusive, shall include instruction, beginning in grade 1 and continuing through grade 6, in the following areas of study:
   (f) Health, including instruction in the principles and practices of individual, family, and community health.
   (cf. 6142.8 – Health Education)

II. Nutrition Education
The Board encourages teachers to provide age-appropriate, skill-building nutrition education that is focused on behavior change at all grade levels.

   A. The Board also encourages EMCSD teachers and administrative staff to do the following:
      1. Base instruction on the EMCSD Nutrition and Physical Activity Health Standards K-8
      2. Integrate current and scientifically accurate nutrition content into before and after-school programs and classroom instruction
      3. Link classroom nutrition education to the overall school community through school gardens, cafeteria-based nutrition education, and/or parent/community outreach
      4. Model healthy eating behaviors

   B. The Board recognizes that district and school site level Nutrition Services staff is a part of the learning community and impacts the educational environment of EMCSD students.

   Monitoring/Responsibilities:
      1. Site Administrators, Director of Child Nutrition Services, Network for a Healthy California staff, and Network for a Healthy California Lead Teachers (1 or 2 per school site) are responsible for documenting staff training, resources distributed, and nutrition related activities at school sites. These activities are reported to CA Department of Public Health biannually and the Board of Education annually.

California Education Code 51210.4
The State Department of Education shall incorporate nutrition education curriculum content into the health curriculum framework at its next revision. This curriculum shall focus on pupils’ eating behaviors, be based on theories and methods proven effective by published research. Nutrition education shall be designed to help pupils learn all of the following:
Nutritional knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.

Nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.

How to assess their own personal eating habits, set goals for improvement, and achieve those goals by using the Food Guide Pyramid, Dietary Guidelines for Americans, Nutrition Fact Labels, and the Physical Activity Pyramid.

California Education Code 8990
The Legislature encourages nutritional education instructional activities that comply with all of the following:

(a) They emphasize the appealing aspects of healthy eating.
(b) They are participatory, developmentally appropriate, and enjoyable.
(c) They engage families as partners in their children's education.
(d) They encourage teachers responsible for nutrition education, who have received nutrition instruction during their credentialing program, to be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities should provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

California Education Code 8993
The Legislature encourages school instructional staff to do the following:

(b) The need to closely coordinate with the food service program and other components of the school health program in order to integrate nutrition concepts into the instruction of other subject areas.
(d) Collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to pupils and their families. Guest speakers invited to address pupils shall receive appropriate orientation to the relevant policies of the district.
(e) Disseminate information to parents, guardians, pupils, and staff about community programs that offer nutrition assistance to families.
(f) Model healthy eating behaviors

III. Physical Activity and Physical Education
As stated in the adopted Physical Education and EMCSD Nutrition and Physical Activity Health Standards, the primary goal for a school’s physical activity component is to provide opportunities for every student to develop the concepts, knowledge and skills for age appropriate physical activities; maintain physical fitness; regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A. A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to:
   • physical education
   • recess
   • walk/bike-to-school programs
   • after-school physical activity programs
   • health education that includes physical activity as a main component, and physical activity within the classroom.
   • movement breaks between subjects

B. The Board also encourages EMCSD teachers and administrative staff to do the following:
1. Base instruction on the California State Physical Education and EMCSD Nutrition/Physical Activity Health Standards K-8

2. Physical education be delivered by credentialed physical education teachers

3. Integrate current and scientifically accurate physical activity content into before and after-school programs and classroom instruction

4. Provide professional preparation and/or ongoing professional development for district teachers related to physical education and nutrition/physical activity

5. Physical education/activity and recess not be used or withheld as punishment

6. Model healthy physical activity behaviors

Monitoring/ Responsibilities:

1. Teachers and site administrators are responsible for ensuring that state mandated physical education requirements are met. Lesson plans, implementation of mandated minutes, local/state assessments and observations will be used to assess physical education at school sites.

California Education Code 51210
The adopted course of study for grades 1 to 6, inclusive, shall include instruction, beginning in grade 1 and continuing through grade 6, in the following areas of study:

(g) Physical education, with emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each 10 schooldays, exclusive of recesses and the lunch period.

California Education Code 51210, 51222, 51223
The minimum requirements for physical education are

Elementary grades 1-6, minimum of 200 minutes each ten days
Secondary grades 7-12, minimum of 400 minutes each ten days
Elementary school districts grades 1-8, minimum of 200 minutes each ten days

California Education Code 33350
The State Department of Education shall do all of the following:

(a) Adopt rules and regulations that it deems necessary and proper to secure the establishment of courses in physical education in the elementary and secondary schools.

(b) Compile or cause to be compiled and printed a manual in physical education for distribution to teachers in the public schools of the state.

(c) Encourage school districts offering instruction in kindergarten and any of grades 1 to 12, inclusive, to the extent that resources are available, to provide quality physical education that develops the knowledge, attitudes, skills, behavior, and motivation needed to be physically active and fit for life; to provide daily recess periods for elementary school pupils, featuring time for unstructured but supervised play; to provide extracurricular physical activity and fitness programs and physical activity and fitness clubs; and to encourage the use of school facilities for physical activity and fitness programs offered by the school, public park and recreation districts, or community-based organizations outside of school hours.
California Education Code 5210.2 (1)
Employ a credentialed physical education teacher to provide instruction in physical education for each class of grades 1-6.

(cf. 6142.7 – Physical Education)

IV. Health Services
School nurses shall be fully supportive of wellness policy regulations and promotion of health and wellness activities. Nurses will provide information on nutrition, disease prevention and detection. School nurses are available to provide voluntary health screenings for staff monthly upon request.

School nurses promote attendance by providing resources for flu clinics, nutrition counseling, respiratory management and other preventive medical opportunities for students, staff and community.

EMCSD health services will seek local community resources for health education opportunities for students, staff and community.

Monitoring/ Responsibilities:
1. Health Services Chairperson is responsible for providing nutrition counseling, ensuring that state mandated screenings and program requirements are met.

V. Nutrition Services
Healthy, active, and well-nourished children are more likely to attend school and are more prepared and motivated to learn. Good nutrition helps: maintain concentration, sustain energy levels, improve classroom behavior, and reduce the risk of being overweight or obese. Additionally it supports good oral and lung health reducing the risk of dental cavities and asthma. Teachers, parents, and administrators should be notified if a student does not eat breakfast or lunch on a regular basis.

A. The Board recognizes that each student needs a nutritious breakfast in order to be healthy, active, and ready to learn.

1. Therefore, increased participation in the National School Breakfast program shall be promoted and supported

B. The District recognizes that students need adequate time to eat a nutritious meal. Students should have over 20 minutes to eat after sitting down with their lunch.

1. Each student must have the opportunity to eat a nutritious lunch around midday and must return to class before school dismissal

2. Students should have the opportunity to go through the lunch line

3. Students with sack lunches should not be seated separately from students with school lunches. All students shall be treated equally and fairly
In order to promote student health and achievement, Child Nutrition Services uses the SHAPE California Nutrient Standard Menu Planning system, which is more rigorous than the federal minimum requirement. The weekly average of menus must meet calories and nutrient standards for protein, fat, saturated fat, vitamins A and C, iron, and calcium. Cholesterol, fiber, carbohydrate, and sodium levels are also monitored. (cf. 3550 – Food Service/Child Nutrition Program)

Monitoring/Responsibilities:
1. Director of Child Nutrition Services is responsible for offering a nutritious and appealing school breakfast to all students in the district.
2. The Director and Assistant Director will work with school site administrators on school breakfast promotions to increase participation in the program.
3. Site administrators are responsible for ensuring students and their families are aware of the School Breakfast and Lunch Program and that it is accessible to all students. Bus schedules and school schedules should be taken into consideration in ensuring adequate time for student dining.
4. Director of Child Nutrition Services is responsible for ensuring that SHAPE menu planning requirements are met. Nutrition analysis is used to assess the nutrient content of weekly menus and guarantee that the SHAPE standards are achieved. The California Department of Education conducts a Coordinated Review Effort every five years to measure compliance to school meal requirements.

Standards for all Foods and Beverages Available on School Campus
All foods and beverages offered in the EMCSD, regardless of the time of day and day of the week will meet or exceed the following guidelines:

I. State and Federal Regulations

A. A La Cart Foods
   • Not more than 35% of the total calories, excluding nuts and seeds, are from fat
   • Not more than 10% of the food item’s total calories are from saturated fat
   • Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is from sugar.
   • No food classified as Food of Minimal Nutritional Value (FMNV) shall be served, including:
     o Soda Water, sport drinks and other carbonated beverages
     o Chewing Gum
     o Water Ices (except those containing fruit or fruit juice)
     o Certain Candies: hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, or candy coated popcorn
   • Not more than 175 calories per individual food item for elementary school.
   • No more than 250 calories per individual food item for middle school.

B. Beverages
   Pursuant to California Education Code 49431.5, regardless of the time of day, no beverages, other than water, milk, 100% fruit juices,
or fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners, may be sold or served at an EMCSD K-8 campus. Any policy adopted by the Federal Government or by the State of California will automatically become part of the EMCSD Wellness Policy.

C. **EMCSD / Alliance for a Healthier Generation Competitive Food and Beverage Guidelines**

1. All competitive and a la carte foods and beverages for sale to students outside of the school meals program during the regular and extended school day must meet or exceed the Alliance School Beverage Guidelines, including vending machines and fundraising.

2. Individually sold entrees are not served to students anytime during the school day.

3. (See Supporting Documents)

II. **Competitive Foods**

The Board believes that students’ lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Nutrition standards should address all foods and beverages sold or served to students, including those available outside the school meal programs.

A. All foods available to students, regardless of the time of day, or day of the week, must meet or exceed state and federal regulations, as well as the EMCSD and Alliance for a Healthier Generation competitive food and beverage guidelines.

B. Pursuant to California Education Code 49431.5, regardless of the time of day, no beverages, other than water, milk, 100% fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners, may be sold to a pupil at an elementary school (K-8).

C. The Board recommends that all beverages and competitive foods offered for sale to students outside of the school meals program, during the regular and extended school day or on weekends, must meet or exceed state and federal regulations as well as the EMCSD and Alliance for a Healthier Generation Competitive Food and Beverage Guidelines. Nutritional guidelines can be obtained on the EMCSD website or from the Child Nutrition Office.

**Monitoring/Responsibilities:**

1. The Superintendent, Director of Child Nutrition Services and Site Administrators are responsible for ensuring that all foods available on school campuses, regardless of the time of day, meet or exceed state and federal regulations, as well as the EMCSD and Alliance for a Healthier Generation Competitive Food and Beverage Guidelines. Reviews and observations will be used to measure compliance.
Standards for Other Wellness Considerations

I. Drinking Water
Every student should have access to free, potable drinking water, throughout the school day.

II. Classroom Parties and Celebrations
Classroom parties/celebrations involving food are limited during the school day to no more than two parties/celebrations per class per year.

1. Classroom parties/celebrations involving food must occur after the last lunch period for the grade level or class.

2. The Board recommends that all foods and beverages provided for these classroom celebrations must meet or exceed state and federal regulations as well as the EMCSD and Alliance for a Healthier Generation competitive food and beverage guidelines. They shall be selected from a list of healthy foods or be a part of a complete, nutritious meal.

Child Nutrition Services can provide fruit, vegetable, and milk to ensure a complete meal. To ensure a healthy selection of treats and ensure food safety, parents may arrange with the Child Nutrition Services Department for catering class parties/celebrations.

III. Student Birthday Recognition
The Board encourages non-food rewards for recognition of birthday. Sample activities that celebrate the child are available on the EMCSD website or can be obtained from the Child Nutrition Office.

IV. Celebrating Success in the Classroom
The Board encourages non-food rewards for recognition of classroom success and achievement. Sample activities that celebrate the child are available on the EMCSD website or can be obtained from the Child Nutrition Office.

California Education Code 8993
The Legislature encourages school instructional staff to do the following:
(a) Be informed about the negative consequences of using food as a reward and of withholding food from pupils as punishment.

V. Snacks, Brown Bag Lunch and Outside Foods
The Board recommends that all snacks, brown bag lunches or outside foods brought from home or a local restaurant, be selected from a list of healthy foods and/or be a part of a complete, nutritious meal. It is suggested that all food items available to students on campus meet or exceed state and federal regulations as
well as the EMCSD and Alliance for a Healthier Generation competitive food and beverage guidelines.

Monitoring/Responsibilities I – V:
1. Site administrators are responsible for communicating expectations to teachers about the frequency and content of classroom parties, celebrations, birthday recognitions and classroom rewards. Site policy and observations will determine compliance.
2. Site administrators are responsible for communicating expectations for snacks, brown bag lunch and outside foods to teachers and parent groups.

VI. After-school Programs
According to Board Policy, all foods available to students, regardless of the time of day, must meet or exceed state and federal regulations as well as the EMCSD and Alliance for a Healthier Generation competitive food and beverage guidelines.

Monitoring/Responsibilities:
1. Site administrators and CSH team are responsible for communicating the expectations of the Wellness Policy to after-school program providers.

VII. Fundraising
All fundraisers held on campus, regardless of the time of day, must be approved by the Board. The Board recommends non-food and healthy food fundraisers regardless of the time of day, within or outside school grounds, meet or exceed state and federal regulations as well as the EMCSD and Alliance for a Healthier Generation competitive food and beverage guidelines.

As per California Education Code Section 15500: no more than 4 food and/or beverage sales are allowed per year per school site and only 1 food item can be sold per sale.
(cf. 3554 – Other Food Sales)

Monitoring/Responsibilities:
1. Site administrators are responsible for communicating expectations for non-food and healthy food fundraisers to teachers and parent groups.
2. The Board of Education is responsible for reviewing and approving fundraiser applications and therefore can ensure that expectations are met.
3. The CSH/Wellness & Achievement Advisory Council can review fundraiser applications on file to determine compliance.

California Education Code 49430(f)
As used in this article, the following terms have the following meanings:
(f) “Sold” means the exchange of food for money, coupons, or vouchers.

California Education Code 49431
(a) (1) Commencing July 1, 2007, at each elementary school, the only food that may be sold to a pupil during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.

(2) An individually sold dairy or whole grain food item may be sold to pupils at an elementary school, except food sold as part of a USDA meal program, if it meets all of the following standards:
(A) Not more than 35 percent of its total calories shall be from fat.
(B) Not more than 10 percent of its total calories shall be from saturated fat.
(C) Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar.
(D) Not more than 175 calories per individual food item.

California Education Code 49431.2
(a) Commencing July 1, 2007, snacks sold to a pupil in middle, junior, or high school, except food served as part of a USDA meal program, shall meet all of the following standards:
   (1) Not more than 35 percent of its total calories shall be from fat. This paragraph does not apply to the sale of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
   (2) Not more than 10 percent of its total calories shall be from saturated fat. This subparagraph does not apply to eggs or cheese packaged for individual sale.
   (3) Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugars. This paragraph does not apply to the sale of fruits or vegetables that have not been deep fried.
   (4) No more than 250 calories per individual food item.
(b) Commencing July 1, 2007, entree items sold to a pupil in middle, junior, or high school, except food served as part of a USDA meal program, shall contain no more than 400 calories per entree, shall contain no more than 4 grams of fat per 100 calories contained in each entree, and shall be categorized as entree items in the School Breakfast Program or National School Lunch Program.
(c) A middle, junior, or high school may permit the sale of food items that do not comply with subdivision (a) or (b) in any of the following circumstances:
   (1) The sale of those items takes place off of and away from school premises.
   (2) The sale of those items takes place on school premises at least one-half hour after the end of the school day.
   (3) The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.
(d) It is the intent of the Legislature that the Board of a school district annually review its compliance with the nutrition standards described in this section.

California Education Code 49431.5
(a) (1) Regardless of the time of day, only the following beverages may be sold to a pupil at an elementary school:
   (A) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
   (B) Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.
   (C) Drinking water with no added sweetener.
   (D) Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
   (2) An elementary school may permit the sale of beverages that do not comply with paragraph (1) as part of a school fundraising event in any of the following circumstances:
      (A) The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school.
      (B) The items are sold by pupils of the school and the sale of those items takes place one-half hour or more after the end of the school day.
      (3) From one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a pupil at a middle or junior high school:
         (A) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
         (B) Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.
         (C) Drinking water with no added sweetener.
         (D) Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
         (E) An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.
A middle or junior high school may permit the sale of beverages that do not comply with paragraph (3) as part of a school event if the sale of those items meets all of the following criteria:

(A) The sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day.

(B) Vending machines, pupil stores, and cafeterias are used later than one-half hour after the end of the school day.

(C) This subdivision does not prohibit an elementary, or middle or junior high school from making available through a vending machine any beverage allowed under paragraph (1) or (3) at any time of day, or, in middle and junior high schools, any beverage that does not comply with paragraph (3) if the beverage only is available not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of the school day.

(b) (1) Commencing July 1, 2007, no less than 50 percent of all beverages sold to a pupil from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those enumerated by paragraph (3).

(2) Commencing July 1, 2009, all beverages sold to a pupil from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those enumerated by paragraph (3).

(3) Beverages allowed under this subdivision are all of the following:

(A) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.

(B) Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener.

(C) Drinking water with no added sweetener.

(D) Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.

(E) An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

(c) For the purposes of this section, the following terms have the following meanings:

(1) "Added sweetener" means any additive that enhances the sweetness of the beverage, including added sugar, but does not include the natural sugar or sugars that are contained within the fruit juice which is a component of the beverage.

(2) "Sale of beverages" means the exchange of a beverage for money, coupons, or vouchers.

(d) It is the intent of the Legislature that the Board of a school district annually review its compliance with this section.

(e) Notwithstanding Article 3 (commencing with Section 33050) of Chapter 1 of Part 20, compliance with this section may not be waived.

California Education Code 49431.7

(a) Commencing on July 1, 2009, a school or school district, through a vending machine or school food service establishment during school hours and one-half of an hour before and after school hours, shall not make available to pupils enrolled in kindergarten, or any of grades 1 to 12, inclusive, food containing artificial trans fat, as defined in subdivision (b), or use food containing artificial trans fat in the preparation of a food item served to those pupils.

(b) For purposes of this section, a food contains artificial trans fat if a food contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless the manufacturer’s documentation or the label required on the food, pursuant to applicable federal and state law, lists the trans fat content as less than 0.5 grams of trans fat per serving.

(c) For purposes of this section, "school food service establishment" means a place that regularly sells or serves a food item or meal on a school campus.

(d) This section does not apply to food provided as part of a USDA meal program.
In addition, the following are specific requirements for student food sales in elementary schools (California Education Code, Title 5, s 15500):
The Board may approve no more than four sales per year of one “dessert type” food item (that, up to July 1, 2007, must be from the “nutritious” list, for example ice cream or fruit, see Section III). Effective July 1, 2007, sales must be a “dessert type” item from the new approved list (see above) unless it takes place after school or off-campus. The item selected must not be the same as one that is sold in the food service program that day at that school and must not be prepared on the school premises; the sale of this item must take place after the midday food service period.

Standards for Monitoring Wellness Policy
The Wellness & Achievement Advisory Council distributes annual surveys to all District Staff. The CSH Wellness and Achievement Advisory Council Steering Committee based upon the survey outcomes reviews, evaluates and updates the EMCSD local wellness policy to ensure that it promotes the health of students and addresses the growing problem of childhood obesity.

Monitoring/Responsibilities:
1. The Director of Child Nutrition Services, Principals, Nutrition Network staff, and Nutrition Network Lead Teachers and School Site councils are responsible to meet and discuss Wellness Policy implementation, including the input gathered from family members, guardians and students, every other month during the school year.
2. The CSH Wellness and Achievement Advisory Council Steering Committee will monitor, evaluate and update the EMCSD Local Wellness Policy and provide an annual report to the Board of Education on the progress of policy implementation. A summary of the annual report will be shared with the public via the Board Report newsletter.
3. The Steering Committee shall annually review school site implementation and compliance with the EMCSD Local Wellness Policy via the annual Wellness Survey.
EMCSD Overarching Wellness Goals

In 2004, the Child Nutrition and Women, Infants and Children Reauthorization Act required local educational agencies sponsoring school meal programs to establish a wellness policy by the beginning of school year 2006-2007. The El Monte City School District (EMCSD) Board established a policy in July 2006. This policy was reviewed and updated in December 2010 and again in November 2012. This policy provides guidelines that combine education with practice to create healthful school environments and encourage healthy behavior.

Development is the easy part. Our challenge is the implementation, monitoring and evaluation of this important policy; we need your assistance and support.

We want to create an environment for all students, staff and parents that will support and improve healthy behaviors. Successful programs are in place to enable efficient and effective collaboration. Here are just a few examples:

**Nutrition Education for all**
Continued teacher nutrition education is crucial for the achievement of EMCSD students. According to the 2009 Society for Nutrition Education Report, *State of Nutrition Education and Promotion for Children and Adolescents*, “a coordinated health and safety systems approach to nutrition education and promotion provided the following outcomes: higher test scores, improved average attendance, increased graduation rates, and decreased discipline referrals, in-school detentions, and out-of-school suspensions. The increased focus on the nutritional health and physical well-being was central to these achievements.” We are currently privileged to have the *Network for a Healthy California* offer resources necessary to provide our students, parents and teachers with nutrition education. By filling out the *Network Nutrition Education Teacher Time Logs* quarterly, EMCSD staff play an important role in securing the funding for this program.

**Physical Activity**
All students should have the opportunity to engage in daily physical activity breaks. During the school day, children need a break from sedentary activities in the classroom. Engaging the body and mind in physical activity will provide students with a much-needed break from sedentary time. The increased blood flow to the brain will prime the brain for learning and assist students in focusing on the next learning activity. Physical activity breaks also help the students to achieve the recommended target of 60 minutes a day of physical activity to promote health and help to prevent obesity.

**Physical Education**
Physical education contributes significantly to every student’s health and well-being. The state requires that all students participate in a minimum of 200 minutes of physical education every ten days. Students are entitled to a standards based program with
instruction in developing motor skills and movement patterns, demonstrating knowledge of movement concepts, knowledge of physical fitness concepts and principles, maintaining physical fitness, and the psychological and sociological concepts and strategies that apply to the learning and performance of physical activity. A high quality physical education program promotes an active lifestyle and improved health, motor skill development and better cognitive performance.

**Healthy Celebrations**
The Board requests that classroom parties/celebrations involving food provided by parents be limited during the school day to no more than two parties per class per year. Classroom parties/celebrations should occur after the last lunch period. The Board recommends that all food and beverages provided for these classroom celebrations shall be selected from a list of healthy foods or be a part of a complete, nutritious meal.

**Healthy Fundraisers**
The partnership between PTA or other campus parent groups (ELAC, School Site Council) and each school site continues to be crucial for success on many levels. For example, PTA is a key supporter of funds for the much needed activities and equipment. However, a recent study shows that the largest barriers reported to implementing the wellness policies were the use of food for fundraising. The support of the PTA is necessary for a successful wellness policy implementation. School fundraising can be healthy and profitable!

**Staff Wellness**
It is the goal of our district is to keep EMCSD staff healthy. A monthly e-newsletter that focuses on wellness will be published the first of each month. These e-newsletters will provide current, timely and most importantly, useful messages and physical activity opportunities to keep staff at their best both physically and mentally.

**Alliance for a Healthier Generation**
It is the goal of the EMCSD for every school to partake in the Alliance for a Healthier Generation Healthy Schools program. The Alliance supports the district’s goal to improve the learning environments of all students in a number of different categories in the areas of policy, nutrition education, physical education, health education, school meals, among others.

**Healthier US Schools Challenge**
It is also a goal of the EMCSD to continue to meet the USDA’s Healthier US Schools Challenge. This challenge requires schools to meet guidelines based on components of student wellness including school meals, nutrition education, physical education, and policy, among others.