

A photograph of a modern school building with a prominent bell tower. The building features large windows and a light-colored facade. In the foreground, a large bell is mounted on a pedestal, surrounded by landscaping. The scene is set against a clear blue sky with some greenery visible on the sides.

Local School Wellness Policy

South Pasadena Unified School District



Student Wellness

The governing board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.



Nutrition Education

A. Goals

- The Local School Wellness Policy Committee will work to establish volunteer-based wellness committees at each school site.
- The Local School Wellness Policy Committee and District will work together to evaluate the current K-12 nutrition education programs, in order to determine areas of improvement.

B. Implementation

Schools will provide nutrition education integrated into other subjects/broader curriculum, as part of health education and offer stand-alone classes at each grade level.

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at most grade levels (K-12) following the chart in Appendix B. Supplementary sequential nutrition education materials shall be provided to teachers via the nutrition services website.

1. Early Intervention

Research shows that early intervention is the most effective way to influence behavior and create behavior change.

To foster healthy behaviors, healthy meals and age-appropriate nutrition education will be provided for all students, in accordance with the Healthy, Hunger-Free Kids Act of 2010, and the Health Education Content Standards for California Public Schools.

2. Focused, Interactive, and Clear Lessons

Teachers are encouraged to use focused, interactive lesson plans, such as using arithmetic skills to convert between grams and teaspoons of sugar, so that students understand how to read food labels in a meaningful way and retain knowledge that will help them navigate food choices.

Nutrition education is most effective when it is tied to a clear behavioral goal. After each lesson, teachers are encouraged to instruct students to write down what they learned and the behavior changes they will implement based on the lesson.

Whenever possible, teachers should also provide handouts for students to take home, so that they may share their nutrition education with their entire family. Free resources for teachers are available on the SPUSD Food & Wellness website.

3. Current SPUSD Nutrition Education Standards:

SPUSD encourages teachers to comply with the Health Education Content Standards for California Public Schools, which provides a suggested framework for providing high quality health education at all grade levels.

Nutrition Education is one area of study included in the comprehensive Health Education program. The Health Education Content Standards for California Public Schools suggests addressing specific topics at each grade level. Although implementation of these standards is strongly encouraged, it is not required by federal or state legislation. A copy of these standards is available at all school sites as an addendum to the District Wellness Policy.



4. Nutrition Education and the School Food Environment

- District shall provide a website with comprehensive nutrition resources geared toward nutrition education, including education curriculum ideas for teachers to utilize in their lesson plans. Website shall also provide monthly menus and updates to the nutrition services department.
- Website shall include monthly “Harvest of the Month” materials to highlight seasonal menu offerings and the nutritional benefits of the produce highlighted. This, and other educational posters will be displayed in the cafeteria to promote nutrition education beyond classroom time.
- To reinforce nutrition education lessons conducted in the classroom, all school meals, beverages, and competitive foods served on campus follow the aforementioned nutrition guidelines, which are in compliance with USDA recommendations for optimal health.
- Food service lines are designed to be streamlined and move quickly, so that children have more time to eat mindfully and pay attention to their body’s hunger and fullness cues.
- The SPUSD food service staff makes every effort to present healthy meal choices in an attractive and appetizing manner to improve student enjoyment and acceptance.

5. Including Students

Feedback will be periodically requested from students on new menu items. Opportunities for student & parent taste-tests will be made available.

6. Food Chemistry Class

South Pasadena Middle School offers a food chemistry class for students interested in learning more about the science of food.



HARVEST OF THE MONTH

7. Agriculture and the Food System

Students will receive education about agriculture and the food system through the Harvest of the Month program, highlighting different produce, either a fruit or vegetable, each month. This will include information on the item, healthy serving ideas, produce tips, a recipe, the RDA for fruits and vegetables, and a section promoting physical activity.

Efforts will be made to compost plant-based food waste.

The District supports efforts to run school gardens on its campuses.

Efforts will be made to include field trips containing nutrition or health related messages. Examples include trips to local farms, nutrition programs like Meals on Wheels, local farmers markets, or wellness programs.

8. Guest Speakers

Each year, the Local School Wellness Policy Committee will discuss options for guest speakers to invite to speak to SPUSD students on various health and wellness topics.

9. Special Events

SPUSD participates in the Drug Abuse Resistance Education (D.A.R.E.) Program, which teaches students decision making for safe & healthy living.



Standards for USDA Child Nutrition Programs and School Meals

A. Student Access to Healthy Foods and Beverages at School

Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. Click link for specific standards: <https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>.

- Meal standards vary, based on education level (elementary, middle, or upper schools), and whether the foods are served as part of the National Breakfast Program, National School Lunch Program, or sold separately (also known as competitive foods).

All school meals offered and sold on SPUSD school campuses shall be in alignment with the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) meal pattern and dietary specifications, as well as California Education Code.

The following general guidelines apply to all foods served on SPUSD campuses:

Whole Grain Rich

All grain-based products must be at least 50% whole grain by weight, or contain whole grains as the first ingredient, or include the statement, "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease."

No Fried Foods

No food items will be sold or served that have been deep fried, par fried, or flash fried by a school or school district.

No Trans Fats

No food items will be sold or served that contain artificial trans fats from vegetable shortening, margarine, hydrogenated or partially hydrogenated vegetable oils, unless the nutrition label lists the trans-fat content as zero (legally, less than 0.5g per serving).

Prohibition of Certain Saturated Fats

No food items will be sold or served which, as part of the manufacturing process, have been deep fried; par fried, or pan fried using palm oil, coconut oil, palm kernel oil, or lard.

The following components must be offered on a daily basis:

- At least 1 cup fruit (or vegetables as a substitute) (grades K-12).
- At least 1 ounce grains (or optional meat/meat alternatives) (grades K-12).
- At least 1 cup fluid milk (grades K-12).

The following must be served on a daily basis:

- At least 3 food items.
- One of which must be at least 1/2 cup fruit or vegetable.

Average Weekly Requirements Per Meal:

Grades K-5

- 350-500 calories, <10% calories from saturated fat, no more than 485 mg of sodium (2017-2018 school year sodium requirements. Current requirement is ≤ 540 mg. 2022-2023 school year target is ≤ 430 mg.)

Grades 6-8

- 400-550 calories, <10% of calories from saturated fat, no more than 535 mg of sodium (2017-2018 school year sodium requirements. Current requirement is ≤ 600 mg. 2022-2023 school year target is ≤ 470 mg.)

Grades 9-12

- 450-600 calories, <10% calories from saturated fat, no more than 570 mg of sodium (2017-2018 school year sodium requirements. Current requirement is 640 mg. 2022-2023 school year target is 500 mg.)

Reference: <https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf> (7 CFR 210 & 220)

C. Nutrition Guidelines for the School Lunch Program

SPUSD schools participate in the National School Lunch Program, which offers nutritious, well-balanced, age appropriate lunches to all students on every campus.

SPUSD adheres to federal Offer versus Serve guidelines for all reimbursable lunch meals. Offer vs. serve guidelines allow students to decline some of the food offered at lunch, in order to reduce food waste and increase student choice and satisfaction, while still promoting good nutrition.



Offer vs. Serve Guidelines:

- Students must be offered all five lunch components on a daily basis (see below).
- Students are only required to be served three of the five daily components, one of which must be at least $\frac{1}{2}$ cup fruit or vegetable.

1. School Lunch Program Requirements:**The following must be offered throughout the 5-day school week:**

- 2.5 cups of fruit (grade K-8), or 5 cups of fruit (grades 9-12)
- 3.75 cups vegetables (grades K-8), or 5 cups of vegetables (grades 9-12)

The vegetables offered each week must include at least:

- $\frac{1}{2}$ cup dark leafy green vegetables (grades K-12)
 - $\frac{3}{4}$ cup orange vegetables (grade K-8), or 1.25 cups (grades 9-12)
 - $\frac{1}{2}$ cup legumes (grades K-12)
 - $\frac{1}{2}$ cup starchy vegetables (grades K-12)
 - $\frac{1}{2}$ cup "other" vegetables (grades K-8), or $\frac{3}{4}$ cup (grades 9-12)
 - Plus 1 to 1.5 additional cups from any category
-
- 8-9 ounces of grains/bread (grades K-5), 8-10 ounces (grades 6-8), or 10-12 ounces (grades 9-12)
 - 8-10 ounces meat/meat alternatives (grades K-5), 9-10 ounces (grades 6-8), 10-12 ounces (grades 9-12)
 - 5 cups of milk, with at least two different types of milk offered (flavored or unflavored fat free, unflavored low fat, lactose-free) (grades K-12)

The following must be offered on a daily basis:

- At least $\frac{1}{2}$ cup fruit (grades K-8), or at least 1 cup fruit (grades 9-12)
- At least $\frac{3}{4}$ cup vegetables (grades K-8), or at least 1 cup vegetables (grades 9-12)
- At least 1 ounce grains (grades K-8), or at least 2 ounces grains (grades 9-12)
- At least 1 ounce meat or meat substitutes (grades K-8), or at least 2 ounces meat or meat substitutes (grades 9-12)
- 1 cup milk (grades K-12)



Students must be served the following on a daily basis:

- At least 1/2 cup fruit or vegetable.

Average Weekly Requirements Per Meal:

Grades K-5

- 550-650 calories, <10% calories from saturated fat, no more than 935 mg of sodium. (2017-2018 school year sodium requirements. Current requirement is ≤ 1,230 mg. 2022-2023 school year target is ≤ 640 mg.)

Grades 6-8

- 600-700 calories, <10% of calories from saturated fat, no more than 1,035 mg of sodium. (2017-2018 school year sodium requirements. Current requirement is ≤ 1,360 mg. 2022-2023 school year target is ≤ 710 mg.)

Grades 9-12

- 750-850 calories, <10% calories from saturated fat, nor more than 1,080 mg of sodium. (2017-2018 school year sodium requirements. Current requirement is ≤ 1,420 mg. 2022-2023 school year target is ≤ 740 mg.)



2. Free or Reduced Price Meals

Community Eligibility Program: All enrolled students in our school district, regardless of income level, are eligible to receive a healthy school breakfast and school lunch at no charge each day. No further action is required of you. Your child(ren) will be able to participate in these meal programs without having to pay a fee or submit a meal application. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the District website and at all school sites throughout the year.

All schools within SPUSD 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 may utilize electronic identification and payment systems; 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 or classroom breakfast.

3. School Meal Schedule

SPUSD schools comply with federal regulations that require at least twenty minutes for lunch, within the federally regulated window of 10am to 2pm.

Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after being served lunch. Schools should allow students to eat when conducting activities hosted during meal times (including tutoring, clubs, and organizational meetings).

4. Field Trip Guidelines

In the event of field trips, the Food and Nutrition Department offers sack lunches. All school sites are required to provide the option for families to order sack lunches through the Food Services Department when attending field trips that take them away from their school site for the day.

Staff may access field trip sack lunch order forms on the “Forms” page of the South Pasadena School District's business office website, along with instructions and a cover letter. Paper copies of sack lunch forms are also sent to each school site annually.

5. Access to Fresh Drinking Water

- All students have free access to fresh drinking water during school meal and snack times.

6. Local Foods

- District values purchasing local foods for the school meals program. The website features information including active links on the Farm to School program and a section on gardens. District will comply with Buy American standards.





7. Strategies to Increase Participation in School Meal Programs

- School food service staff is trained to understand the requirements for a reimbursable school meal. To increase student participation, SPUSD does the following:
- Food service staff members prompt students to select a fruit or vegetable as needed, to create a fully reimbursable meal.
- As required by federal National School Lunch Program regulations, signs are displayed adjacent to the lunch line to show students how to create a reimbursable meal.
- A monthly menu is provided on each school's website for students and parents to review. The school cafeteria environment at each campus is supervised and kept clean.
- Closed campus policies are in place on all campuses, with the exception of seniors in good standing.
- Student input is considered when developing new menu items.
- The School Nutrition Program participates in Back to School Nights and New Student Orientations, to increase awareness of school meal programs.

8. Training for SPUSD Food Service Staff

The USDA has established minimum professional standards requirements for school nutrition professionals who manage and operate the National School Lunch and School Breakfast Programs. These standards are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers, and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.

Each year, food service staff will have access to SPUSD sponsored opportunities for professional development, such as but not limited to:

- Attending local and state school nutrition meetings/conferences.
- Trainings on relevant topics such as nutrition, operations, and marketing.
- Food Handler's Certification class.



Nutrition Standards for Competitive Foods and Beverages

A. Goals

1. Members of the Local School Wellness Policy Committee will work together to design proposed District-wide guidelines for foods brought to campus for class parties.
2. The District will review the feasibility of implementing a rule that prohibits the use of food as a reward, in order to help students develop healthy relationships with food.
3. The Food & Nutrition Department will create a plan for publishing nutrition information on the SPUSD Food & Nutrition website for each food item sold

B. Nutrition Guidelines for Competitive Foods

1. What are competitive foods?

Competitive foods are all food items sold on campus that are not part of the National School Lunch Program or School Breakfast Program, such as foods sold in school stores & snack bars, vending machines, and a la carte foods sold by the school food service program. These foods are called competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.

The district is in compliance with all federal and state nutrition standards for all foods served in schools. The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

To qualify as a Smart Snack, a snack or entrée must:

- be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- have as the first ingredient a fruit, vegetable, dairy product or protein food, or be a combination food that contains at least ¼ cup of fruit and/or vegetable, and meet the following minimum standards for calories, sodium, sugar and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards.

4. Competitive Beverages Guidelines for Middle and High School

The only competitive beverages that may be sold to students include:

- Fruit-based drinks that are at least 50% fruit juice and contain no added sweetener.
- Vegetable-based drinks that are at least 50% vegetable juice and contain no added sweetener.
- Milk: 1% unflavored milk, flavored or unflavored nonfat milk. Must contain vitamins A & D, at least 25% of the calcium Daily Value and no more than 28 g of total sugar per serving.
- Non-Dairy milk: Must be nutritionally equivalent to milk. Each 8oz. serving must contain at least: 276 mg calcium, 8 g protein, 500 IU vitamin A, 100 IU vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, 1.1 mcg vitamin B12. It must contain no more than 28 g total sugar, and less than 5g fat per 8 oz. serving.
- Plain or plain carbonated water.

Non-Water Serving Size Limits:

- 8 oz. size limit for elementary schools.
- 12 oz. size limit for middle and high schools.

Additional Restrictions:

No caffeinated beverages may be served, with the exception of beverages with small amounts of naturally occurring caffeine, such as decaffeinated unsweetened iced tea.

- Beverages containing caffeine will not be sold on the high school campus. Special Allowances for High School Campuses: [NS8]

Electrolyte replacement beverages and flavored waters may be sold, as long as they contain:

- Less than 5 calories per 8 fluid ounces, serving size no more than 20 ounces. -or-
- Less than 40 calories per 8 fluid ounces, serving size no more than 12 ounces.

B. Nutrition Guidelines for Extended School Day Snacks & Beverages

Snacks provided during extended school day schedules (such as after school clubs) must also meet the competitive food and beverage guidelines described below.

C. Nutrition Guidelines for Afterschool Snacks

SPUSD campuses do not participate in sponsored after school care programs, and thus are not required to follow national standards for child and adult care programs. However, adherence to federal nutrition guidelines for afterschool snacks is strongly encouraged: [NS10, NS11]

Afterschool snacks are encouraged to contain at least two of the following components:

- 1 serving of milk
- 1 serving of meat or meat alternative
- 1 serving fruit or vegetables (100% juice acceptable, but cannot be served with milk as the only other component)
- 1 serving whole grain or enriched grains/breads





5. School Fundraisers

All fundraisers held during the school day must meet Smart Snacks standards. There are no exemptions.[NS7]

Off-campus school fundraisers do not have to adhere to the above requirements.

On-campus school fundraisers held by student organizations:

- A student organization is any group of students that is not associated with the curricula or academics of the school district. Examples: extracurricular clubs, sports teams, and organizations.
- Held at least 30 minutes after the end of the school day does not have to adhere to the above requirements.
- Held during the official school day (midnight the night before until 30 minutes after the end of instruction) must adhere to the following requirements:

Elementary School Requirements:

- Only 1 food item is allowed per sale.
- Food item sold must be approved ahead of time by the governing board.
- The sale must take place either before instruction starts or after lunch.
- The sale cannot include food items prepared on campus or items already being sold by the food service program that day.

Middle and High School Requirements:

- Only one student organization may hold a sale on any given school day, except for the pre-selected days of the year in which any organization may hold a sale (up to 4 days total).
- Up to 3 total food or beverage categories allowed per organization, per sale (example- juices, sandwiches, chips, etc.).
- The food items must meet all competitive food and beverage standards, mentioned above, and be approved by the governing board in advance.
- The sale cannot include food prepared on campus or food categories already being sold as part of the food service program on that day.
- Student groups that are associated directly with the school's curricula or academics, such as a Spanish class, are not considered student organizations, and do not need to adhere to the above requirements for prior approval by the governing board. However, all food sold must still meet competitive food standards (see section "G", above, for more details).

On-campus school fundraisers held by parent organizations or other non-student organizations:

- Held at least 30 minutes after the end of the school day do not have to adhere to the competitive food standards.
- Held during the official school day (midnight the night before until 30 minutes after the end of instruction) must adhere to the following requirements:
- All food sold must meet the nutrition requirements for competitive foods sold on campus (see section “B”, above, for more details).

Oversight & Submission Requirements:

- Oversight for school fundraisers will be conducted by designated administrators at each school site.
- All student organizations who wish to sell food on campus must contact the governing board at least 1 month in advance of the preceding board meeting for approval of all food items and categories to be sold.
- All fundraising groups are encouraged to include nutritious foods and/or non-food items in their fundraisers.

Reference: California Code of Regulations Section 15501,
<https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>



6. Classroom Celebrations & Events

The district shall provide parents with a list of allowable party foods that meet the Smart Snack standards.

*Please note that Arroyo Vista Elementary School is strictly peanut-free. All children with peanut allergies are strongly encouraged to attend this campus.



7. Food Brought to Campus for Personal Consumption

There are no restrictions on foods brought to campus for personal consumption.

- However, students are discouraged from sharing food or beverages during meal or snack times due to allergies and other dietary restrictions.

8. Non-Food Rewards

Teachers, staff, and administration are discouraged from offering food of any kind as a reward for good behavior, academic achievement, or for any other reason. Providing food as a reward for good behavior can undermine nutrition education efforts and encourage children to ignore their hunger-fullness cues and eat for non-hunger reasons.

Examples of preferred non-food rewards include:

- Physical activity, stickers, erasers, pencils, pens, markers, bookmarks, books, game time, reading time, trinkets/small toys, tokens to save for larger prizes, brain teasers, gift certificates, entry into a raffle, movie-watching time, extra time for physical activity, etc.

9. Access to Fresh Drinking Water

All students have free water available throughout the day via drinking fountains.

10. Access to Nutrition Information

Nutrition information for specific food items sold on any SPUSD campus can be requested by contacting Michelle Curry, Director of Food & Nutrition, at mcurry@spusd.net.



Physical Activity / Physical Education



A. Goals:

1. The Local School Wellness Committee and District will work together to examine the equity of physical activity opportunities among student population groups.
2. Assist site wellness committees in making recommendations to enhance and

B. Implementation:

1. California Physical Education Standards

The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects. Students in grades K-12 shall receive a sequential physical education course of study consistent with the required state Physical Education Content Standards:

- All elementary school students shall receive 150 minutes per week of physical education instruction throughout the school year.
- All middle school and high school students shall receive 225 minutes per week of physical education instruction throughout the school year.

The District recommends that at least 50% of the time spent during physical activity should involve moderate or vigorous activity.

These standards promote regular physical activity throughout the school year. The physical education curriculum shall provide all students physical education that teaches them the skills needed for lifelong physical fitness [PEPA3]. This is important, since the beneficial effects of consistent exercise begin to fade within two weeks of stopping the activity .



2. Model Standards for Physical Education Content

South Pasadena schools are encouraged to adhere to the Physical Education Model Content Standards for California Public Schools. These model standards provide examples of age-appropriate high-quality physical education concepts for each grade level. Emphasis is given to physical activities that are conducive to health and to vigor of body and mind, as specified in Section 51222 of the California Education Code. A copy of these standards is available at all school sites as an addendum to the District Wellness Policy.

3. Additional Information:

During air pollution episodes, extreme weather, or other inclement conditions, physical education staff shall make appropriate adjustments to the program or shall seek alternative indoor space to enable students to participate in active physical education.

All efforts will be made to ensure that physical education courses at the middle and high school level will have no more than a 50:1 student to teacher ratio, and no more than 33:1 at the elementary school level.

4. Physical Activity Before and After School

After School childcare and enrichment programs promote physical activity by providing dedicated time for physical activity, as well as adequate outdoor space and equipment. Before- and after-school physical activities include clubs, intramural sports, interscholastic sports, AYSO, and Little League for students in all elementary, middle and high schools. There will be opportunities for family and community engagement in these activities.



5. Physical Education Teacher Qualifications

All K-12 physical education courses are required to be taught by a certified/licensed teacher who is endorsed to teach physical education. Qualified teachers may be assisted by instructional aides, paraprofessionals, and/or volunteers.

The District shall provide physical education teachers with annual opportunities for continuing professional development that are focused on physical education/physical activity topics and competencies specifically for physical education teachers. Also, classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment.

6. Physical Education Testing

Per California state guidelines, students in grades five, seven, and nine are required to take the California Physical Fitness Test during the months of February, March, April, or May, whether or not they are enrolled in a physical education class.

All students who meet the above description must be tested, including students in alternative programs, including, but not limited to, continuation schools, independent study, community day schools, county community schools, and non-public schools. Students who are physically unable to take the entire test battery are to be given as much of the test as conditions permit (EC Section 60800; 5 CCR Section 1041).



7. Daily Recess

All K-12 school students will be provided daily physical activity breaks during all full school days. A break of at least 20 minutes a day of supervised recess, featuring time for unstructured but supervised play for all pupils will be provided.

- Recess is provided outdoors, unless weather or other unforeseen circumstances temporarily prevent doing so.
- Supervisors promote moderate to vigorous physical activity during recess.
- Recess is scheduled before lunch time, for most grades, on most campuses.

8. Classroom-Based Physical Activity.

In addition to structured physical activity, adding physical activity breaks during class time has also been found to be beneficial (11).

- SPUSD teachers and staff are encouraged to prevent extended periods of inactivity by offering stand and stretch time to students for every two hours of continuous inactivity. To lead by example, teachers are strongly encouraged to participate in the stand and stretch time when offered.
- Teachers and staff are also encouraged to incorporate physical activity and movement into their lesson plans. To assist in implementation of this policy, all teachers will be offered the opportunity to participate in professional development on best practices for incorporating physical activity into curriculum.

9. Interscholastic Sports

South Pasadena High School (SPHS) currently offers 14 different types of interscholastic sports teams, including, but not limited to:

- Badminton, baseball, basketball, cross-country, golf, football, soccer, softball, swimming, tennis, track and field, volleyball, water polo, and wrestling.
- All students in good scholastic standing are eligible to participate in tryouts.
- SPHS Athletics is also a part of the Positive Coaching Alliance, which provides workshops to coaches, students, and parents to develop better athletes and better people through sports.
- The goal of the partnership is to offer a selection of competitive sports while adhering to high standards of sportsmanship.
- Student participation in high school interscholastic sports programs is contingent on the following scholastic eligibility requirements:
- Currently enrolled in at least 20 semester periods of work.
- Passing in the equivalent of at least 20 semester periods of work at the completion of the most recent last regular grading period.
- Maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- Maintained during the previous grading period a minimum 2.0 grade point average on a 4.0 scale in all enrolled courses.

South Pasadena Middle School also offers competitive sports to 7th and 8th graders.

- Sports teams available for tryouts may include, but are not limited to basketball, cross country, football, soccer, tennis, track and field, and volleyball.





Student participation in middle school sports programs is contingent on the following scholastic eligibility requirements:

- Each student athlete must maintain a letter grade of a “C” or higher in all classes. To determine eligibility for fall sports, a grade check will be made from the athlete’s 4th quarter report card from the previous school year.
- A student who earns no more than 2 grades below a “C” will be placed on academic probation. This means you may continue to practice with the team, should you make it, but you cannot play in games.
- An athlete may be removed from academic probation at the progress report period if he or she does not earn a progress report in any classes he or she is currently enrolled in. This also applies to the end of a grading quarter as well (athlete must have C’s or better in all classes).
- If an athlete fails to improve academically while on probation either at the progress report or grading period, he or she will be removed from the team (entire season).
- An athlete may only be placed on athletic probation once a year as this cannot become habit forming.
- Grade checks are conducted regularly at the progress report and grading period during the season, so an athlete may be placed on probation during the season.
- If a student is absent from school on the day of a practice, tryout or game, that student may not participate in that activity.

10. Intramural Sports

Sixth graders at South Pasadena Middle School (SPMS) are offered co-ed intramural sports, with no tryouts required.

- Options currently include, but are not limited to: basketball, cross country, flag football, tennis, track and field, ultimate frisbee, and volleyball.



11. Other Physical Activity Programs:

The Local School Wellness Policy Committee encourages families and community members to institute programs that support physical activity, such as Walk or Bike to School Programs

Schools should develop joint-use agreements in order to provide physical activity opportunities for community members at the school.

Additional ways the District promotes physical activity include:

- Support for and promotion of the Safe Routes to School Program
- District strategies to improve student safety along routes to school and to promote walking, bicycling, and other forms of active transport to school by students may include: Education activities that promote safety and awareness, encourage strategies designed to generate interest in active transport to school, Enforcement strategies to deter unsafe behaviors of drivers, pedestrians, and bicyclist, and Engineering strategies that address the design, implementation, operation, and maintenance of traffic control devices or physical measures. <https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs>
- Bike lock stations available on campus for children who bike to school.
- All SPUSD school sites participate in Red Ribbon Week, annually. In addition, SPUSD middle and high school public physical activity areas may be available for community use outside of school hours (from 30 minutes after the end of instructions until midnight, plus weekends) to promote family-based physical activity. Exact hours of availability will vary, based on contracted use by community sports teams, etc. Elementary school activity areas are available for use outside of school hours only with prior District approval.

12. Physical Education Exemptions

Unless otherwise exempted, all students will be required to engage in the District's physical education program

The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education.





1. **Leading by Example**

- Activity programs will be available for staff members, and they will be encouraged to model healthy eating and physical activity behaviors.

2. **Physical Activity as a Reward, Not a Punishment**

Food rewards are discouraged and teachers are provided with a list of alternative ideas. We strongly recommend that staff use physical activity as a reward when feasible. [WPM3] School and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess or physical education) as punishment.

Using physical activity as punishment may lead to the development of negative attitudes towards physical activity in students. Additionally, students should never be deprived of access to activity that is essential to their wellbeing and development. These guidelines adhere to the school health guidelines set forth by the Centers for Disease Control (CDC) (25).

3. **Promoting Healthy Food and Beverage Choices**

- Milk, fruit, and vegetables options are accessible early in the meal lines to encourage children to select them, since research shows that 75% of people select one of the first three items presented (22).
- Food service staff is trained to verbally encourage students to make healthy food selections while in line to reinforce healthy habits.
- A selection of pre-packaged grab & go meal options are available to make healthy balanced meals the easy choice.



A. Policies for Food & Beverage Marketing

Marketing materials from food and beverage companies are ever-present in today's world. Today, food manufacturers spend more each year on marketing their food products than the government has invested in nutrition education since the creation of the Dietary Guidelines for Americans in 1980. (20, 21)

- Marketing is defined as any oral, written, or graphic statements used to promote the sale of a food or beverage.

To present a unified message to students, federal Local School Wellness Policy guidelines only allow advertisements/marketing on school campuses for foods that meet the nutrition guidelines for Smart Snacks in Schools nutrition standards, as outlined above. This includes marketing of products on:

- The exterior of vending machines.
- Posters, flyers, menu boards, coolers, trash cans and other foodservice equipment
- Cups used for beverage dispensing.
- School publications and school media outlets (including school radio stations, screen savers, and announcements on the PA systems).

Furthermore, criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods. [WPM9]

- Posters, flyers, order forms, or advertisements of any form are prohibited for any food or beverage that does not meet Smart Snack in Schools requirements and can not be displayed or handed out to students.

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community. Alternatives to food related fundraising will be provided on the district nutrition services website.

Exceptions to Food and Beverage Marketing Guidelines:

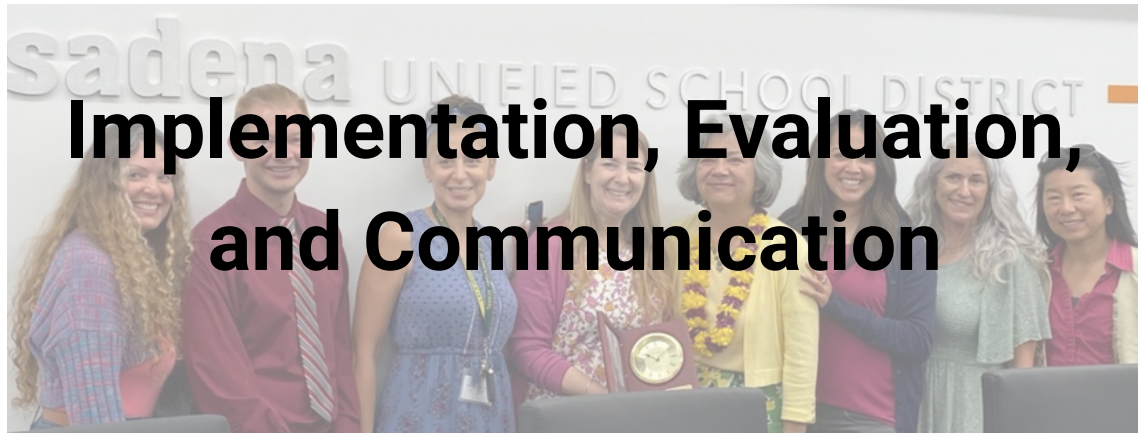
These restrictions do not apply to special events held outside of school hours, such as sporting events, fundraisers, etc.

These restrictions also do not apply to any advertisements made via e-mail to parents only or at meeting with parents (such as PTA meetings).

These restrictions also do not apply to means of personal expression, such as clothing, personal items, food brought from home, or items brought to school for educational purposes (for example, using an advertisement for soda in a lesson plan).

Per federal regulations, any permanent advertisements built into long-term equipment, such as score boards, will not be replaced immediately. However, when the equipment is run down and needs to be replaced, all new equipment will only contain permitted advertisements.





District/School Wellness Committee

The SPUSD LSWP Committee consists of: Teacher representative(s) from various school sites, parents, student representatives, site and District administrators, school board members, food service employees, health professionals, and community members.

To encourage participation in the LSWP Committee:

- Parents will be notified via the school newsletter and at Parent Teacher Association meetings about the LSWP Committee and how to get involved.
- School administration and staff will be notified about the LSWP at school board meetings.
- Outreach will be conducted to include additional participants, such as health professionals.

The goal of the LSWP Committee is to identify health and wellness concerns and design and implement policies that will promote the health and wellness of SPUSD students.

- The committee will meet no less than two times per year to review, monitor, and if necessary, revise the school nutrition and physical activity policies. School building level wellness committees are encouraged.

Oversight for the LSWP will be maintained by the Director of Food & Nutrition, who has the authority to implement and enforce the policy within the District.

Implementation and Assessment

A. Implementation

- The Local School Wellness Policy Committee will assign project leaders or sub-committees to individual projects, with projected completion dates and clear goals, as needed.
- Teachers and staff are encouraged to attend at least 10 hours of health education professional development activities each year to advance their knowledge of the most effective nutrition and physical education approaches.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff.

B. Assessment

The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.

Additionally, at least once every three years, the SPUSD Superintendent or designee will prepare a triennial audit report on District-wide compliance with the LSWP. The report will include information by committee submission, such as, but not limited to:

- Student participation in any extracurricular nutrition and physical education activities designed and implemented by the Local School Wellness Policy Committee.
- Compliance with nutrition standards for the NSLP, SBP, competitive foods and advertisements.
- Results of annual spring California physical fitness test for grades 5, 7, and 9.
- Participation rates for federal school meal programs.
- Results of parent, student, teacher, and/or staff surveys about current policies, including opinions for change or improvements.
- Assessments will be conducted for each school site to check for compliance and implementation of the LSWP goals.
- The principals and assistant principals at each campus will ensure site compliance with the LSWP.

Contact Information

<u>Arroyo Vista Elementary</u>	(626) 441-5840 Ext 4902
<u>Marengo Elementary</u>	(626) 441- 5850 Ext 5902
<u>Monterey Hills Elementary</u>	(626) 441-5860 Ext 6902
<u>South Pasadena Middle School</u>	(626) 441-5830 Ext 3902
<u>South Pasadena High School</u>	(626) 441-5820 Ext 2902



Public Notification and Updates

A. Public Notification

The Local School Wellness Policy will be shared both electronically on the SPUSD website and websites for each campus, and posted in-person in the food service area of each campus.

The results of the Superintendent's triennial audit will also be made available electronically on the SPUSD website, and notification about the results will be sent electronically to parents as a part of the District's electronic newsletter. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

Notification about the Local School Wellness Policy and Local School Wellness Policy Committee will be sent annually to parents via both electronic and paper means.

B. Updates

During the LSWP Committee meetings, members will review the implementation of the Local School Wellness Policy, discuss suggestions for changes or suggestions for improvement, and assign clear goals and dates of completion for any new projects or changes.

C. Record-keeping

A paper copy of the Local School Wellness Policy will be stored at the front office and the cafeteria of each campus.

In addition, documentation will be kept to indicate how the LSWP was shared with the community on an annual basis, as well as how the results of the triennial assessment were shared.

Each year, a record of the individuals (names and titles) who participated in the LSWP Committee will be maintained to verify community involvement.

- Records will also be kept indicating who is involved in the design and revision of the LSWP.
- The SPUSD Food Service Director will keep detailed records of meals produced and a compilation of weekly menus for the school year, clearly indicating how each meal offered and served meets the requirements for the SBP and NSLP.



USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

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