

UPDATED

REDLANDS UNIFIED SCHOOL DISTRICT

STUDENT WELLNESS PLAN

1. Purpose and Goal:
 - a. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.
 - b. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Redlands Unified School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.
2. Commitment to Nutrition and Physical Activity
 - a. The Superintendent/Designee may appoint a School Health Committee (SHC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee may offer revisions to these guidelines annually or more often if necessary.
 - b. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
 - c. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
 - d. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

3. Quality School Meals

- a. The Redlands Unified School District will offer lunch and may offer breakfast and after school snack programs. Students and staff are highly encouraged to promote and participate in these programs.
- b. School foodservice staff that is properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Programs.
- c. Food safety will be a key part of the school foodservice operation.
- d. Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- e. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- f. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

4. Other Healthy Food Options

- a. The Child Nutrition Services Manager will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See Attachment A.
- b. Food and beverages of minimal nutritional value shall be limited to students. Food and beverages that do not meet the nutrition standards may be sold by pupils if the sale takes place off and away from school campus; or on school grounds if sales occurs 30 minutes after the end of the school day.
- c. Food should be used as a reward for student accomplishment sparingly.
- d. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- e. The Redlands Unified School District highly encourages organizations to use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

5. Pleasant Eating Experiences
 - a. Facility design will be considered in renovations and new construction.
 - b. Fresh drinking water will be available during meal times.
 - c. A minimum 30-minute uninterrupted lunch period should be scheduled to allow students to eat, relax, and socialize.
 - d. Creative, innovative methods will be used to keep noise levels appropriate.

6. Nutrition Education
 - a. Redlands Unified School District will follow health education curriculum standards and guidelines as stated by the California Department of Education.
 - b. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
 - c. Nutrition education will be offered in the classroom, with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
 - d. Redlands Unified School District campuses will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education coaches. (<http://www.fns.usda.gov/tn/>)

7. Marketing
 - a. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
 - b. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
 - c. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
 - d. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher in-services, etc.

- e. The District will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

8. Implementation

- a. The Designee or the School Health Committee (SHC), if established, will be co-chaired by the Directors of Elementary and Secondary Education and the Child Nutrition Services Manager. Selected other designated representatives will make up the committee.
- b. The Principal of each school will conduct a review of their respective campuses in the Fall semester of each year to identify areas for improvement. The school site principal will develop a plan of action for improvement.
- c. The School Health Committee will review reports from each school after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.
- d. The Assistant Superintendent, Business Services, will report at least every two years to the Board of Education the progress of the committee and the status of compliance by the campuses.

Attachment A
Redlands Unified School District
Student Nutrition/Wellness Plan

**Guidelines for Food and Beverages Offered to Students
at School Functions During the School Day**

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit and 100% fruit juices
Frozen fruit juice pops
Dried fruits (raisins, banana chips, etc.)
Trail Mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
Domino's Pizza- ask for Low-Fat Pepperoni school recipe (Order 1 week in advance)
Schwan's Pizza- to order, call Redlands USD Central Kitchen (Order 1 week in advance)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Baked chips & tortilla chips with salsa or low-fat dips or Low-Sodium Crackers
Low-fat muffins, granola bars, and cookies
Angel food and sponge cakes
Flavored yogurt & fruit parfaits
Jello and low-fat pudding cups
Low-fat ice creams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

Items not to be served are:

Foods with Trans Fat, SB 80

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
High sugar content candies and desserts
High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

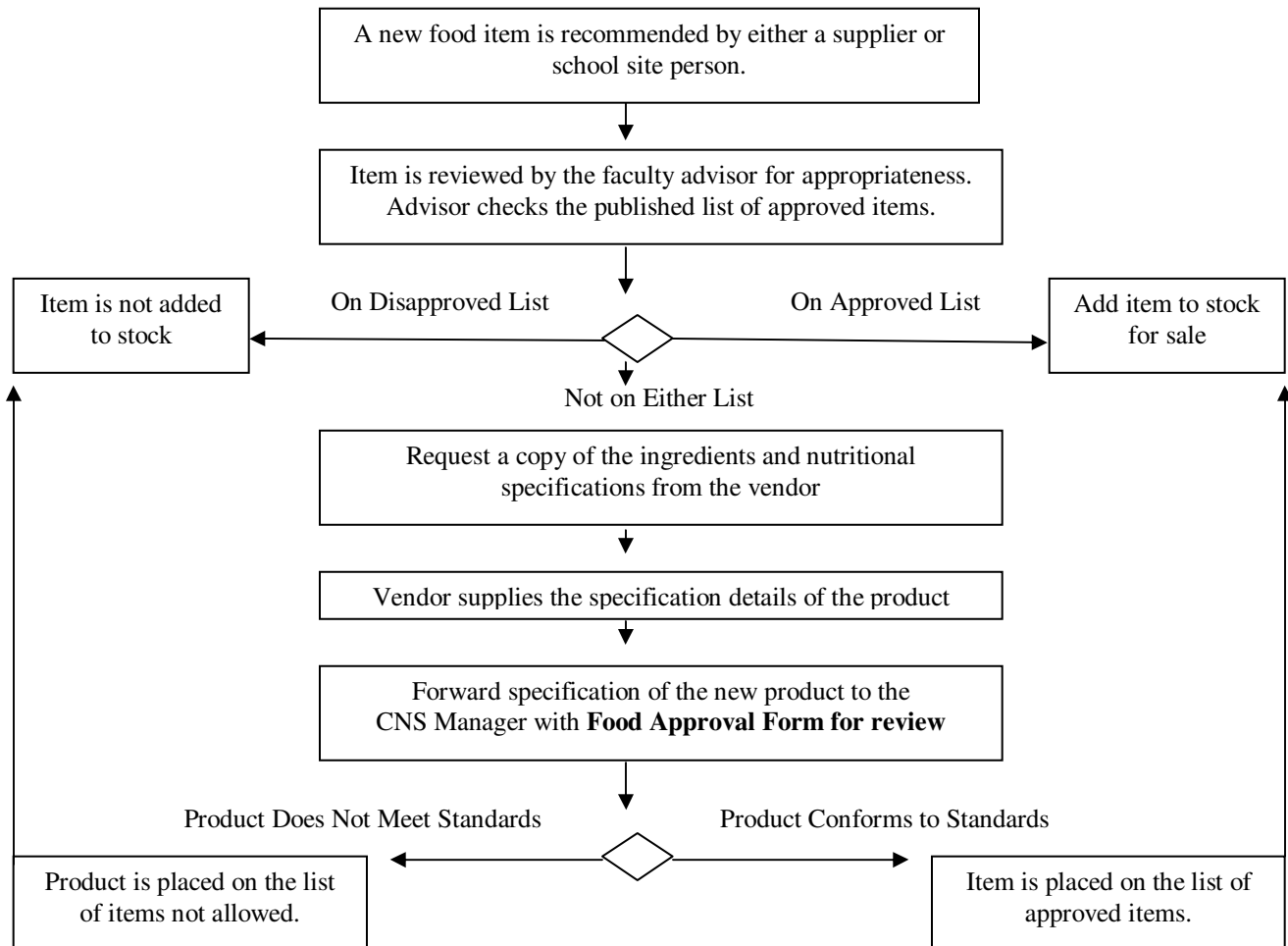
Effective Date: July 1, 2011

Attachment B
Redlands Unified School District
Student Nutrition/Wellness Plan

Implementation Process of Foods Sold on any RUSD Campus
Overview of Requirements

1. Elementary serves only full meals.
2. Secondary food sold outside the meal program shall be SB 12 complaint.
3. 50% of all foods sold outside the meal program shall be EC 38085 compliant.
4. All products currently sold must be analyzed by CNS - nutrition fact sheets are to be submitted to CNS for evaluation.
5. Nutrition fact sheets are to be submitted to CNS on all products proposed for sale to ensure that SB 12 and **SB 80** is adhered to and the balance of EC 38085 is maintained.
6. A full statement of nutritional data must be available for all food items sold on campus during the school day.
7. Student stores will maintain a notebook of nutritional datasheets for all products offered for sale.
8. A list of all items sold and a nutritional data sheet must be provided to the CNS office at the start of the school year.
9. As new products are added nutritional data sheets are to be provided to CNS for evaluation – product may not be sold until approval has been given.

Process to Approve Items for Sale on Campus:



Attachment C
Redlands Unified School District
Fundraising During School Hours Food Approval Form
(Submit to Child Nutrition 3 weeks prior to Event Date)

Date: _____ School Name: _____

Proposed Activity: _____

Name of Organization or Club: _____

Proposed Date of Event: _____ Time of Event: _____

Location of Proposed Activity: _____

Contact Person Name and Phone Number: _____

Contact Person's Email Address: _____

Name of Food Item(s) to be sold: _____

Vendor Name: _____

Is this item on the approved Redlands USD snack or beverage list? ___yes ___no

If no, submit the nutrition fact sheet with this form.

Is the food item(s) listed above served in the school breakfast or lunch program? ___yes ___no

What board meeting date will this fundraiser be on the board approval list? _____
(Applies only to food and beverage sales by student organizations- California Code of Regulations Section 15501)

Site Council Approval Date: _____

Site Council Representative Signature: _____

Principal Approval Date: _____

Principal's Signature: _____

Date Received in Child Nutrition Office: _____ Approved ___ Not Approved ___

CNS Manager Signature: _____ Date: _____