

Wellness Policy

**Table of Contents**

<b>Introduction</b>	page 2
<b>Background on Wellness Committee</b>	page 3
<b>Wellness Committee Members</b>	page 3
<b>OUHSD Wellness Policy:</b>	
<u>School Health Safety Environment</u>	page 4-5
<u>Nutrition</u>	page 6-8
<u>Nutrition Education and Physical Activity</u>	page 9-10
<u>Staff, Family and Community Involvement</u>	page 11-12
<u>Sustainability, Implementation, Evaluation and Monitoring</u>	page 13

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# **Introduction to the Oxnard Union High School District Wellness Policy**

Oxnard Union High School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Therefore, this policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy lifestyles through healthy food and physical activity behaviors throughout the school day. This wellness policy establishes goals and procedures to ensure that:

- OUHSD will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring and reviewing District-wide nutrition, health, wellness and physical activity policies.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school starting at midnight and up to one half hour after the school day, including fundraisers, will meet the state and federal nutrition regulations that pertain to Nutrition Services (Healthy Hunger Free Kids Act 2010).
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; school sites will provide a clean, safe and pleasant setting in which to enjoy the meals, including adequate time (at least 20 minutes) and seating for all students to eat.
- The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks in content standards and, as appropriate, shall be integrated into other academic subjects.

This policy applies to all students, staff, and schools in the District.

# Background on the Wellness Policy Committee

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, (including the final 2016 ruling) the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies. The objectives of the HHFKA include enhancing existing Local School Wellness policy requirements by strengthening implementation and assessment of the policies, and expanding public input in both wellness policy development and reporting.

As a result of the new regulations, OUHSD began the process of updating its existing Wellness Policy. As with the previous policy, OUHSD formed a Wellness Policy Committee. The committee was composed of community and district stakeholders. The task of this committee was to update the existing Wellness Policy by incorporating new federal and state objectives.

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. Our goal is to support students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

## **Wellness Policy Committee Members**

Frances Adams, Healthcorp Member, Hueneme High School

Diane Garcia, Nurse, Health Services, Rio Mesa High School

Stephanie Gillenberg, Director, Nutrition Services

Hilda Gomez, Compensatory Parent Liaison, Compensatory Education

Claudia Grafenstein, Teacher, Science/Physical Education, Adolfo Camarillo High School

Maricruz Hernandez, Director Instructional Support Services, Education Services

Anna Jackson, Farm to School Coordinator, Nutrition Services

James Koenig, Director, Student Services and Intervention

Shelley Ragland, Cafeteria Manager, Rio Mesa High School

Elizabeth Tobias, Counselor, Condor High School

Tom Voshell, Teacher, Physical Education, Channel Islands High School

# Oxnard Union High School District Wellness Policy

## School Health, Safety and Environment

OUHSD believes all students should be educated in learning environments that are safe, drug-free, and conducive to learning. OUHSD believes schools play a critical role in promoting healthy and safe behaviors that encourage students to establish lifelong healthy habits. Improving student health and safety increases students' capacity to learn, reduces absenteeism and improves physical fitness and mental alertness.

OUHSD will continue to provide and promote a safe environment during the school day and during all school related functions.

- The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's student wellness policy.
- To fulfill this requirement, the Superintendent or designee shall appoint a district wellness committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before-and after-school program staff, health practitioners.
- The district wellness committee shall advise the district on health-related issues, activities, policies, and programs through the development of specific school site wellness councils. The district wellness committee and the school site wellness councils will work together to plan, implement and evaluate activities that promote and sustain the wellness policy goals within the school community.
- In order to ensure that students have access to comprehensive health services, the district may provide access to health services.
- The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition. Schools will promote through ASB "anti-bullying", "anti-drug" week and digital citizenship in an ongoing effort to promote positive behavior and encourage healthy choices.
- The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fund-raising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious food as a reward for students' academic performance, accomplishments, or classroom behavior.

## **Physical Environment, Health & Safety**

- District safety committees are formed to address specific school site concerns ensuring compliance with emergency procedures.
  - Annual updated emergency plans are provided through annual school site safety plans submitted each October.
  - Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
  - School sites will monitor grounds/equipment and refer potential hazards for repair with the OPRA system promptly.
  - Staff will be informed of and follow district safety regulations.
  - School sites will promote a drug-and substance-free environment and will encourage making healthy choices at home and at school.
  - School sites will enforce an “anti-bullying” policy and encourage social tolerance and respect for others.
  - First Aid kits are made available through the nurse and within each classroom at school sites.
  - Emergency preparedness supplies will be made available at each school sites in the case of disasters. School site nurses inventory items and restock as necessary.
  - Annual “drug free” awareness training is provided to all students within the 9<sup>th</sup> grade curriculum.
2. **Social/Psychological Health**
- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
  - In order to ensure that students have access to comprehensive health services and mental health services the District will provide access or referrals to health service and mental health services at or near District school and/or may provide referrals to community resources through school site nurses, and counselors.
3. **Health Services**
- The Health Services program is a critical means to improving both education performance and well-being of the students.
- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
  - Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
  - Health Services will provide local community resources for health care, health insurance, and health education, including low-and no-cost resources to students, their families, and staff.
  - District Nurses (or designee) will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff.
4. **Health Education**
- OUHSD will encourage health education to students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
- District staff will use health education curriculum consistent with state standards for health education.
  - Schools will be encouraged to provide education events to support and teach healthy choices through the classrooms and school assemblies.
  - School assemblies will incorporate health and wellness awareness through guest speakers, health fairs for students as well as the community and families.

## **Nutrition**

### **1. Nutrition Services**

Oxnard Union High School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, low in sugar, and zero grams *trans* fat per serving (verified by Product Specifications); and to meet the nutrition needs of school children within their specified calorie requirements outlined in the Healthy Hunger Free Kids Act (HHFKA) 2010 and the 2016 final rule.

The District recognizes the importance of promoting healthy food within all schools in the district. Therefore, all schools within the District participate in USDA Child Nutrition Programs, including the National School Lunch Program (NSLP) the School Breakfast Program (SBP), the At Risk Afterschool Supper program and the Summer Food Service Program (SFSP). These programs follow the Healthy Hunger Free Kids Act 2010/2016.

1. For all foods available on each campus during the school day, the district shall adopt nutrition standards in compliance with the Healthy Hunger Free Kids Act 2010/2016; which supports the objectives of promoting student health and reducing childhood obesity.
2. In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and the At Risk Afterschool Supper programs.
3. The Board believes that foods and beverages sold to students at district schools, including those available outside the district's nutrition services program should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for food and beverage sold through Nutrition Services, student stores, vending machines, or other venues, shall meet or exceed state and federal nutrition standards.
4. The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fund-raising purposes, and all fundraisers involving food will comply with the USDA Smart Snack guidelines. The Superintendent or designee also shall require school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
5. The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

### **2. Food and Nutrition Standards**

- Each school ensures foods and beverages sold and served on school campus starting at midnight and up to one half hour after the school day will comply with the California Education code, California Code of Regulations and standards set in Healthy Hunger Free Kids Act 2010/2016.
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars following the Competitive Food Regulations Smart Snacks initiative within HHFKA 2010/2016.
- Documentation of nutrition information for foods sold or served outside of Nutrition Services on school campus starting at midnight and up to one half

- hour after the school day shall be provided to the Director, Nutrition Services prior to any food related fund raisers.
- No food outside the NSLP (reimbursable meal program) may be prepared on campus (with the exception of curriculum)
  - Following the Healthy Hunger Free Kids Act 2010/2016 and Smart Snack Rules, Nutrition Standards (USDA and CDE policies) will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack, food carts, and school club fundraising events.
  - All cafeterias and food serving areas on school sites are inspected twice a year by the county Health Department.
  - Food Safety and sanitation standards must be followed at all school-related events (including Booster Clubs, parent meetings, ASB and athletic events). Any persons handling food or utensils will:
    - Wash hands properly
    - Properly hold foods as correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 135 degrees Fahrenheit – Temperatures must be documented and filed with event/fundraiser paperwork
    - Clean and sanitize utensils, equipment and work surfaces
    - Not handle food or utensils when sick
    - Not handle food with bare hands, gloves must be worn
    - Remove and discard any leftover food from the area
- To reinforce the school's nutrition standards, each school discourages the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.
  - The practice of students selling food for personal gain will not be tolerated due to the dangers of spreading foodborne illness within the school community.
  - Faculty lounges and other staff accessible locations will include vending machines that promote healthy choices.
  - Schools will encourage non-food rewards for recognition of classroom success and achievement.
  - Homemade foods will not be allowed to be sold or shared in classroom parties for students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.

The District will promote healthy food and beverage choices and practices for all students throughout the school campus, as well as **encourage participation** in school meal programs. This promotion will occur through at least these specific areas:

- Meals are accessible to all students and will cater to special diets and individual needs as communicated to Nutrition Services
- Students are provided at least 20 minutes to eat their lunch; and do not need to wait more than ten minutes in line to buy lunch.
- Meals are appealing and attractive to children;
- Meals are served in clean and pleasant settings;
- Meals meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Daily fruit and vegetable options are displayed in a location in the line of sight and reach of students
- The Superintendent and designee will encourage the development of a Student Nutrition Advisory Council (SNAC) at each site. SNAC's will reach out to students,

parents, community in an effort to promote the district's commitment to health and wellness for all staff and students.

- SNAC will assist with promotion of healthy behaviors through development of school wide events which tie into the districts overall health and wellness goals.
- SNAC will promote participation and support in the schools Nutrition Services program by reaching out to students, faculty and parents with opportunities for Nutrition Services menu tasting events, as well as providing information to ASB regarding proper processes for school fundraisers and events during the school day.
- Farm to School Program is supported by the district and will ensure that Nutrition Services provides fresh, locally grown, high quality produce for students.
- Student surveys and taste testing opportunities are used to inform menu development.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options
- Menus are posted on the District website and will include nutrient content and ingredients.
- Nutrition information for all programs (SBP, NSLP, Supper Meals and Summer Meals) offered within the District will be provided to parents and students via the Nutrition Services department website.
- ASB Directors will require all food related events and food items sold at fundraisers to be included on Calendar Request forms or other paperwork needed for fundraiser approval, to ensure compliance with District nutritional standards and avoid competing with the Nutrition Services program.
- All foods and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines.
- Nutrition Services employs well-prepared staff, efficiently serving appealing choices of compliant, nutritious foods at meal times.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
  - The department will provide professional development for Nutrition Services staff on the Wellness Policy requirements.
  - Annual training on policies and procedures regarding the USDA and CDE requirements for the reimbursable meal program will be provided to all Nutrition Services Staff.
  - Nutrition Services staff will be annually trained in food safety, Hazard Analysis Critical Control Point (HACCP).



## **Nutrition Education**

- The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.
- The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the healthy education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-and after-school programs, summer learning programs, and school garden programs.
  - It is recommended that Nutrition Education be provided within the 9<sup>th</sup> and 10<sup>th</sup> grade physical education classes and 11<sup>th</sup> and 12<sup>th</sup> grade special programs.
  - It is recommended that Nutrition Education courses are presented by a Registered Dietician/Nutrition Educator through coordinated efforts between Education Services, Curriculum and Nutrition Services.
  - Nutrition education events may be coordinated through the Student Nutrition Advisory Council (SNAC).
  - Nutrition education will link with school meal programs, cafeteria nutrition promotion activities, school gardens, and the district's Farm to School program.
  - As part of the district's efforts to promote nutrition education incorporation of school gardens is encouraged district wide.

## **Physical Activity and Physical Education**

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short-and long-term benefits of a physically active and healthy lifestyle.

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

## **Physical Education (PE) Standards**

- The Board shall adopt goals for nutrition promotion and education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.
- Students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education courses and may also be provided through, Marching Band, school athletic programs, extracurricular programs and school clubs, before-and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks and other structured and unstructured activities.
- Students unable to participate in PE are offered alternative assignments and adaptive PE programs
- The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand student's access to opportunity for physical activity.
- The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain healthy lifestyle.
- District PE curriculum will follow the California State Physical Education K-12 Standards
- All secondary students are required to take the equivalent of two academic years of physical education
- The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
- The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activity options as well as making available background material on the connections between learning and movement
- The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.
- The District will provide resources and links to resources, tools and technology with ideas for physical activity breaks.
- Schools will encourage family and community members to support programs outside of the school that promote a healthy active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.

## **Staff, Family and Community Involvement**

OUHSD will integrate wellness activities across the entire school setting; Nutrition Services, other food and beverage venues, and physical activity facilities. OUHSD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

The Superintendent or designee shall implement 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.

- The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, district/site meetings (parent/guardian meetings), district and school web sites, and or other communications. Outreach to staff/community (parents/guardians) shall emphasize the relationship between student health and academic performance.
- In order to ensure that students have access to comprehensive health services, the district will provide access to mental and physical health services at or near district schools and/or may provide referrals to community resources.
- The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.
- A schedule of facilities available for use before/after school hours shall be circulated to district employees (i.e. open swim hours, track, courts, etc.) for recreational purposes.
- The District/Board may promote availability to access of school site facilities for use by partnering community agencies.
- Professional development shall be regularly offered to district employee's to enhance their health knowledge and skills.
- The Governing Board of the Oxnard Union High School District recognizes that the success of district students and programs hinges on effective personnel. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and welfare of students. The District's personnel policies and related regulations shall be designed to ensure a supportive, positive climate and shall be consistent with collective bargaining agreements and in conformance with state and federal law and regulations.
- In order to ensure the health and safety of our students, community partners who want to provide health services at school sites, such as screenings, vision or dental services, vaccinations, physical exams and others, must be coordinated through the Health & Wellness Unit of the Family, School and Community Partnerships Department. This includes one-time as well as ongoing delivery of services to students.
- School Nurses: The District will continue to provide comprehensive, equitable, and general nursing services by credentialed School Nurses to all students. Services include case management of students with chronic health conditions, state-mandated screenings and audits, special education assessments, health education, and health-related trainings.
- Through a partnership between OUHSD, Ventura County, and community-based organizations, schools provide access to important medical, mental health, and health education services for students and community members regardless of insurance status or ability to pay, and are committed to reducing the unmet need for health care services among OUSD youth and their families.

- Behavioral Health: Because good mental health is critical to a student's ability to learn, the District shall collaborate with local and state health, mental health, and social service providers in order to offer integrated mental health services in district schools, including crisis response; and to provide equitable access to mental health and other health care services to all students within OUSD. Referrals, Coordination, and COST: The District acknowledges that while our schools play a critical role in helping children access health care services, it is essential to achieve this in collaboration with local agencies and community-based organizations.
- The Superintendent (or designee) will develop opportunities for parents to participate in health and wellness classes through the parent center
- The Superintendent and designee will encourage the development of a Student Nutrition Advisory Council (SNAC) at each site. SNAC's will reach out to students, parents, community in an effort to promote the district's commitment to health and wellness for all staff and students.
- An Employee Assistance Program (EAP) is available for OUHSD staff through the Ventura County Office of Education program
- Community-based partnerships are encouraged to promote a healthy lifestyle for students, and OUHSD staff.

## **Sustainability, Implementation, Evaluation and Monitoring of the Wellness Policy**

The Superintendent shall designate one person within the District and at each school site who is charged with operational responsibility to ensure each school site complies with this policy. Annual training on this policy will be provided by the Superintendent (or designee). Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the OUHSD Wellness Policy. The Superintendent (or designee) shall assess the implementation and effectiveness of this policy every year in May. The evaluations shall include:

- The extent to which District schools are in compliance with this policy
- A description of the progress made in attaining the goals of the OUHSD Wellness Policy

The Superintendent (or designee) shall establish indicators that will be used to measure the implementation and effectiveness of district activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate and science-based or research-validated.

The District Wellness Committee will meet twice a year (at the beginning and the end of the school year) to set goals and needs of the District as well as review end of year evaluations completed at each school site. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness and to identify successes, as well as barriers to success.

In order to efficiently support, monitor and evaluate the success of the District's Wellness Policy, under the direction of the school site Principal, school site wellness councils will be created at each school site. Recommended membership shall at least include, but are not limited to parents, representatives from Health Services, Nutrition Services, students from ASB and SNAC, school administration, school counselor, one faculty member from the health sciences and physical education departments. Meetings and goals are determined and monitored by each school site wellness council based on the varying needs of that specific school community.

One school site Wellness Council member will be required to attend each District Wellness Committee meeting as a representative of their school site. They will provide information back to their school site council and give updates to the District Wellness Committee on the results of yearly evaluations.

The District Wellness Committee will develop a wellness council tool-kit for utilization as a resource for school site wellness councils to create and sustain goals following the Wellness Policy within their school community.

The Superintendent (or designee) shall inform and update the public, including parents/guardians, students and others in the community about the content and implementation of this policy and the evaluation results.

In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practice, recognizing accomplishments and making policy adjustments as needed to focus District resources and efforts on actions that will most likely make a positive impact on student health and achievement.