

**JANESVILLE UNION ELEMENTARY SCHOOL DISTRICT  
HEALTH AND WELLNESS POLICY**

**SCHOOL WELLNESS COMMITTEE**

The District's Wellness Committee will be a subfunction of the School Site Council. The Site Council will agendize the wellness policy at least one time per year.

**LEADERSHIP**

The Superintendent/Principal will convene the Wellness Committee and facilitate development of and updates to the wellness policy, and ensure compliance with the policy. The designated official for oversight is:

Superintendent/Principal  
P.O. Box 280  
Janesville, CA 96114  
530-253-3660

**RECORDKEEPING**

The District will retain records to document compliance with the wellness policy at the District Office. The records will include the following:

- The written wellness policy
- Documentation demonstrating compliance with the annual public notification requirements.
- Documentation of the district's efforts to review and update the wellness policy, including who was involved and methods the district uses to make stakeholders aware of their ability to participate.
- The most recent assessment on the implementation of the wellness policy has been made available to the public.

**TRIENNIAL PROGRESS ASSESSMENTS**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- Schools under the District's jurisdiction and compliance with the wellness policy,
- How the District's wellness policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the wellness policy.
- The person responsible for managing the triennial assessment and contact information is:  
Superintendent/Principal  
530-253-3660

## **GOALS**

### **NUTRITION PROGRAMS**

#### Healthy Food Options

- A nutritionally balanced breakfast and lunch meal that meet the requirements of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will be offered daily
- Parents encouraged to provide only healthy snacks
- No soda or carbonated drinks will be allowed at school events during school hours
- There may be special events that can meet less stringent guidelines but not more than four times a year.

#### In Class Awareness

- In class snacks, will be encouraged to provide nutritional items.

#### Student/Community Interaction

- Fund raisers will be encouraged to include non-food items.
- Encourage healthy food alternatives at after school activities.
- Parent Teacher Organization to help support healthy evening activities.
- On-going healthy food list to be provided to families via website.
- Incorporate a recycling program.

### **STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT**

- The District will strive to ensure all nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- Janesville School is a Drug/Tobacco/Alcohol Free Campus.

### **WATER**

The District will make drinking water available where school meals are served during mealtimes.

### **COMPETITIVE FOODS AND BEVERAGES**

The foods and beverages sold and served outside of the school meal programs (e.g., competitive foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. A Guide to Smart Snacks in Schools is available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Non-compliant foods may be sold at a school-sponsored event directly after school or may be sold by any entity at least one-half hour after the end of the school day.

### **CELEBRATIONS & REWARDS**

- Parents will be encouraged to provide nutritional items for class parties.

## **NUTRITIONAL EDUCATION PROGRAMS**

- Encourage healthy eating through communications that may include school newsletter, website, school handbook.
- Encourage classes to provide education on ways and means of eating and being healthier.
- Poster projects on healthy food choices.
- Illness prevention instruction to be taught in each classroom.
- Blood born pathogen / HIV education to 8<sup>th</sup> grade.
- Puberty Program to 5<sup>th</sup> grade (with handouts provided by Johnson & Johnson).
- Include in depth instruction in eighth grade P.E. class as prep for high school.
- Post flyers in all rooms, cafeteria, bathrooms on hand washing, sneezing and germ prevention.
- An on-site Health Aide will provide the following services:
  - Provide proactive services for injuries
  - Provide or promote on going health screenings, eye tests, hearing tests, dental screenings, and health education in the classroom (select grade levels).
  - Education and support healthy eating habits for those with diabetes and/or obesity.
  - Verify compliance with state immunization laws.
- Anti-Drug/Tobacco/Alcohol prevention education to be taught to all grades as follows and to be incorporated with other basic curriculum such as creative writing, poetry, health statistics, graphs, charts, etc.

## **PHYSICAL HEALTH & ACTIVITIES**

### Daily Physical Activity Programs

- Physical Education instruction per (EC sections 51210 and 51223)  
Grades 1-8 – A minimum of 200 minutes for every 10 school days
- Staff to use CA State Board of Ed. “Physical Education Framework” Guide to implement physical education at each grade level.

### All School Fitness Programs

- School to host Spring-a-Thon at least every other year.
- Upper grade(s) to teach necessary skills for competing in Spring-a-Thon to other grades.
- Encourage and/or host walk/jog for health as fund raisers.
- 5<sup>th</sup> and 7<sup>th</sup> grade annual spring fitness testing.

## **USDA NONDISCRIMINATION STATEMENT**

SNAP and FDPIR State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Board Approval: April 19, 2022