

Black Oak Mine Unified School District 2007-2008 WELLNESS POLICIES-NUTRITION HIGH SCHOOL

School Wellness Policies Background: The Federal Nutrition Act was reauthorized in 2004 and it required that school districts in the nation establish local school wellness policies by the 2006-2007 school year. A committee within the school district that included staff, parents, and youth also needed to provide input to these policies. We completed this process through our District Health Council and asked our PE teachers for specific input and editing. Site councils also had the opportunity to review these policies while they were in draft form. At a minimum the policies developed needed to include the following:

1. Goals for nutrition education and physical activity that promote wellness in a manner that the district determines are appropriate and meet educational code.
2. Nutrition guidelines for all food sold on campus during the day, in efforts to promote health and reduce childhood obesity.
3. Assurance that nutrition guidelines for school meals will not be less restrictive than federal policy. We are following all federal and state policies and education code.
4. A plan for measuring the effectiveness of the wellness policy, including the designation of at least one person to oversee the activities and ensure that schools meet the local wellness policy.

All of our policies and administrative regulations follow the Federal and state statutes and codes, including education code, code of federal regulations, U.S. codes...please see full context of each board policy/regulation for specific identification of codes.

Board Policy	Board Approved	General Information	What are the specifics
<p style="text-align: center;">BP 5030 and AR 5030</p> <p style="text-align: center;">Student Wellness Policy</p>	<p style="text-align: center;">May 31, 2007</p>	<p style="text-align: center;">High Schools</p> <ul style="list-style-type: none"> o The only foods that may be sold or served must meet the following requirements: o Not more than 35 percent of its total calories shall be from fat 	<ul style="list-style-type: none"> o No advertising or promotion at schools of foods/beverages that do not meet the standards noted under general information column o School Celebrations/Parties K-12: Schools limit celebrations that involve food during the school day (these celebrations are to happen after lunch is served)and encourage that any food provided at celebrations meets the following guidelines:

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<p data-bbox="184 256 394 280">BP 5030 and AR 5030</p> <p data-bbox="174 516 405 540">Student Wellness Policy</p>	<p data-bbox="506 256 636 280">May 31, 2007</p>	<ul style="list-style-type: none"> <li data-bbox="825 196 1266 342">o Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar <li data-bbox="825 472 1224 586">o Portion size of a la carte foods shall not exceed the portion size of food served through the federal reimbursable meal programs <li data-bbox="825 699 1203 748">o SNACK ITEM SHALL NOT EXCEED 200 CALORIES PER PACKAGE/SERVING 	<ul style="list-style-type: none"> <li data-bbox="1402 240 1843 297">o Fruits, vegetables and cheese packaged for individual sale <li data-bbox="1402 362 1854 695">o Nuts, seeds, and eggs, which may be sold or served as individual food items provided they meet the 35/10/35 as described under high school in the middle column on page 2. The only beverages that may be sold or served outside the federal reimbursement meal program are water, milk, 100% fruit juice, or at least 50% fruit juice with no added sweeteners up to a 6oz. serving, vegetable juice at least 50% veg. juice up to a 6oz. serving <li data-bbox="1402 808 1843 922">o NO CARBONATED BEVERAGES TO BE SOLD OR SERVED ON ANY CAMPUS DURING SCHOOL HOURS. See rules for after school hours on following pages for high school.

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<p>BP 5030 and AR 5030</p> <p>Student Wellness Policy</p>	<p>May 31, 2007</p>	<p>The only beverages that may be sold or served at high school are:</p> <ul style="list-style-type: none"> o Water, with no added sweeteners o Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than 12 ounce serving size. o Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than 8 ounce serving size o Vegetable juice, at least 50 percent vegetable juice and no larger than 8 ounce serving size. o Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving 	

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<p>BP and AR 3550 and</p> <p>BP and AR 3554</p> <p>Business and Non-instructional Operations/Food Service/Child Nutrition Program and Other Food Sales</p>	<p>May 31, 2007</p>	<p>Foods prepared by nutrition staff on campus will be:</p> <ol style="list-style-type: none"> 1. Carefully selected so as to contribute to students' nutritional well-being and the prevention of the disease 2. Meet nutritional standards specified in law and admin. Regulation 3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits 4. Be served in age-appropriate quantities and at reasonable prices 	<p>Each entrée item shall not exceed 400 calories, no more than 4grams of fat/100 calories</p> <p>Must be approved in the National School Lunch Program or Breakfast program</p> <p>Snack items must meet criteria as noted on page 1</p> <p>High School: As of 7/1/07 all of the beverages sold to high school students from ½ hour before the start of the school day until ½ hour after the end of the school day shall meet the standards as noted under AR 5030</p>
		<p>These policies stress that the school board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity.</p> <p>Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, board policy, and Administrative Regulation and shall not reduce student participation in the district's food service program.</p>	<p>The board authorizes the superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.</p>

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<p data-bbox="191 201 390 227">BP and AR 3550 and</p> <p data-bbox="212 285 369 311">BP and AR 3554</p> <p data-bbox="138 376 443 493">Business and Non-instructional Operations/Food Service/Child Nutrition Program and Other Food Sales</p>	<p data-bbox="506 201 638 227">May 31, 2007</p>		<p data-bbox="1482 201 1650 227" style="text-align: center;">HIGH SCHOOL</p> <p data-bbox="1278 253 1843 341">Sale of Food or Beverages that do not comply with the nutritional standards may be permitted at the high school level as follows:</p> <ol style="list-style-type: none"> <li data-bbox="1402 422 1759 448">1. It takes place off school premises <li data-bbox="1402 526 1850 643">2. The sale occurs during a school-sponsored student activity after the end of the school day (at least 30 minutes after the end of the school day) <li data-bbox="1402 649 1835 708">3. There are some other exceptions to this as follows: <ol style="list-style-type: none"> <li data-bbox="1430 727 1839 837">a. Only one student organization conducts food sales on a given school day and the organization sells no more than three types of food or beverage items. <li data-bbox="1430 863 1835 974">b. Up to 4 days during the school year may be designated on which any number of organizations may conduct the sale of any food items <li data-bbox="1430 987 1850 1065">c. The sales during the regular school day are not of food items prepared on the premises <li data-bbox="1430 1078 1839 1156">d. The food items are not those sold in the district's food service program at that school during that school day <p data-bbox="1478 1198 1654 1224" style="text-align: center;">Beverage Sales</p> <ul style="list-style-type: none"> <li data-bbox="1402 1247 1850 1364">o High School- the sale occurs during a school-sponsored event and takes place at the location of the event at least one-half hour (30 MINUTES) after the end of the school day. <li data-bbox="1402 1383 1829 1471">o Vending machines, student stores and cafeterias are used later than one-half hour after the end of the school day