# Wellness Policy

2006-07

California School for the Blind (CSB)

## Introduction

In CSB’s mission statement, CSB is noted as a “State Special School of the California Department of Education... a statewide resource offering expertise in the low prevalence disabilities of visual impairment and deafblindness through innovative model programs, assessment, consultation and technical assistance, professional development, research and publications, advocacy and outreach.”

Activities of physical activity and practices of good nutrition are as important for students who are blind or visually impaired as they are for the population at large. Many children who are blind or visually impaired require specialized instruction through adapted physical education programs. In addition, these students require specific interventions to assist them in learning meal planning, food preparation and eating nutritious foods.

CSB is particularly committed to the goals of this Wellness Policy, and expects to model programs and strategies for use by blind and visually impaired consumers, their families, and the professionals who serve them.

## Wellness Policies on Physical Activity and Nutrition

The California School for the Blind (CSB) is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of CSB that:

* CSB will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing wide nutrition and physical activity policies.
* All students in grades PRE-SCHOOL-END OF SERVICES will have opportunities, support, and encouragement to be physically active on a regular basis.
* All foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
* Qualified professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
* To the maximum extent practical, CSB will participate in available school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and, Fruit and Vegetable Snack Program.
* CSB will provide nutrition education and adapted physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### To Achieve These Policy Goals:

#### I. Nutrition Committee

CSB will create, strengthen, or work with the chairperson and the existing nutrition committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource to CSB for implementing those policies. (The committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the Nutritional Services, Residential Services, Pupil Personnel Services, school administrators, Health & Science teachers, Adapted physical education representative(s), and other members of the CSB community).

#### II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

##### School Meals

Meals served through breakfast, lunch and dinner will:

* be appealing and attractive to children;
* be served in clean and pleasant settings;
* meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
* offer a variety of fruits and vegetables;[[1]](#footnote-1)
* have available only low-fat (1%) and fat-free milk[[2]](#footnote-2) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
* ensure that 75% of the served grains are whole grain.[[3]](#footnote-3)

No Foods of Minimum Nutritional Value (FMNV) shall be sold or provided during the school hours.

* Vending machine serving carbonated beverages and no FMNV shall not be accessible to students ½ hour before school begins and ½ hour after school finishes.
* CSB staff (educators and dormitory counselors) will refrain from using food as a reward for behavior management and/or educational purposes unless specifically provided for in a student’s behavior plan or IEP. Any food provided to a student through a school or residential activity will, to the extent possible, meet the guidelines set forth herein.  
    
  CSB should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods serve through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, CSB should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, and, on cafeteria menu boards.

**Breakfast**. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

* CSB will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
* When required by student schedules, CSB will provide healthy breakfast for students traveling off campus during early morning hours for vocational or educational purposes.

**Meal Times and Scheduling**. CSB:

* will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
* should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
* will schedule lunch periods to follow recess periods (in elementary schools);
* will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
* should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
* CSB is committed to assisting students with special eating needs develop the independence and social skills necessary for consumption of healthy meals in family and social settings. CSB’s dining hall will accommodate staff needs (such as occupational therapy interventions, modeling of behaviors, etc.) to assist those students with identified eating needs.

**Qualifications of School Food Service Staff**. Qualified nutrition professionals will administer the school meal programs. As part of the CSB’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages**. CSB should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

**Foods and Beverages sold individually by vending machines, fundraisers and organizations & clubs during school hours.**

##### Beverages

* **Allowed**: water or seltzer water[[4]](#footnote-4) without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
* **Not allowed**: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

##### Foods

* A food item sold individually:  
  + will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  + will have no more than 35% of its weight from added sugars;[[5]](#footnote-5)
  + will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
* A choice of at least two fruits and/or non-fried vegetables will be provided at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).[[6]](#footnote-6)

###### Portion Sizes:

* Limit portion sizes of foods and beverages sold individually from snack bars to those listed below:  
  + One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  + One ounce for cookies;
  + Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  + Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  + Eight ounces for non-frozen yogurt;
  + Twelve fluid ounces for beverages, excluding water; and

**Fundraising Activities**. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually during school hours. CSB will encourage fundraising activities that promote physical activity. CSB will make available a list of ideas for acceptable fundraising activities.

**Snacks**. Snacks served during the school day or in after-school care will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and juice, milk and water as the primary beverage. CSB will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The CSB will disseminate a list of healthful snack items that are available to teachers, counselors, and parents.

**Rewards**. CSB will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,[[7]](#footnote-7) and will not withhold food or beverages (including food served through school meals) as a punishment unless specifically specified in a student’s IEP or behavior plan. Students are allowed to take a school trip to a restaurant (healthy place preferred) for academic/functions/meeting with their teacher, principal and other appropriate staff.

**Celebrations**. CSB staff/Departments will halt the practice of serving food of dubious nutritional value at school-hour functions such as birthday parties and celebrations such as Halloween and Valentine’s Day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The CSB will disseminate a list of healthy party ideas to parents and teachers.

**Take-Outs**. Students will not be allowed to bring fast food meals to school during lunch time. They must finish their off-campus meals before coming back to campus. That includes take-outs or deliveries for friends or their children (by parents)

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances).CSB will exempt those school-sponsored events for the 2006-07 academic year from the Wellness Policy. CSB will explore financial resources for organizations and clubs and review what methods need to be changed during the 2006-07 year. However, every organization and club will be strongly encouraged to minimize junk food and sugary beverages.

#### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion**.CSB aims toteach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

* is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
* is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
* includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
* promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
* emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
* links with school meal programs, other school foods, and nutrition-related community services;
* teaches media literacy with an emphasis on food marketing; and
* includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting**. For students to receive the nationally-recommended amount of daily physical activity (*i.e.,* at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond adapted physical education class. Toward that end:

* classroom health education will complement adapted physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
* opportunities for physical activity will be incorporated into other subject lessons;
* classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate; and
* CSB’s adapted physical education program will continue to provide students with a variety of experiences in physical education and community recreation, designed to assist students discover and continue those activities in which that student can participate while in school or as an adult in the community of their own choosing.

**Communications with Parents**. CSB will support parents’ efforts to provide a healthy diet and daily physical activity for their children. CSB will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. CSB should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. CSB will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, CSB will provide opportunities for parents to share their healthy food practices with others in the school community.

CSB will provide information about adapted physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and adapted physical education through a website, newsletter, or other take-home materials, special events, or adapted physical education homework.

#### IV. Physical Activity Opportunities and Adapted physical education

**Daily Adapted physical education (P.E.) PreSchool-End of Services (or Grade 10)**. All students in grades K-10, including students with an alternative educational setting, will receive daily adapted physical education (or its equivalent of 200 minutes every 10 school days for students K to 6, and 400 minutes every 10 school days for students – Grade 7 to 10) for the entire school year or as specified in the student’s IEP. All adapted physical education will be taught under the supervision of a credentialed adapted physical education teacher. Student involvement in other activities involving physical activity (*e.g.,* interscholastic or intramural sports) will not be substituted for meeting the adapted physical education requirement. Students will spend at least 50 percent of adapted physical education class time participating in moderate to vigorous physical activity.

**Daily Recess**. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.,* periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School**. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. CSB as appropriate will offer interscholastic sports programs. CSB will offer a range of activities that meet the needs, interests, and abilities of all students.

**Physical Activity and Punishment**. Teachers and other school and community personnel will not use physical activity (*e.g.,* running laps, pushups) or withhold opportunities for physical activity (*e.g.,* recess, adapted physical education) as punishment.

#### V. Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical of students and staff.

#### VI. Monitoring and Policy Review

**Monitoring.** The superintendent or designee will ensure compliance with established nutrition and physical activity wellness policies. The superintendent or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the Director of State Special Schools or designee.

School food service staff, at CSB, will ensure compliance with nutrition policies within school food service areas and will report on this matter to their supervisor.

The superintendent or designee will develop a summary report every three years on state-wide compliance with the CSB’s established nutrition and physical activity wellness policies, based on input from CSB. That report will be provided to the school staff and also distributed to organizations such as APTC, Directors, principals, and school health services personnel.

**Policy Review**. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the CSB will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and adapted physical education policies and program elements. The CSB, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

1. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practical. [↑](#footnote-ref-1)
2. As recommended by the *Dietary Guidelines for Americans 2005*. [↑](#footnote-ref-2)
3. A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal. [↑](#footnote-ref-3)
4. Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210). [↑](#footnote-ref-4)
5. If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit. [↑](#footnote-ref-5)
6. Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items. [↑](#footnote-ref-6)
7. Unless this practice is allowed by a student’s individual education plan (IEP). [↑](#footnote-ref-7)