



Sonoma Valley Unified School District

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Sonoma Valley USD Student Wellness

Mission

The mission of the Sonoma Valley Unified School District's Wellness Policy is to foster the overall health of the school district community by creating a variety of educational opportunities to establish lifelong healthy eating habits and physical activity.

Responsibilities

The Sonoma Valley Unified School District Board of Trustees recognizes the important connection between a healthy diet and a student's ability to learn effectively and be better equipped to meet high achievement standards in school. The Board also recognizes the district's responsibility in creating an environment that fosters healthy nutrition and physical activity.

The mission shall be accomplished through:

- Nutrition and healthy lifestyle education
- Garden experiences
- Physical activity
- Improving the nutritional quality of food served on district property
- Encouraging students to make consciously healthful choices about the food they eat

Goals

Ensure that no student in the SVUSD goes hungry by increasing participation in school nutrition programs.

- a. All schools shall offer breakfast and lunch to all students during the regular school day as well as snacks for students in district-mandated after-school programs.
- b. The district shall invest in an electronic point of sale system, thereby eliminating the stigma around free and reduced-priced meals.

c. Maximize participation in the school meal programs by developing a coordinated, comprehensive outreach and promotion plan for the school meal program.

d. By implementing these options, the district shall make every effort to remain revenue neutral.

Ensure that all the food served and sold in schools is nutritious, fresh, and appealing.

a. All food and beverages sold or served during school hours shall meet or exceed nutritional and other guidelines set by both federal and state government and the school district.

b. Nutritious and appealing foods such as fresh fruits, fresh vegetables, and whole grain products shall be available during the school day and as part of meals and/or snacks whenever feasible.

c. Food items served and sold in schools shall be, to the extent possible, prepared from fresh, locally grown or produced and organic products based on offerings and affordability.

d. Food items served and sold in schools shall reflect the cultural diversity of the student population.

e. Schools shall encourage the purchase of nutritious items by pricing healthy items as affordably as possible to remain revenue neutral.

f. The district shall not contract with fast food restaurants or vendors for food items to be offered for sale during school hours unless food items meet all regulations stated in this policy.

g. All fundraising and food items sold on school property, regardless of time of day, shall be encouraged to meet SB19 and SB12 guidelines and be pre-approved by the site principal or designee on an individual basis (See attached SB19 and SB12 guidelines).

Ensure efficient service and provide inviting environments.

a. All schools shall contain pleasant eating areas for students and staff with adequate time for unhurried eating (Refer to Ed. Code 49432), while fostering good manners and respect for fellow students and their environment.

b. The district will work toward improving kitchens to allow for fresh food preparation.

c. To ensure efficient service, Food Services shall provide multiple food pick-up areas when necessary.

Integrate food service with school educational and health missions and encourage participation in environmental stewardship.

The district will promote environmental education. Students and staff will reduce waste, recycle, compost, and purchase recycled and/or biodegradable products whenever feasible.

- a. Each site will determine how to implement and staff this program.
- b. The district shall not use curriculum materials sponsored by food companies that sell sodas, unhealthy snack foods, or fast foods.
- c. Food Services, the Culinary program, and school gardens shall support each other by encouraging partnerships that exchange information and resources.
- d. Schools shall involve the Food Service Department in order to integrate food and nutrition issues and activities into the academic curriculum.
- e. Each school staff shall explore ways to link the goals of this Policy to current site practices (i.e., class rewards, fundraising, etc.).

Provide the environment that ensures all students' participation in physical activity consistent with the goals of the California State Physical Education Content Standards.

- a. The district shall promote physical education curricula and instruction that emphasizes enjoyable participation in physical activity and that helps students develop the knowledge of motor skills, fitness components, and confidence needed to adopt and maintain physically active lifestyles.
- b. Students will work towards performing within their "healthy zone" in order to achieve and maintain a level of health-enhancing physical fitness (See attached Fitness Gram from the state of California).
- c. The district shall support training and development in programs and/or models that impart the knowledge and skills needed to effectively promote enjoyable, lifelong physical activity.
- d. The district shall support activity outside the classroom that encourages and promotes lifelong physical activity. Some examples are intramural sports at lunchtime, jump rope contests, jog-a-thons, etc.

Provide opportunity for student, family, and community input.

- a. The district shall establish a Sonoma Nutrition and Physical Activity Advisory Council (SNAC). The role of SNAC shall be to act as a liaison between food services and school sites and shall work toward implementing the Wellness Policy at the site level. Suggested SNAC membership consists of the Director of Fiscal Services, 4 teachers, 4 students (2

from each middle school/2 from high school), 3 kitchen staff (1 from each level), 1 site administrator, 3 parents/community members, and the Food Service Manager. The SNAC will meet by October 31, 2006, to review their charge and establish by-laws.

b. Food Services shall post the monthly menu and nutritional analysis on the district Website in addition to posting it at the sites.

c. Food Services shall post the current federal and state nutrition guidelines on all Websites.

d. SNAC will strive to establish mechanisms for community input.

e. The district and community are encouraged to identify and raise funds to support the implementation of the policy, particularly through applications of federal and state grants.

f. The SNAC shall work with the Superintendent or designee to report annually to the Board of Trustees on progress at each site towards the goals of this policy.

Regulation

SONOMA VALLEY UNIFIED SCHOOL DISTRICT

Approved: May 11, 2006, Sonoma, California

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