New Jerusalem Elementary School District  
Comprehensive School Wellness Policy  
Resolution No. 18-0611D

The New Jerusalem Elementary School District School Board promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District along with staff, families, and the community supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

The Board promotes long-term goals for achieving the district’s overall vision for maintaining and promoting the health and wellness of its schools, students, staff and the community. District goals shall include clear performance standards and benchmarks which can be used to determine if the District is meeting these goals. The District’s Wellness Policies shall include and address the following:

- Recognition of the relationship between students’ nutrition/health status and their attendance and ability to learn.

- Establish a comprehensive District Wellness Committee who is responsible for advising the District on health related issues, activities, policies and programs as well as promoting, monitoring, and evaluation of the District’s Comprehensive Wellness Policies.

- Meet Federal, State, and Local legal requirements.

- Provide school environments that promote and protect children’s health, well-being, and ability to learn.

- Provide physical education and nutrition/health education, regularly, to foster lifelong habits of healthy eating, physical activity, and practicing wellness behaviors.

- Establish linkages between health education, school meal programs, physical education, school health services, counseling and psychological services, related community services, and the other components of coordinated school health.

- Strengthen the local capacity to protect and promote the health of all students.

- Encourage staff participation/modeling activities that promote wellness, good nutrition, and regular physical activity.
• Establishing a plan for measuring implementation of the policy including the
designation by the District Superintendent, of one or more persons in the District
who is charged with operational responsibility for ensuring that this policy is
implemented.

New Jerusalem Elementary School District Procedures:

1. Student Education:
   A. Reinforce messages on healthy eating by coordinating child nutrition
      programs/school food service with classroom-based nutrition education
      and with other components of the coordinated school health system.
   B. Integrate current, scientifically accurate nutrition content into classroom
      instruction in such core subjects as science, mathematics, English-
      language arts, and history-social science.
   C. Goals for nutrition promotion may include healthy food announcements,
      Red Ribbon Week, nutrition education in the classroom and Wellness
      Week.

2. Wellness Committee:
   A. The school wellness policy will be developed by an existing or newly
      formed school health council made up of solicited parents, students, the
      general public and representatives of the district to include but not be
      limited to teachers of physical education, school health and nutrition
      professionals, the school board and school administrators. The council will
      develop, implement, monitor, review, and as necessary, revise this policy
      and others related to school nutrition and physical activity. The council
      should also serve as a resource to school sites for implementing,
      monitoring, and reviewing district-wide nutrition, physical education, and
      physical activity policies.

3. Federal and State Nutrition Requirements:
   A. See Attachment A, Federal and State Laws, Guidelines, and Regulations

4. Local Requirements:
   A. The District prepares food on site. The District will comply with all
      policies and procedures as they pertain to the Federal and State Meal
      requirements for the breakfast and lunch program.

5. Classroom Nutrition Education K-12:
   A. The ultimate goal of health education is to foster and promote health
      literacy. Students must comprehend a set of core health concepts and
      develop skills to apply that knowledge in their own personal behavior and
      environment. Achievement should be assessed by strategies that measure
      knowledge, behavior, and skill development and support critical thinking.

6. Physical Education K-12:
   A. The District provides all students in kindergarten through grade twelve (K-
      12) the opportunity, support, and encouragement to be physically active on
      a regular basis through physical education instruction and physical activity
      programs.
1) Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

2) Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine.

3) Minimum requirements for physical education for all K-12 students will receive physical education instruction as designated (EC sections 51210, 51222, and 51223).

4) A minimum of 200 minutes for every 10 school days for students in grades 1-6.

5) A minimum of 400 minutes for every 10 school days for students in grades 7-12.

6) Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (EC Section 51241).

7) The school district will administer a physical fitness test annually to all students in grades five, seven, and nine during the months of February, March, April, or May. (EC Section 60800)

8) Teachers and other school and community personnel will not use physical activity as punishment (running laps, push-ups) (EC Section 49001).

9) All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate-to-vigorous physical activity, including the provision of space and equipment.

7. School Services:
   A. School Safety Committee.
   B. District Certificated Staff members are trained and certified bi-annually for first-aid and CPR training.
   C. School Site Secretaries receive all notifications, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.
   D. Counseling and Psychological Services: All students have access to credentialed school counselors and psychologists who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises. (Disordered eating behaviors, including obesity, are often related to mental, emotional, and social problems, and overweight students may suffer from low self-esteem and/or be the target of bullying).

8. Community Service Organizations:
   A. Parent Teacher Club or Booster Organizations Guidelines:
1) Food: The only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program. (EC Section 49431)

2) Beverages: The only beverages that shall be sold are: water, with no added sweeteners, milk, fruit juice, preferably 100% fruit juice, or at least 50% juice with no added sweeteners, vegetable juice, at least 50% vegetable juice, with no added sweeteners.

3) Food and beverages that do not meet the nutrition standards may be sold by pupils if the sale takes place off and away from school campus or on school grounds, if sales occur 30 minutes after the end of school day.

4) The school district does not allow the marketing and advertising of unhealthy food and beverages.

5) Any food or beverages that do not meet the nutrition guidelines stated above should not be promoted in any way (e.g. through signage, vending machines fronts, logos, scoreboards, school supplies).

6) The district encourages Parent organizations to sell nonfood items for fund raising.

9. School Health Services:
   A. District wide Vision testing is provided in all K-12 classrooms each year.
   B. District wide Hearing screening is done for K, 1, 2, 5, 8, and 10th or 11th grade and special education once a year.
   C. District wide Scoliosis Screening Mandate for 7th grade girls and 8th grade boys has been suspended during the 2017-18 fiscal year.
   D. Full time nurse is on staff for all district school sites.

10. School Activities/Parties:
    A. The school district should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does meet the above nutrition guidelines.
    B. Celebrations should occur after the last lunch period.

11. After-School Activities:
    A. The district has after school sports teams in football, basketball, baseball, soccer, cross-country/track, clay trap shooting, wrestling and volleyball. The local 4-H Organization is active and available for all students in the district.

12. Facilities:
    A. The school district provides an eating environment that reinforces classroom instruction, adequate and sheltered space for cafeteria eating and food preparation.

13. Monitoring:
    A. The district Superintendent will ensure district wide and individual school compliance with the adopted school wellness policy. The district will use the School and Community Actions for Nutrition (SCAN) Survey to measure the implementation and effectiveness of the wellness policy. The
district Superintendent will report every two years on wellness policy compliance to the New Jerusalem Elementary School Board, School Wellness Committee, and the Parent Teacher Organization.

NOW, THEREFORE, BE IT RESOLVED, that the New Jerusalem Elementary School District Board of Trustees supports the new District Wellness Policy and Procedures.

PASSED AND ADOPTED, by the New Jerusalem Elementary School District Governing Board, of San Joaquin County, June 11, 2018, by the following votes:

AYES: 2
NOES: 0
ABSTAIN: 0
ABSENT: 1

I HEREBY CERTIFY: that the foregoing resolution number 05-01 was duly introduced, passed and adopted at the time and place and by the vote stated.

[Signatures]

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   Washington, D.C. 20250-9410

2. Fax: 202-690-7442

3. E-mail: program.intake@usda.gov

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