



Event Resource Request Packet

Contact Information: Annette Segal
Department Assistant
Business Services
(818) - 735 - 3254

Must notify the Oak Park District Office Business Department about all events!

The Event Resource Request Packet is available for all PTA/PFA/PFO, Booster Club, teacher/class, athletic, music activities, and site events to assist with coordinating District resources that are available to make all events safe and successful.

The Business Office must be made aware to provide the necessary support for any event on school property to ensure compliance with Ventura County Schools Self-Funding Authority (VCSSFA) liability requirements.

In order to avoid repairs, construction, and/or equipment deliveries during your scheduled activity; please complete the attached Request form and email to Annette Segal and/or Julie Suarez at least 3 weeks in advance.

Maintenance and Operations, Custodial and Food Service staff are available to assist at an hourly rate listed on the form.

Please feel free to contact Annette Segal, Business Department Assistant at 818-735-3254 for further assistance.



Event Resource Request

Contact Information: Annette Segal
Department Assistant
Business Services
(818) - 735 - 3254

Must notify the Oak Park District Office Business Department about all events!

Event Site: _____ Event Name: _____ Event Area: _____
Event Date: _____ Start Time: _____ End Time: _____

What resources do you need?

OPUSD Kitchen w/Food Svs. Staff only Min. 2 Hrs. @ 40.00/Hr.

Please refer to **Exhibit 1** – VCSSFA Best Practices for Activities Involving Food Hrs. Needed: _____

Recycling Bins Qty: _____

Tables Qty: _____

Electrical: _____

Chairs Qty: _____

Lighting: _____

Canopies Qty: _____

Other: _____ Qty: _____

Sprinkler Shut Off Date: _____ Time: _____

HVAC Required Date: _____ Time On: _____ Time Off: _____

Submit a Floor Plan for set-up. Refer to **Exhibit 2** for a Sample Event Floor Plan.

Who is the Event Organizer: _____ Contact Person(s): _____

Telephone: _____ Contact Telephone: _____

Address: _____

City _____ Zip _____ Email: _____

Custodial Services are required: Setup Time: _____ Teardown Time: _____

Minimum of 2 custodians for setup, teardown and clean up.

Custodian rate: \$40.00/Hr. 4 Hrs. Total 2 Hrs. Total

Every Vendor/Provider is required to provide a Liability Insurance Certificate and endorsement naming OPUSD as the additionally insured on file at the DO. UPLOAD HERE:

Some rides/inflatables require higher insurance see the **VCSSFA Approved Student Activities Guide** and sample **District Liability Insurance Certificate - Exhibit 3**. Contact the Business Office for assistance.

Every Food vendor/truck MUST also submit: Health Department Permit & Food Handlers' Certificates. Vendors on the **OPUSD Approved Food Vendors List – Exhibit 4** have all requirements in place. You may **attach the required documents** for additional vendors, which will be added to the Approved List.

UPLOAD HERE:

OPUSD encourages food choices within the Wellness Committee Guidelines - **Exhibit 5**.

Vendor Name: _____

Vendor Name: _____

Contact Name: _____

Contact Name: _____

Address: _____

Address: _____

Telephone: _____

Telephone: _____

Email: _____

Email: _____

Vendor Providing: _____

Vendor Providing: _____

X _____
(Site Principal Signature Approving the Event)

Date: _____

Exhibit 1
VCSSFA
Best Practices for
Activities Involving Food



Best Practices for Activities involving food

1. Scope
 - a. Any food provided to students or other members of the public that are to be prepared, stored, and served according to theses best practices.
 - 1) Exception: food served by the district food services department.
2. Contents

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3. Definitions
 - a. Potentially hazardous food means food or ingredients that is perishable and in a form capable of:
 - 1) Supporting rapid and progressive growth of infectious or toxic microorganisms that may cause food infections or food poisoning
 - 2) Supporting the growth or toxin production of clostridium botulinum
 - 3) Examples include: pasta salads, potato salads, meats, dairy products, and mayonnaise and other salad dressings.

- b. Public: When used within these guidelines, “the Public” means students; students’ family members; neighbors of students or the school; attendees of sporting events, stage productions, and/or music events

4. Food Safety Basics

- a. All food served at school events needs to comply with Ventura County Environmental Health department guidelines
 - 1) http://www.ventura.org/rma/envhealth/programs/comm_serv/food/index.html
- b. Clean: wash hands and surfaces often.
- c. Separate: Keep foods apart. Do not cross contaminate.
- d. Cook: Cook to proper temperature (see below).
- e. Chill: Refrigerate promptly
 - 1) Immediately refrigerate or freeze remaining leftovers in shallow containers
 - 2) Cold temperatures keep most harmful bacteria from multiplying
- f. If food is left out for more than two (2) hours, it is to be thrown away.
- g. Foodborne Bacteria
 - 1) Bacteria are everywhere but a few types especially like to crash parties.
 - a) *Staphylococcus aureus*, *Clostridium perfringens* and *Listeria monocytogenes* frequent people's hands and steam tables.
 - b) And unlike microorganisms that cause food to spoil, harmful or pathogenic bacteria cannot be smelled or tasted.

5. After school treats (prepared at home)

- a. After school treats are to align with District’s Wellness Policy
- b. Before bringing treats, check for allergies in the classroom. (see Appendix A)
- c. Pre-packaged treats are preferred to treats prepared at home.
- d. Observe procedures listed for baked goods
- e. Refrigerate all produce that is purchased pre-cut or peeled

6. Food sales

- a. Includes: snack bars and game concessions, ASB clubs, PTAs, Booster clubs and any other volunteers
- b. Pre-packaged foods are preferred to treats prepared at home.
- c. Food prepared at home is to be protected from contamination by a food booth or sold indoors

- d. No potentially hazardous food or beverage stored or prepared in a private home may be offered for sale, sold, or given away.

7. Baked Goods

- a. Baked goods are common at bake sales, cake walks, and class parties
- b. Baked goods include, but are not limited to: cookies, cakes, cupcakes, muffins, brownies, blondies, rice crispy treats
- c. Mold prevention
 - 1) Baked goods are to be prepared no more than 24 hours prior to the event.
 - 2) Baked goods are to be stored in air-tight containers immediately after cooling.
 - 3) Baked goods are to be discarded when any sign of mold is observed.
- d. Baked goods are to be removed from glassware before bringing to school

8. Catered foods and snack food concessionaire – hired

- a. Exception: ready to eat food purchased at a retail establishment and transported to the school activity
- b. Permits
 - 1) Organizations serving the public at school-related activities that are required to obtain permits from the County Health Department include, but are not limited to:
 - a) Vendors
 - b) Booster clubs
 - c) Parent-teacher organizations and all other volunteers
 - d) District staff not part of the food services department
 - 2) Districts are to obtain a copy of the County Health Department permit
- c. Insurance
 - 1) Sole proprietor: \$500,000 per occurrence, \$1,000,000 annual aggregate
 - 2) Chain or franchise: \$1,000,000 per occurrence, \$2,000,000 annual aggregate
 - 3) Exemption: Not for profit organizations donating time and materials
- d. Vendors are to follow all requirements outlined in Paragraph 11, “Barbeques, Picnics, Potluck Meals” of this Best Practices
- e. Vendors are to follow all requirements outlined in “Appendix B, Food Booths”.

9. Science Departments

- a. Experiments and activities involving food include, but are not limited to:

- 1) Bread dough and yeast
 - 2) Milk and cultures to produce cheese or yogurt
 - 3) School Gardens (see below)
- b.** Foods produced in science class are not to be consumed.
- 1) Food and beverages shall not be stored or consumed in an area where they may be contaminated by any toxic material

10. School Gardens

a. Preparation

- 1) Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- 2) Clean work surfaces often
- 3) Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded
- 4) All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking
- 5) Even if you plan to peel the produce before eating, it is still important to wash it first
- 6) Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended
- 7) Scrub firm produce, such as melons and cucumbers, with a clean produce brush
- 8) Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present

b. Storage

- 1) Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.
- 2) Food from school gardens is not to be stored in science department refrigerators designated for chemical storage.

c. Toxic plants

- 1) The leaf blade of rhubarb is toxic and can be fatal, in large amounts, if eaten raw or cooked.
- 2) All external parts of the potato plant are toxic.
- 3) Consumption of large amounts of uncooked acorns can cause kidney damage
- 4) The leaves, twigs, branches, seeds, roots, flowers, and unripened berry of Elderberries are toxic. Ripe berries (pulp and skin) are safe to eat.

d. Pest management

- 1)** Pesticide applications in the school garden are to follow the district Integrated Pest Management Program and the Healthy Schools Act of 2000.
 - a)** Pesticides are discouraged within six (6) feet of the garden.
 - b)** Only maintenance or custodial personnel are to apply pesticides
 - c)** Faculty, parents, other volunteers, or students are not to apply pesticides of any kind or at any time.

11. Barbeques, Picnics, Potluck Meals

- a.** When using school kitchens, the district's permit process is to be followed.
- b. Keep Everything Clean**
 - 1)** Be sure there are plenty of clean utensils and platters.
 - a)** To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry.
 - b)** Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.
 - c)** Use clean cloths, and wet towelettes for cleaning surfaces and hands.
- c. Use Shallow Containers**
 - 1)** Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling.
 - 2)** Reheat hot foods to 165 °F.
 - 3)** Arrange and serve food on several small platters rather than on one large platter.
 - 4)** Keep the rest of the food hot in the oven (set at 200-250 °F) or cold in the refrigerator until serving time. This way foods will be held at a safe temperature for a longer period of time.
 - 5)** REPLACE empty platters rather than adding fresh food to a dish that already had food in it. Many people's hands may have been taking food from the dish, which has also been sitting out at room temperature.
- d. Thaw Safely**
 - 1)** Use the refrigerator for slow, safe thawing or thaw sealed packages in cold, running water
 - 2)** You can microwave defrost if the food will be placed immediately on the grill
- e. Marinating**
 - 1)** Marinate food in the refrigerator, not on the counter

- 2) If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it
 - 3) the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria
- f. Keep Cold Food Cold**
- 1) Keep meat and poultry refrigerated until ready to use.
 - 2) Only take out the meat and poultry that will immediately be placed on the grill.
 - 3) When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
 - a) Avoid opening the lid too often, which lets cold air out and warm air in.
 - b) Pack beverages in one cooler and perishables in a separate cooler.
- g. Cook Thoroughly**
- 1) cook foods thoroughly to safe minimum internal temperatures
 - a) Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F
 - b) All cuts of pork to 160 °F
 - c) Ground beef, veal and lamb to 160 °F
 - d) All poultry should reach a safe minimum internal temperature of 165 °F
 - 2) Never partially grill meat or poultry and finish cooking later.
- h. Keep Hot Food Hot**
- 1) After cooking meat and poultry on the grill, keep it hot until served — at 140 °F or warmer.
 - 2) Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.
 - 3) The cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.
- i. Reheating**
- 1) When reheating fully cooked meats like hot dogs, grill to 165 °F or until steaming hot.
- j. Serving the Food**
- 1) When taking food off the grill, use a clean platter.
 - 2) Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food

- a)** In hot weather (above 90 °F), food should never sit out for more than 1 hour.

k. Leftovers

- 1)** Refrigerate any leftovers promptly in shallow containers.
 - 2)** Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

Appendix A Food Allergies

1. An allergy is an overreaction of the immune system that can affect any system of the body, including the respiratory, cardiovascular, gastrointestinal, and skin systems.
2. Ingestion of even a minute amount of the allergenic food can trigger this overreaction and cause a variety of symptoms ranging from mild nausea or itching to anaphylaxis.
3. Allergenic foods: milk, milk products, eggs, peanuts, wheat, soy, and tree nuts (such as walnuts, pecans and almonds).
 - a. There are eight foods that cause over 90% of food allergies
4. Signs of Food Allergy
 - a. Food allergy symptoms can range from mild to life threatening and may include:

1) hives	8) cramps
2) itching	9) itching and tightness of throat
3) rash (eczema)	10) difficulty breathing (asthma)
4) behavioral/temper changes	11) wheezing
5) swelling of the face, lips, tongue and/or eyes	12) Anaphylactic shock.
6) diarrhea	
7) vomiting	
5. Avoidance of the food allergen.
 - a. Because strict avoidance of the allergen is the only way to prevent reactions, it is crucial that teachers and staff be given practical information on how to make the classroom/lunchroom/play-ground safe for food-allergic students. They should be taught:
 - b. How to read food ingredient labels. (Demonstrations with actual labels are especially helpful.)
 - c. How to check the ingredients in art supplies and in other products that may contain allergens, such as paints, soaps, or hand lotions.
 - d. How to use proper cleaning methods for tables and other surfaces.
 - e. The importance of teaching students to wash hands before and after contact with food.
 - f. Extreme cases may require segregating students with allergies to specific tables designated as allergen-free.

Appendix B Food Booths

1. Booth construction

- a. Booths should be entirely enclosed with four (4) complete sides, a top, and a cleanable floor (pavement is acceptable).
- b. Booths operating on grass or dirt must use plywood, tarp, or similar floor surfaces.
- c. Door and food service openings must be equipped with tight-fitting closures to minimize the entrance of insects.
- d. Closable screens are to be used to provide food to customers.
- e. Food booths should be adequately lighted.

2. Hand washing Facilities

- a. Each hand washing facility shall be equipped with hot and cold running water, hand-washing cleanser, and single-use sanitary towels in permanently installed dispensers.

3. Food Preparation

- a. Exception: Prepackaged food items or beverages and ice from approved bulk dispensers do not require enclosed booths.
- b. All onsite food handling and preparation must take place within the temporary food booth or school kitchen.
- c. No potentially hazardous food or beverage stored or prepared in a private home may be offered for sale, sold, or given away. Potentially hazardous food shall be prepared in a food establishment or in the school kitchen.
- d. Food preparation surfaces must be smooth, easily cleanable, and non-absorbent (commercial cutting boards are recommended).

4. Storage and Service

- a. All food, beverage, utensils, and equipment must be transported, stored, displayed, and served so as to be protected from contamination and must be stored at least six (6) inches off the ground on shelving or on pallets.

5. Water

- a. Potable hot (120°F) and cold water for drinking, used as an ingredient, for hand washing, and washing and sanitizing food contact surfaces and utensils must be from an approved source and protected from backflow and back siphonage.
- b. Portable water tanks and beverage-dispensing units must be filled at sinks. Hoses shall not be used to fill potable water tanks and beverage-dispensing units.

6. Temperature Control

- a. Temperature control must be provided for all perishable foods.

- b. Cold Foods – maintain food temperature of 45°F or below. If held between 41°F and 45°F, the food must be destroyed at the end of the day or held in a refrigerator at or below 41°F.
- c. Hot Foods – maintain food temperature of 140°F or above.
- d. Food in transit must meet the temperature requirements noted above.
- e. Note: Temperature control will require sufficient equipment necessary to cook and maintain required temperatures for all potentially hazardous foods (e.g. steam tables, chafing dishes, refrigerators, coolers).

7. Ice

- a. Ice must be obtained from an approved source.
- b. Ice used for refrigeration cannot be used for consumption. Ice scoops must be used for dispensing ice for consumption.
- c. Store ice scoop(s) in cleanable, protective container(s) outside of the ice bin.

8. Condiments

- a. Single service packets are recommended.
- b. Condiment containers must be the pump type, squeeze containers, or have self-closing covers or lids for content protection.

9. Utensil washing Sink

- a. Utensils should be washed in the school kitchen
- b. The sink requires hot (120°F) and cold water from a mixing valve.

10. Wastewater

- a. Water and other liquid wastes, including waste from ice bins and beverage-dispensing units, must be contained in or drained into a leakproof container.
- b. Liquid waste must be disposed into an approved sewage system or holding tank and **must not** be discharged onto the ground.

11. Garbage and Refuse

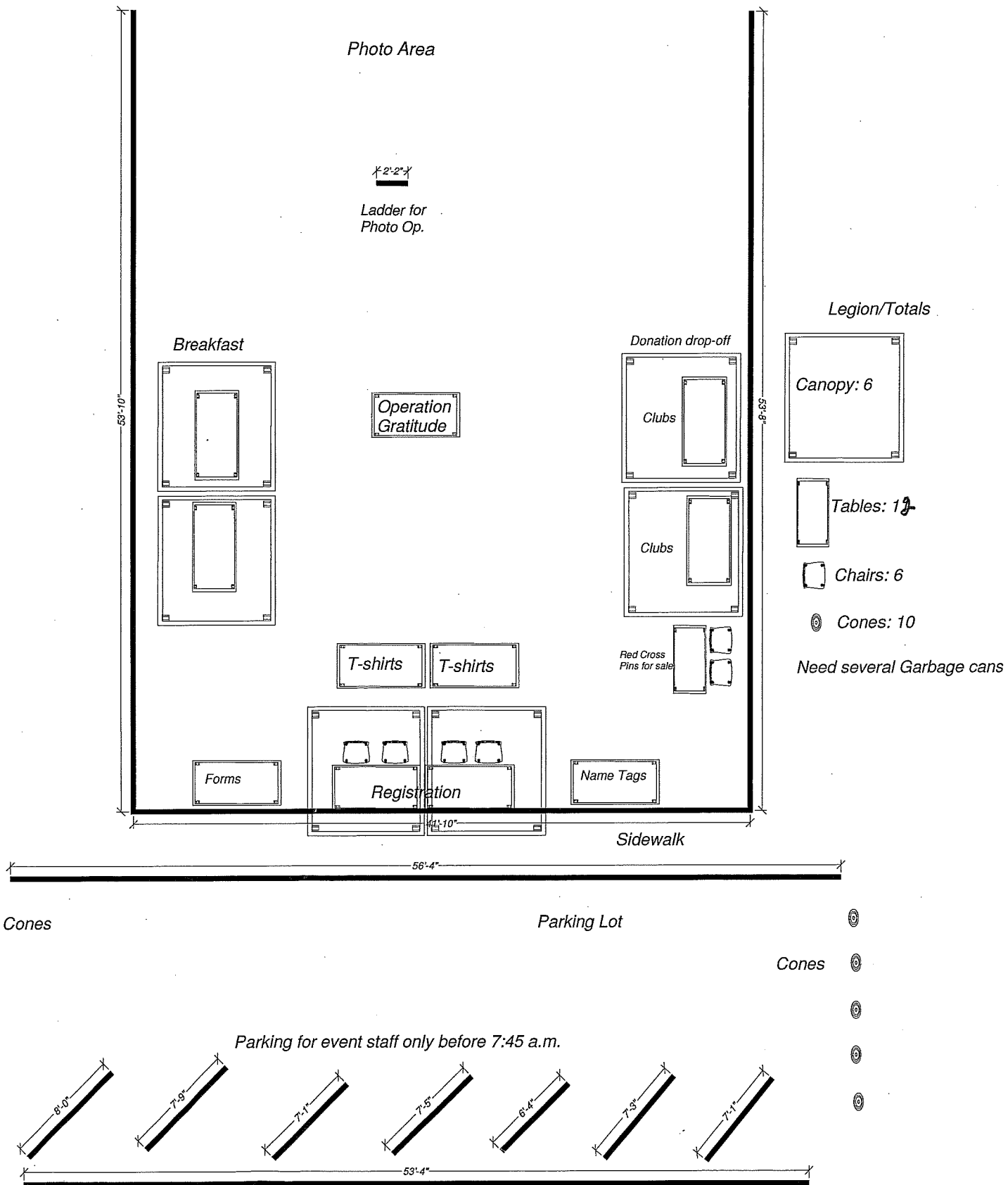
- a. Garbage and refuse should be stored in leak proof and fly-proof containers and services as needed. Plastic garbage bags are recommended in each booth.
- b. All garbage shall be disposed in an approved manner.

12. Toilet Facilities

- a. Toilet facilities that meet handwashing requirements must be provided for food handlers (1 for every 15) within 200 feet of a temporary food booth.

Exhibit 2

Sample Event Floor Plan



"Who's Coming" - Super Saturday 2015 – for layout

Captain Carl Tide pool table (needs electricity and a solid surface) – tent/no table

Wings of Discovery (birds) – tent and table

Education in Nature: reptiles/insects - tent and table

Goats (Danette) – Has her own tent. Needs area for pen and a table.

Whole Foods – tent and table

Debra Leith – 2Eden Design – tent and table, wants to be near School Gardens food sale tables

Enhanced Landscape – tent and table

Triunfo Sanitation – tent and table

Hello Harvest – tent and table

Green Hippo – tent and table

Scout Troop – tent and table

School Gardens food sale – might need two tables- maybe L-shaped?

Student Tables – 20? – waiting on final number from Debbie and who needs electricity

Armstrong Garden Workshop from 11-12 – 15 chairs – great if they could have a tent

Solar Car Derby – may need two tables, no tent

Art Showcase – set up from Anna Lovejoy

Yalla Food Truck – needs electricity

Electric Car Driveway Party

DJ equipment – needs electricity

Possible help with set up from these organizations:

Our Future Club

Green Club

Water Warriors (Katie Cohen/Vanessa Heller's students)

Exhibit 3
VCSSFA
Approved Student
Activities Guide
And
District Liability Insurance
Certificate Sample



STUDENT ACTIVITIES GUIDE

All District sponsored activities must comply with district Board Policies and Administration Regulations

RED LIGHT ACTIVITIES

Certain activities and events are either prohibited by the district or not covered under the Ventura County Schools Self-Funding Authority "Liability Coverage Memorandum" (LCM) for the school district. The "Red Light Activities" page in this guide lists activities that are not covered, have limited coverage, or are not recommended, and may be prohibited by the district.

YELLOW LIGHT ACTIVITIES

Occasionally, schools sponsor activities that may require additional insurance coverage, hold harmless agreements, Certificates of Insurance with an additional insured endorsement, or other special arrangements. Schools must strictly adhere to district guidelines and/or other special arrangements. All conditions must be met before undertaking any activities listed on the "Yellow Light Activities" page. The Risk Management Department should be contacted for assistance.

GREEN LIGHT ACTIVITIES

Approved activities and events are listed on the "Green Light Activities" page of this guide. If using an outside vendor, contact Risk Management to see if a Certificate of Insurance or hold harmless agreement is required.

For each off-site activity, each student must submit an appropriate and complete "Field Trip/Excursion Authorization and Medical Treatment Authorization" form. Certain "on campus" activities may also require student waivers.

If a proposed activity is not listed in the red, yellow or green activity list please call the Risk Management Department for assistance.

Under no circumstances should any school site administrator or staff sign a contract or a hold harmless agreement for a vendor or provider or agree in any way that the district will be held responsible for liability. All contracts and/or hold harmless agreements must be submitted to the Assistant Superintendent or Director of Business/Fiscal Services for review and signature.

YELLOW LIGHT ACTIVITIES

The activities listed below can be associated with significant risk and can be dangerous and jeopardize the safety of our students. Some activities bear a deductible or loss retention under LCM for the school district; others compromise the district's liability coverage.

A supplement to these "Yellow Light Activities" can be found after the "Green Light Activities." The supplement gives guidance for managing the risks of these activities.

This list is not all-inclusive – please check with the Risk Management Department concerning similar activities that are not listed.

Qualified Activities for which a District may have a Deductible (\$5,000 to \$50,000)

Climbing walls and ropes/challenge courses	Rebounding devices, including but not limited to:
Ocean field trips involving water craft	❖ Astro Walk
❖ Watercraft on open water	❖ Bounce House
Playgrounds (non-compliant)	❖ Castle Bounce
Competitive team sports and sport clubs	❖ Jolly Jump
	❖ Moon Bounce

Other Activities

Activities involving food	Carnivals (without powered rides and/or amusement vendors)	Overnight activities and field trips
❖ After school treats	Child care/babysitting	❖ Camps – enrichment & science
❖ Food sales	Cheerleading	Parade Participation
❖ Baked goods	Dunk tanks/ flush tanks (adults only in the tank)	Petting zoo
❖ Catered foods and snack food concessionaire	Field trips (see below)	Sport teams
❖ School gardens	Go carts	Story tellers/performers
❖ Barbeques, Picnics, Potluck meals	Grad Night	Velcro walls (No rebounding device can be used)
Activity transportation	Haunted house	Volunteer Physician services for CIF sports
Animals in classrooms	Hayride	Walk-a-thon/jog-a-thon (off campus)
Archery (see also Competitive team sports and sport clubs)	Helicopter landing	Water Activities (off campus)
Bicycle safety rodeos	Inflatable action events (non-rebounding)	❖ Swimming
Bingo (must have license & permit)	Model rockets	❖ Snorkeling
Car wash fund raisers	Obstacle courses	❖ Wading

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YELLOW LIGHT ACTIVITIES SUPPLEMENT

Occasionally, schools, parents, and/or other organized groups sponsor activities, which may require additional insurance coverage, hold harmless agreements, Certificates of Insurance with an endorsement naming the district as additional insured, or other special arrangements. Sites are to strictly adhere to district guidelines. All conditions must be met and/or the Risk Management Department consulted before undertaking any activities listed on the yellow light activity list.

If a proposed activity is not listed in the red, yellow or green activity list please call the Risk Management Department for assistance.

	Deductible	Call Risk Management	Refer to Guidelines, Best Practices, or Information Sheet	Student Waiver Required from Parent	Hold Harmless	Certificate of Insurance/w Endorsement	Additional Insurance Required	Certified Lifeguard Required	Consult Local Government for Ordinance
Activities involving food:			X						
❖ After school treats (prepared at home)									
❖ Food sales (prepared at home)			X						
❖ Baked goods			X						
❖ Catered foods and Snack food concessionaire			X		X	X			X
❖ Cake walk									
❖ Dinners – potluck, pasta, international, etc.									
❖ Barbeques, Picnics, Potluck meals			X		X	X			X
Activity transportation			X		X	X	X		

For each off-site activity, each student must submit an appropriate and complete “Field Trip/Excursion Authorization and Medical Treatment Authorization” form. Certain “on campus” activities may also require student waivers.

Student Waivers include “Field Trip/Excursion Authorization and Medical Treatment Authorization” forms, “Informed Consent/Assumption of Risk” forms, transportation authorization forms, and any other form releasing the district from liability.

YELLOW LIGHT ACTIVITIES SUPPLEMENT (Continued)

	Deductible	Call Risk Management	Refer to Guidelines, Best Practices, or Information Sheet	Student Waiver Required from Parent	Hold Harmless	Certificate of Insurance/w Endorsement	Additional Insurance Required	Certified Lifeguard Required	Consult Local Government for Ordinance
Haunted house		X		X					
Hayride				X	X	X			
Helicopter landing		X	X		X	X			X
Inflatable action events, (non-rebounding)		X	X		X	X	X		
Model rockets			X						X
Obstacle courses		X							
Ocean field trips involving water craft	X	X	X	X		X			
❖ Watercraft on open water	X	X		X				X	
Overnight activities and field trips			X	X					
❖ Camps – enrichment & science			X	X	X	X			
Parade participation			X	X					
Petting zoo		X			X	X			

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YELLOW LIGHT ACTIVITIES SUPPLEMENT (Continued)

	Deductible	Call Risk Management	Refer to Guidelines, Best Practices, or Information Sheet	Student Waiver Required from Parent	Hold Harmless	Certificate of Insurance/w Endorsement	Additional Insurance Required	Certified Lifeguard Required	Consult Local Government for Ordinance
Water activities (off campus)			X						
❖ Wading				X				X	
❖ Swimming				X				X	
❖ Skim boarding				X				X	
❖ Boogey boarding				X				X	
❖ Snorkeling				X				X	
❖ Activities at water parks				X	X	X		X	

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Exhibit 4
OPUSD
APPROVED FOOD
VENDORS LIST

OAK PARK UNIFIED SCHOOL DISTRICT

[illegible]

Exhibit 5
OPUSD
WELLNESS
COMMITTEE
GUIDELINES

OAK PARK UNIFIED SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

Series 5000

Students

AR 5030(a)

School Wellness

District Standards for Nutritional Quality of Foods and Beverages Sold on Campus

Meals served through the National School Lunch Program and other food provided or sold by schools during the school day will be modified as follows:

- All foods served will be appealing and attractive to children;
- All meals will be served in clean and pleasant settings;
- Foods that contain potentially harmful food additives, including artificial preservatives nitrates, nitrites, artificial sweeteners, bovine growth hormone, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (transfats), and antibiotics shall not be sold or served;
- The District will continue to participate in the national Meatless Monday program sponsored by the Johns Hopkins Bloomberg School of Public Health. This participation includes, but is not limited to, conference calls and meetings. Promotional materials will be posted on the District website and in the school cafeterias;
- The health, environmental, and animal welfare advantages of a more plant-based diet will be promoted, and meals that are “environmentally friendly” and/or “animal friendly” will be prominently demarcated and publicized as such;
- No beef, pork, lamb, or fish will be served at any time as is the current practice;
- Plant-based foods served will provide the sufficient nutrients, including required levels of proteins, to ensure high quality nutrition.
- Chicken and turkey served should be pasture-raised and third party humanely certified. Additional costs for this will be reflected in the meal prices for students choosing these options, if necessary. If this is not available, practical, or affordable within reason, California-raised, free-range poultry may be served. Our goal is not to serve ‘Factory’ or ‘industrial farmed’ poultry however, the serving of conventional poultry may be required due to budgetary or other practical concerns.
- Products such as *Beyond Meat* will be used in various dishes in order to provide plant based options with similar gastronomical elements to those found in animal products;
- Eggs served should be pasture-raised and third party humanely certified. If this is not practical or affordable, California free-range eggs may be used. Our goal is not to serve ‘Factory farmed’ or ‘industrial farmed’ eggs, however, the serving of conventional eggs may be required due to budgetary or other practical concerns.
- Every effort will be made to source products and ingredients that are organic or at a minimum Non-GMO;
- Bread products will meet all of the standards set forth in these regulations and be at least 51% whole grain. This includes, but is not limited to, pizza crust and sandwich bread;
- The exposure of children to potentially harmful residues of toxic agricultural chemicals such as pesticides, herbicides, fertilizers, waxes, and fungicides will be reduced through the use of

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AR 5030(b)

organic products whenever practical. An intensive farm-to-school program will be developed that can deliver locally grown organic produce to the cafeterias;

- Each and every meal will contain fresh fruit vegetables, whole grains, or legumes, with a variety of choices that, when practical, should be from local and organic sources;
- Schools shall offer a variety of fresh fruits and vegetables, at least two vegetables and two fruit choices each day, and five different fruits and five different vegetables over the course of a week;
- Food grown in the organic school gardens will be used in the menus as available;
- Milk should be from pasture-raised, grass-fed cows, and third party humanely certified. It must also be hormone free and not from cows that have had antibiotics administered. If this is not practical or affordable, fat-free and low-fat hormone and antibiotic-free milk will be offered as required by law. Flavored milk must be fat-free and meet all other requirements of this policy, including, but not limited to, the avoidance of HFC, artificial flavors, hormones and antibiotics and will be made available 3 days per week at the elementary schools and daily at the secondary schools. Milk alternatives, including soy or almond milk, plain or flavored, will be available options for students at all levels every day. When possible, milk alternatives will be used in the cooking and baking process;
- Cheese and cheese products must be vegetarian and not contain animal rennet if at all possible and practical. When possible these should be from milk produced outside the factory and industrial agriculture process. Plant-based cheese alternatives will be tested and used if deemed to be of acceptable quality;
- Ingredients and preparation methods of entrees in the elementary schools will be shared with parents and students. The information will be made available in the District's cafeterias as well as on the Oak Park Unified School District's web site.
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. All schools will have a salad bar for sale at least twice a month, if volunteers are able to assist, that features fresh organic and locally grown produce. It is the goal for all salads to be comprised of fresh organic and locally grown produce, however if the inclusion of these products is not practical, then pre-made salads will be served. In either instance, salads will be available regularly at the elementary schools and daily at the secondary schools.
- Child Nutrition will pursue products with no added sugar and secondarily with no processed sugar for the a la carte items, also referred to as competitive foods, offered at the middle school and at the high school;
- A program to promote the use of the hydration stations will be developed at every school. This will include the sale or provision of a reusable water bottle for every student at the start of the school year. These will be available for sale throughout the year from the school. The sale of water in plastic bottles will include an up-charge of .25 with the proceeds going to WaterAid International;

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- Food that reflects the ethnic diversity of the school district will be incorporated into the menu;
- Students will be regularly surveyed to receive input regarding the quality of the program and to ensure that menu items are pleasing and desirable;
- The National School Lunch Program is a Federal and State funded program designed to assist those families in need of financial assistance in providing nutritious meals to their children. The District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

(cf. 3553 - Free and Reduced Price Meals)

Meal Times and Scheduling

Schools:

- Will provide students in middle and high schools with at least 20 minutes after sitting down for lunch, and will require students in elementary school to remain seated to eat for at least 10 to 15 minutes prior to playing;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will be encouraged to schedule lunch periods to follow recess periods (in elementary schools);
- Will encourage parents to volunteer during lunch to engage students in special tastings and other exposures to a variety of foods;
- Will provide students access to hand washing before they eat meals or snacks.

Qualifications of School Food Service Staff

Qualified Child Nutrition professionals will administer the school meal programs. As part of the District's responsibility to operate a high-quality Child Nutrition program, the District will provide continuing professional development for all Child Nutrition professionals in the District's school cafeterias. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility in areas including safe food handling, food preparation, and service. A full-time Director of Child Nutrition will lead and manage this program according to these guidelines and will be in place by August 2014, assuming funding permits. The individual selected will be tasked with, among other responsibilities, developing and managing a Child Nutrition program that meets the standards set forth in this policy and administrative regulations.

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Other Food Served and Sold

Class Parties

- The District desires parents, guardians, volunteers, staff, and faculty to support the District's nutrition education program by: considering nutritional quality when selecting any snacks which they may donate or offer in the school and/or for occasional class parties; limiting foods (or beverages) that do not meet nutritional standards to no more than one food (or beverage) per party;
- Both parents and staff will be urged to follow District nutrition standards when providing food during and after school meetings, rehearsals, practices, cooking classes, and similar activities for which students are present;
- It will be left up to the teacher's discretion to arrive at a maximum either of one agreed upon food that does not comply with the nutrition standards for celebrations and/or holidays such as Valentine's Day or Halloween;
- The OPUSD recommended list of school snacks shall be utilized;
- Class parties or celebrations shall be held after the lunch period whenever possible;
- In light of wellness concerns, dietary restrictions and food allergies prevalent among students, birthdays will be celebrated in ways that do not involve bringing in outside food or beverages to the classroom including after school hours.

Fundraising/Rewards

To promote and ensure wherever possible healthy attitudes toward food and nutritional offerings of food:

- Food shall not be an individual reward for students' academic performance, accomplishments or behavior;
- Food provided by the school shall comply with District nutrition standards.
- The district requires school organizations to use healthy food items or non-food items for fundraising purposes;
- Foods sold after school must meet District nutrition standards;
- Food sold at fundraisers on District property such as the Snack Shack at OPHS and similar fund raising venues and events should be in compliance with these standards. Members of the Wellness Council and the Child Nutrition Department will work with PTO and ASB organizations to provide suggestions including, but not limited to, sourcing of food at District cost to support a gradual transition, as well as ongoing functioning.

(cf. 1230 - School-Connected Organizations)

Nutrition/Health Education Goals

To meet the Nutrition/Health Education goals, the Board will promote and enable schools to:

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-
- Establish an organic instructional garden (tilled ground, raised bed, container, nearby park, community garden, farm or lot) of sufficient size to provide students with experiences in planting, harvesting, food preparation, serving and tasting, including ceremonies and celebrations that observe food traditions, integrated with nutrition and core health curriculum and articulated with state standards. Harvested produce should be used in the cafeterias as available;
 - Explore a farm to school program that would involve the development of a working farm on one acre of land at Oak Park High School. Students would take outdoor education classes with a diverse curriculum, the focus of which would be agriculture, and the small farm would supply fresh organic produce to the Child Nutrition program;
 - Integrate hands-on experiences in gardens and classrooms with other relevant enriching activities such as farm field studies, farmers' markets tours, visits to community gardens and visits to health promotion/health care facilities. These opportunities will align with core health curriculum so that students begin to understand how lifestyle-related behaviors affect health, quality of life and longevity, and how nutrition, food development/distribution affect individual/community health;
 - Offer a Wellness Council approved nutrition/health education program at each grade level as part of a sequential, coordinated, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Emphasize a health/nutrition curriculum that includes the caloric balance between food intake and energy expenditure (physical activity/exercise) and which links to the school meal program, other school foods and nutrition-related community services;
 - Offer health education not only in health/PE classes but also creatively integrate it into other subjects such as math, science, language arts, social sciences, and electives;
 - Limit health education materials such that they may not be provided by industry-sponsored groups such as the Dairy Council or the meat producers associations;
 - Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, cooking demonstrations or taste-testings;
 - Promote fruits, vegetables, whole grain products, healthy food preparation methods and health-enhancing nutrition practices;
 - Engage students as active participants in developing, advocating, and implementing nutrition and health-related policies, programs, and services;
 - Provide instructional staff with adequate and ongoing in-services in health education that focus on teaching strategies that assess health knowledge and skills and promote healthy behaviors;
 - Integrate eating experiences, gardens, cooking classes and nutrition/health education into the core academic curriculum at all grade levels;

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- Play a role in a district recycling program that begins with the purchase of recycled products and maximizes the reduction of waste by recycling, composting and purchasing recycled products;
- Install full-service kitchens at school sites where public bond money is expended to repair or remodel the schools;
- Encourage schools to incorporate a brief physical activity/relaxation technique such as tai chi or yoga.

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

Goals for Student Learning

Students will:

- Understand and demonstrate behaviors that prevent disease and speed recovery from illness, based on self-management skills related to diet, physical activity and safe food handling;
- Demonstrate ways in which they can enhance and maintain healthy lifestyle-related behaviors, using knowledge gained from curriculum and current medical recommendations and implementing skills that demonstrate personal responsibility, especially in positive goal setting and decision making;
- Analyze the influence of family, peer pressure, culture, media, technology and other factors on their decisions related to nutrition, physical activity, and lifestyle choices;
- Understand and demonstrate how to be positive, active role models for promoting health-enhancing behaviors (including healthful food and beverage choices) for their families, peers and community through advocacy and interpersonal communication skills;
- Understand and accept individual differences in human growth and development and the relationship between the human body, nutrition and healthy behaviors;
- Identify information, products, and services to promote healthy growth and development;
- Explore various food, agriculture, nutrition and health-related careers as vocational options.

(cf. 6142.8 - Comprehensive Health Education)

Environmental Responsibility and Waste Reduction

The Governing Board will ensure that:

- Meals prepared at school utilize fresh, whole, unpackaged, unprocessed or minimally-processed ingredients, to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste;

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School Wellness

District Standards for Nutritional Quality of Foods and Beverages Sold on Campus

Meals served through the National School Lunch Program and other food provided or sold by schools during the school day will be modified as follows:

- All foods served will be appealing and attractive to children;
- All meals will be served in clean and pleasant settings;
- Foods that contain potentially harmful food additives, including artificial preservatives nitrates, nitrites, artificial sweeteners, bovine growth hormone, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (transfats), and antibiotics shall not be sold or served;
- The District will continue to participate in the national Meatless Monday program sponsored by the Johns Hopkins Bloomberg School of Public Health. This participation includes, but is not limited to, conference calls and meetings. Promotional materials will be posted on the District website and in the school cafeterias;
- The health, environmental, and animal welfare advantages of a more plant-based diet will be promoted, and meals that are “environmentally friendly” and/or “animal friendly” will be prominently demarcated and publicized as such;
- No beef, pork, lamb, or fish will be served at any time as is the current practice;
- Plant-based foods served will provide the sufficient nutrients, including required levels of proteins, to ensure high quality nutrition.
- Chicken and turkey served should be pasture-raised and third party humanely certified. Additional costs for this will be reflected in the meal prices for students choosing these options, if necessary. If this is not available, practical, or affordable within reason, California-raised, free-range poultry may be served. Our goal is not to serve ‘Factory’ or ‘industrial farmed’ poultry however. the serving of conventional poultry may be required due to budgetary or other practical concerns.
- Products such as *Beyond Meat* will be used in various dishes in order to provide plant based options with similar gastronomical elements to those found in animal products;
- Eggs served should be pasture-raised and third party humanely certified. If this is not practical or affordable, California free-range eggs may be used. Our goal is not to serve ‘Factory farmed’ or ‘industrial farmed’ eggs, however, the serving of conventional eggs may be required due to budgetary or other practical concerns.
- Every effort will be made to source products and ingredients that are organic or at a minimum Non-GMO;
- Bread products will meet all of the standards set forth in these regulations and be at least 51% whole grain. This includes, but is not limited to, pizza crust and sandwich bread;
- The exposure of children to potentially harmful residues of toxic agricultural chemicals such as pesticides, herbicides, fertilizers, waxes, and fungicides will be reduced through the use of

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organic products whenever practical. An intensive farm-to-school program will be developed that can deliver locally grown organic produce to the cafeterias;

- Each and every meal will contain fresh fruit vegetables, whole grains, or legumes, with a variety of choices that, when practical, should be from local and organic sources;
- Schools shall offer a variety of fresh fruits and vegetables, at least two vegetables and two fruit choices each day, and five different fruits and five different vegetables over the course of a week;
- Food grown in the organic school gardens will be used in the menus as available;
- Milk should be from pasture-raised, grass-fed cows, and third party humanely certified. It must also be hormone free and not from cows that have had antibiotics administered. If this is not practical or affordable, fat-free and low-fat hormone and antibiotic-free milk will be offered as required by law. Flavored milk must be fat-free and meet all other requirements of this policy, including, but not limited to, the avoidance of HFC, artificial flavors, hormones and antibiotics and will be made available 3 days per week at the elementary schools and daily at the secondary schools. Milk alternatives, including soy or almond milk, plain or flavored, will be available options for students at all levels every day. When possible, milk alternatives will be used in the cooking and baking process;
- Cheese and cheese products must be vegetarian and not contain animal rennet if at all possible and practical. When possible these should be from milk produced outside the factory and industrial agriculture process. Plant-based cheese alternatives will be tested and used if deemed to be of acceptable quality;
- Ingredients and preparation methods of entrees in the elementary schools will be shared with parents and students. The information will be made available in the District's cafeterias as well as on the Oak Park Unified School District's web site.
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. All schools will have a salad bar for sale at least twice a month, if volunteers are able to assist, that features fresh organic and locally grown produce. It is the goal for all salads to be comprised of fresh organic and locally grown produce, however if the inclusion of these products is not practical, then pre-made salads will be served. In either instance, salads will be available regularly at the elementary schools and daily at the secondary schools.
- Child Nutrition will pursue products with no added sugar and secondarily with no processed sugar for the a la carte items, also referred to as competitive foods, offered at the middle school and at the high school;
- A program to promote the use of the hydration stations will be developed at every school. This will include the sale or provision of a reusable water bottle for every student at the start of the school year. These will be available for sale throughout the year from the school. The sale of water in plastic bottles will include an up-charge of .25 with the proceeds going to WaterAid International;

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-
- Food that reflects the ethnic diversity of the school district will be incorporated into the menu;
 - Students will be regularly surveyed to receive input regarding the quality of the program and to ensure that menu items are pleasing and desirable;
 - The National School Lunch Program is a Federal and State funded program designed to assist those families in need of financial assistance in providing nutritious meals to their children. The District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

(cf. 3553 - Free and Reduced Price Meals)

Meal Times and Scheduling

Schools:

- Will provide students in middle and high schools with at least 20 minutes after sitting down for lunch, and will require students in elementary school to remain seated to eat for at least 10 to 15 minutes prior to playing;
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Qualifications of School Food Service Staff

Qualified Child Nutrition professionals will administer the school meal programs. As part of the District's responsibility to operate a high-quality Child Nutrition program, the District will provide continuing professional development for all Child Nutrition professionals in the District's school cafeterias. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility in areas including safe food handling, food preparation, and service. A full-time Director of Child Nutrition will lead and manage this program according to these guidelines and will be in place by August 2014, assuming funding permits. The individual selected will be tasked with, among other responsibilities, developing and managing a Child Nutrition program that meets the standards set forth in this policy and administrative regulations.

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Other Food Served and Sold

Class Parties

- The District desires parents, guardians, volunteers, staff, and faculty to support the District's nutrition education program by: considering nutritional quality when selecting any snacks which they may donate or offer in the school and/or for occasional class parties; limiting foods (or beverages) that do not meet nutritional standards to no more than one food (or beverage) per party;
- Both parents and staff will be urged to follow District nutrition standards when providing food during and after school meetings, rehearsals, practices, cooking classes, and similar activities for which students are present;
- It will be left up to the teacher's discretion to arrive at a maximum either of one agreed upon food that does not comply with the nutrition standards for celebrations and/or holidays such as Valentine's Day or Halloween;
- The OPUSD recommended list of school snacks shall be utilized;
- Class parties or celebrations shall be held after the lunch period whenever possible;
- In light of wellness concerns, dietary restrictions and food allergies prevalent among students, birthdays will be celebrated in ways that do not involve bringing in outside food or beverages to the classroom including after school hours.

Fundraising/Rewards

To promote and ensure wherever possible healthy attitudes toward food and nutritional offerings of food:

- Food shall not be an individual reward for students' academic performance, accomplishments or behavior;
- Food provided by the school shall comply with District nutrition standards.
- The district requires school organizations to use healthy food items or non-food items for fundraising purposes;
- Foods sold after school must meet District nutrition standards;
- Food sold at fundraisers on District property such as the Snack Shack at OPHS and similar fund raising venues and events should be in compliance with these standards. Members of the Wellness Council and the Child Nutrition Department will work with PTO and ASB organizations to provide suggestions including, but not limited to, sourcing of food at District cost to support a gradual transition, as well as ongoing functioning.

(cf. 1230 - School-Connected Organizations)

Nutrition/Health Education Goals

To meet the Nutrition/Health Education goals, the Board will promote and enable schools to:

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-
- Establish an organic instructional garden (tilled ground, raised bed, container, nearby park, community garden, farm or lot) of sufficient size to provide students with experiences in planting, harvesting, food preparation, serving and tasting, including ceremonies and celebrations that observe food traditions, integrated with nutrition and core health curriculum and articulated with state standards. Harvested produce should be used in the cafeterias as available;
 - Explore a farm to school program that would involve the development of a working farm on one acre of land at Oak Park High School. Students would take outdoor education classes with a diverse curriculum, the focus of which would be agriculture, and the small farm would supply fresh organic produce to the Child Nutrition program;
 - Integrate hands-on experiences in gardens and classrooms with other relevant enriching activities such as farm field studies, farmers' markets tours, visits to community gardens and visits to health promotion/health care facilities. These opportunities will align with core health curriculum so that students begin to understand how lifestyle-related behaviors affect health, quality of life and longevity, and how nutrition, food development/distribution affect individual/community health;
 - Offer a Wellness Council approved nutrition/health education program at each grade level as part of a sequential, coordinated, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Emphasize a health/nutrition curriculum that includes the caloric balance between food intake and energy expenditure (physical activity/exercise) and which links to the school meal program, other school foods and nutrition-related community services;
 - Offer health education not only in health/PE classes but also creatively integrate it into other subjects such as math, science, language arts, social sciences, and electives;
 - Limit health education materials such that they may not be provided by industry-sponsored groups such as the Dairy Council or the meat producers associations;
 - Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, cooking demonstrations or taste-testings;
 - Promote fruits, vegetables, whole grain products, healthy food preparation methods and health-enhancing nutrition practices;
 - Engage students as active participants in developing, advocating, and implementing nutrition and health-related policies, programs, and services;
 - Provide instructional staff with adequate and ongoing in-services in health education that focus on teaching strategies that assess health knowledge and skills and promote healthy behaviors;
 - Integrate eating experiences, gardens, cooking classes and nutrition/health education into the core academic curriculum at all grade levels;

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- Play a role in a district recycling program that begins with the purchase of recycled products and maximizes the reduction of waste by recycling, composting and purchasing recycled products;
- Install full-service kitchens at school sites where public bond money is expended to repair or remodel the schools;
- Encourage schools to incorporate a brief physical activity/relaxation technique such as tai chi or yoga.

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

Goals for Student Learning

Students will:

- Understand and demonstrate behaviors that prevent disease and speed recovery from illness, based on self-management skills related to diet, physical activity and safe food handling;
- Demonstrate ways in which they can enhance and maintain healthy lifestyle-related behaviors, using knowledge gained from curriculum and current medical recommendations and implementing skills that demonstrate personal responsibility, especially in positive goal setting and decision making;
- Analyze the influence of family, peer pressure, culture, media, technology and other factors on their decisions related to nutrition, physical activity, and lifestyle choices;
- Understand and demonstrate how to be positive, active role models for promoting health-enhancing behaviors (including healthful food and beverage choices) for their families, peers and community through advocacy and interpersonal communication skills;
- Understand and accept individual differences in human growth and development and the relationship between the human body, nutrition and healthy behaviors;
- Identify information, products, and services to promote healthy growth and development;
- Explore various food, agriculture, nutrition and health-related careers as vocational options.

(cf. 6142.8 - Comprehensive Health Education)

Environmental Responsibility and Waste Reduction

The Governing Board will ensure that:

- Meals prepared at school utilize fresh, whole, unpackaged, unprocessed or minimally-processed ingredients, to the maximum extent possible, in order to preserve nutritional content and reduce packaging waste;

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- Cafeterias model environmentally-sound practices and educate/involve students and staff in reducing waste, composting, recycling and purchasing recycled materials;
- Packaging containing school meals is made of recycled materials that can (possibly) be recycled again;
- A food waste collection program will be implemented at all of the schools.

Communications with Parents

The District and school sites will:

-
- Support parents' efforts to provide a healthy diet to their children and ensure ample opportunity for daily physical activity during the regular school day;
- Offer lifestyle-enriching seminars for staff, parents and students and send home nutrition/health information, post healthy lifestyle tips on the district wellness website and provide nutrient analyses of school menus;
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet state/district nutrition standards;
- Provide parents a list of foods that meet the district's snack standards and offer ideas for healthy celebrations/parties, rewards, and fundraising activities;
- Create opportunities for parents to share their healthy food practices with others in the school community through parent-support groups and district-wide events, such as the International Gala;
- Provide information about 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.

(cf. 1113 - District and School Web Sites)

(cf. 6020 - Parent Involvement)

Food Marketing in Schools

School-based marketing will:

- Be consistent with district nutrition education and health promotion goals. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet state/district nutrition standards for meals;
- Refrain from promoting predominantly low-nutrition foods and beverages, focusing instead on promotion of healthy foods, including fruits, vegetables, and whole grains; Use point-of-sale "teachable moments" to reinforce good nutrition and healthy lifestyle-related behaviors.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)