

OAK PARK UNIFIED SCHOOL DISTRICT ADMINISTRATIVE REGULATION

Series 5000

Students

AR 5030(a)

Student Wellness

I. NUTRITION

The Oak Park Unified School District (OPUSD) is committed to ensuring that students have access to healthy foods and beverages at school. The Board recognizes that setting standards that meet or exceed state and federal requirements for food served on school campuses is an important part of that commitment.

This administrative regulation differentiates between and lays out guidelines for three categorizations of food served on school premises:

- (1) Meals served in the school cafeterias through the federally-reimbursable National School Lunch Program (NSLP) and School Breakfast Program (SBP), herein referred to collectively as the “School Meals Program”;
- (2) *Competitive Foods*, defined by the state as any food or beverage that is a) outside of and in competition with the School Meals Program, and is b) sold to students at any time during the school day; and
- (3) All other food and beverages served during school hours and at school-sponsored events, including after-hours activities.

Nutritional Requirements for the School Meals Program

OPUSD Nutrition Services is responsible for the administration of the School Meals Program and will ensure that all meals served are in compliance with federal and state nutritional standards detailed in 7 CFR 210.10, 220.8, and 220.23.

OPUSD shall prioritize cooking meals from scratch versus serving pre-packaged meals.

Over the course of a week, meals must meet the following nutritional requirements:

1. Contain no more than 10% saturated fat;
2. Contain no trans fats;
3. Contain only whole grains (defined as 51% or more unprocessed whole grain);
4. Contain no more than 35% sugar by weight (fruits or vegetables with naturally occurring sugars are exempt);
5. Offer a variety of fruit;
6. Offer a variety of vegetables at lunch;
7. Meet the USDA standards for sodium;
8. Meet the USDA regulations for calories (minimum and maximum);
9. Limit the use of artificial food additives and high fructose corn syrup.

In addition, the District shall provide access to fresh, free drinking water during meal times.

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Nutritional Requirements for Competitive Foods

A **Competitive Food** is any food or beverage sold to students on school campus during the school day and outside of the School Meals Program. The **school day** is defined as midnight to 30 minutes after the end of the official school day. OPUSD defines the official school day as the last class dismissal. Competitive Food sales include but are not limited to fundraisers held by parent, teacher, or student organizations that occur at any point during the school day, food and beverages sold out of vending machines, and a la carte items offered at the snack bars during meal periods. Competitive Foods sold on OPUSD campuses must meet or exceed the standards set by state and federal law. (Please refer to 7 *CFR*, Section 210.11, *EC* sections 49430-49434, *CCR* sections 15575-15578, 5 *CCR* sections 15500–15501.)

Without exception, foods and beverages sold during the school day are considered Competitive Foods and therefore must meet all federal and state nutritional requirements for Competitive Foods.

The federal and state nutritional requirements for Competitive Foods are as follows:

1. Food may only be sold if it is one of the following:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food (no more than 8 fl oz (elementary) and 12 fl oz (middle and high) per serving; 1% or fat free; and free from rBST/rBGH and added sugar)
 - d. Healthy protein (Nuts, seeds, legumes, reduced fat cheese and part skim mozzarella, eggs (pasture-raised, organic preferred))
 - e. Whole grain (defined as 51% or more unprocessed whole grain)
2. The food item must meet the following requirements:
 - a. Calories from fat cannot exceed 35% (except for nuts, nut butters, seeds, reduced fat cheese or part skim mozzarella, dried fruit, and nut/seed combinations);
 - b. Calories from saturated fat cannot exceed 10% (except for reduced fat cheese and part skim mozzarella, dried fruit, and nut/seed combinations);
 - c. The food item may not contain trans fat;
 - d. Sugar content cannot exceed 35% by weight (except fruit¹, non-fried vegetables, and dried fruit and nut/seed combinations);
 - e. Sodium content cannot exceed 200 milligrams; and
 - f. Each item/portion may not exceed 200 calories.
3. Only the following beverages may be sold on campus:

¹ Dried blueberries, cranberries, cherries, tropical fruit, chopped dates, and figs that contain added sugar are exempt from fat and sugar standards. Canned fruit is only permitted if it is in 100% juice.

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- a. Water;
- b. 100% fruit or vegetable juice, either carbonated or non-carbonated and no more than 8 fl oz (elementary) and 12 fl oz (middle and high) per serving;
- c. Flavored water (high only), either carbonated or non-carbonated, with water as the first ingredient; no added caffeine, sweetener, or artificial colors; less than 5 calories per fl oz; and no more than 20 fl oz per serving;
- d. Nonfat and 1% milk; no more than 8 fl oz (elementary) and 12 fl oz (middle and high) per serving;
- e. Plant-based milk products that are nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)); no more than 8 fl oz (elementary) and 12 fl oz (middle and high) per serving; less than 28 grams of total sugar and less than 5 grams of fat per serving.

No candy, sugar-sweetened beverages, or caffeinated energy drinks shall be sold to students at any time on OPUSD campuses.

Additional Guidelines for Competitive Foods

Food Fundraising During the School Day

The following additional guidelines apply to any fundraiser that involves the sale of food or beverages during the *school day*:

1. Event organizers must obtain approval from site administration for a Competitive Food fundraiser and provide documentation demonstrating that the proposed food(s) or beverage(s) meets ALL federal and state nutritional requirements for Competitive Foods.
2. Site administration is responsible for documenting all Competitive Food sales onsite **and** maintaining all documentation of compliance (including but not limited to nutrition labels and ingredient lists).
3. If an outside food vendor will be contracted to provide a food or beverage for sale as a Competitive Food, he/she must provide the District with all requisite documentation **before** he/she may be contracted. Please see *Guidelines for Contracting With Food Vendors* in AR 5030(e).
4. Parent organizations may not hold a Competitive Food fundraiser during meal times.
5. The District is committed to providing and creating resources on healthy food and non-food suggestions for fundraisers. See OPUSD Healthy Food Guidelines.

Rules for Competitive Food Sales by Student Organizations

At OPUSD, the Associated Student Body (ASB) at Medea Creek Middle School and Oak Park High School are the two student organizations that may sell competitive foods. Each ASB may

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hold a Competitive Food fundraiser a) up to 4 days within a single school year, and b) only one food or beverage item may be sold at each time.

The state of California has set forth additional rules governing the sale of foods and beverages that are conducted by **student organizations** during school hours: (Please refer to 5 CCR sections 15500 and 15501.)

1. Food or beverage item(s) must be pre-approved by the District's governing board before they may be sold.
2. Food(s) or beverage(s) may not be prepared on campus. Food and beverage items must be fully assembled before being brought to school.
3. The food or beverage sold must differ from the food sold by the school cafeteria on the same school day.

Vending Machines

1. All vending services shall be contracted by the District.
2. All food and beverages sold from vending machines accessible to students must meet the requirements for Competitive Foods and shall be sold in accordance with all federal, state, and local laws.

Guidelines for All Other Food Served at School and School-Sponsored Activities

School-Wide and Individual Rewards and Incentives

1. The withholding of food as a form of punishment is strictly prohibited.
2. Neither candy nor sugar-sweetened beverages will be used as an incentive or reward for academic performance, accomplishments, or classroom behavior.
3. The District will generate a resource list for suggested non-food incentives and rewards.

Classroom Activities, Celebrations, and Parties

1. Food served in the classroom or on school campus for activities, celebrations, and parties occurring during school hours must meet or exceed the requirements for Competitive Foods, except for the following:
 - a. No more than once a month, schools at their discretion may allow classrooms to hold a celebration involving food that does not meet the requirements for Competitive Foods.
2. Food served during classroom and school activities, celebrations, and parties must meet state standards for health and safety.
3. OPUSD recommends that celebrations that include food and beverages be scheduled after the lunch period has ended. School administrators may place further restrictions on celebrations.

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4. Teachers and other school staff shall encourage parents/guardians or other volunteers to consider nutritional quality when selecting snacks to donate for classroom parties and activities. Please refer to OPUSD Healthy Food Guidelines.

Events and Activities Held Outside School Hours

1. Schools should always offer healthy options at school-sponsored events such as Back to School Night, school dances, and athletic events. Please refer to OPUSD Healthy Food Guidelines.
2. Efforts should be made to meet or exceed the requirements for Competitive Foods (see above).
3. The District requires event organizers to contract with licensed food vendors or with OPUSD Food Services to provide food and beverages for school-sponsored events.
4. The District strongly discourages the preparation and/or cooking of food by parent volunteers and/or staff on school campus due to high liability risk.
5. All individuals handling food must observe proper food safety protocol as required by health code. This includes foods or beverages prepared at and brought from home; cooked onsite; or removed from manufacturer packaging before serving.

Guidelines for Contracting with Licensed Food Vendors

- a) Food vendors are only permitted on campus at school-sponsored events after the end of the official school day.
- b) Food vendors include a) food trucks, b) vendors that bring ingredients and/or equipment to prepare food onsite, and c) vendors that prepare food in a commercial kitchen and bring pre-prepared and/or prepackaged food onto campus.
- c) For the legal protection of the District and the safety of its students and families, OPUSD requires all food vendors to maintain with the Business Services office current and valid documentation of the following: 1) liability insurance with endorsement page naming OPUSD as the additionally insured, 2) Ventura County Health Permit, 3) food safety certification by the owner OR one employee, and 4) food and beverage menu. These documents demonstrate to the District that the vendor is legally responsible for any risks involved in serving food to the public, and that its facility and food handling practices are compliant with health code. Food vendors with missing or expired documentation or who have not submitted any documentation to the District are prohibited from selling food or beverages on school campuses.
- d) Food vendors who have submitted current documentation to the Business Services office will be considered an “approved vendor.” The District will provide an Approved Vendors List to all interested parties. Previously approved vendors must continue to maintain up-to-date documentation in order to remain on the Approved Vendors List.

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Packed Lunches and Snacks from Home

1. OPUSD parents are of many opinions as to what constitutes healthy habits, and they have the right to make explicit choices for their children, so long as those choices do not infringe upon other students' or other families' choices.
2. Students are encouraged to bring lunches in zero waste, reusable containers in order to minimize packaging waste.
3. OPUSD is committed to providing education and outreach to support healthy choices at school, at home, and in communities.

Staff Role Modeling

1. Staff members are encouraged to serve as role models for students by following the OPUSD Healthy Food Guidelines when requesting, offering, and using food in the classroom.
2. OPUSD is committed to supporting and promoting healthy lifestyles through nutrition education in the classroom, during after-school programs, and at family events.

Meal Service Times and Facilities

1. The District is committed to providing clean and adequate spaces for students to consume their meals, including age-appropriate seating.
2. OPUSD Nutrition Services will operate the SBP during the morning snack recess period, referred to as *nutrition*.
3. Each school site will set its own meal service times in accordance with the following:
 - a. Students shall have adequate time during the nutrition and lunch periods to purchase or retrieve a meal, eat a meal without rushing, and clean up after themselves.
 - b. Each student should receive at least 10 minutes to consume their meal at nutrition.
 - c. Each student shall receive at least 20 minutes to consume their meal at lunch.
 - d. Nutrition will not be scheduled to start later than 10:30 am.
 - e. Lunch will not be scheduled to start before 11:15 am or after 12:35 pm.
 - f. For grades K- 5, it is recommended that lunchtime recess occur before lunch.
 - g. At the high school level, tutoring, club, or organizational meetings or activities should not be scheduled during mealtimes, unless students may eat during such activities.

Advertising of Food and Beverages in Schools

The District shall maintain exclusive authority and control over all advertising on District property.

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Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed federal and state nutrition standards under 7 *CFR* 210.11 and *CCR* sections 15575-15578, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing often includes oral, written, or graphic statements used for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

Food Quality and Environmental Impact

Environmental Impact

The District is committed to improving waste management, water conservation, and energy efficiency. The District is also committed to reducing lower greenhouse gas emissions, as well as water and energy efficiency and conservation.

1. The District will continue to reduce its total landfill contribution.
2. All designated eating areas will have waste sorting stations for compost, recycling, and landfill.
3. Students may bring drinking water from a designated school water source or home into the classroom, provided that the water is in a capped container, such as a bottle.
4. Nutrition Services will continue efforts to reduce the use of packaged items and serve school meals in packaging made from recycled and recyclable materials.

Food Purchasing/Procurement Practices

The District is committed to ethical procurement practices. The following priorities will guide the purchase of food where permitted by state and federal law, including laws that govern public bidding:

1. Local Purchasing – Produce
 - a. Nutrition Services will commit to sourcing at least 25% of produce purchases from within the state of California; and preferably within a 250-mile radius of Ventura County.
 - b. Nutrition Services will commit to expanding and tracking its purchases of produce from small family farms that operate under 500 acres of land.
 - c. Nutrition Services will commit to tracking its purchases of organic and pesticide-free produce.
 - d. OPUSD will commit to expanding the capacity of school gardens to provide Nutrition Services with organic and pesticide-free produce for use in the School Meals Program.
2. Local Purchasing – Non-Produce

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- a. Nutrition Services will commit to sourcing at least 25% of non-produce purchases from within the state of California, and preferably from businesses operating within a 250-mile radius of Ventura County.
3. Sustainable Purchasing
 - a. The District is committed to increasing its purchases of sustainably-produced foods. The following priorities will guide the purchase of food where permitted by state and federal law, including laws that apply to public bidding:
 - i. Antibiotics: Nutrition Services will attempt to purchase only poultry that is raised without antibiotics.
 - ii. Hormones: Nutrition Services will not purchase milk from cows treated with recombinant bovine growth hormone (rBST/rBGH).
 - iii. Environmental Management: Nutrition Services will make every effort to purchase food raised with appropriate environmental management practices that protect the soil, air, and water. As such, Nutrition Services will not source or serve red meat, pork, or fish.
 - iv. Animal Welfare: Nutrition Services will make every effort to purchase poultry, eggs, and milk from animals raised with adequate living space, fed a healthy diet, and slaughtered humanely.
 - v. GMOs: Nutrition Services will commit to tracking and increasing its purchase of non-GMO and organic ingredients.
4. Fair Purchasing: The District is committed to purchasing food from companies that treat workers fairly. Where permitted by state and federal law, including laws that apply to public bidding, Nutrition Services will make every effort to purchase foods from companies and farms that provide workers with living wages and safe working conditions.

Ensuring No Student Goes Hungry

The School Meals Program ensures that OPUSD students have access to healthy meals every school day.

1. To help eligible students enroll in free and reduced-price meal programs, the District will:
 - a. Streamline the application process where permitted by law, including through Direct Certification;
 - b. Increase communication to those families who qualified for free/reduced meals in prior school years but who have not yet applied for the current school year;
2. The District will communicate with families at least 4 times during the school year about the availability of the SBP. Communications will include registration materials, e-News announcements, and postings on the district website.
3. Nutrition Services will provide a meal to every student who comes into the cafeteria and asks for one regardless of the presence or absence of funds.

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4. Nutrition Services will follow the procedures written on its meal policy to communicate only with parents about the shortage of funds.

Nutrition and Health Education

OPUSD is committed to integrating California Health Education Standards into the core curriculum in all grades. The Board will enable schools to:

- Expand the OPUSD Garden Program at the elementary level to provide students with hands-on experiences in planting, harvesting, food preparation, serving and tasting, and participating in ceremonies and celebrations that observe food traditions;
- Integrate hands-on classroom experiences with relevant enrichment activities such as farm field studies, farmers market tours, and community garden and health care facility visits, so that students may begin to understand how lifestyle-related behaviors affect health and quality of life; and how nutrition, food development, and food distribution impact individual and community health;
- Develop a nutrition and health education program for 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. The curriculum shall link to the school meal program, other school foods, and nutrition-related community services;
- Explore a Career Technical Education (CTE) pathway in Entrepreneurship that will incorporate the development of a one acre farm at Oak Park High School. This farm will be capable of growing a variety of crops that can be commodified and marketed, such as flowers for floral arrangements, produce for the school cafeterias and/or a student-run cafe, community supported agriculture (CSA) boxes, and/or subscription meal services.
- Engage students as active participants in developing, advocating, and implementing nutrition and health-related policies, programs, and services;
- Integrate eating experiences, gardens, cooking classes and nutrition/health education into the core academic curriculum at all grade levels;
- Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities during the school day such as contests, promotions, cooking demonstrations or taste-testings; and
- 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.

Student Goals for Learning in Nutrition and Health Education

Students will:

- Learn self-management skills related to diet, physical activity, and safe food handling;
- Understand and demonstrate behaviors that prevent disease and speed recovery from illness;

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- Demonstrate ways in which they can enhance and maintain healthy lifestyle-related behaviors, using knowledge gained from curriculum and current medical recommendations;
- Implement skills that demonstrate personal responsibility, particularly 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 healthy 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; and
- Explore various food, agriculture, nutrition and health-related careers as vocational options.

II. PHYSICAL EDUCATION & PHYSICAL ACTIVITY

Physical Education Standards

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.

The minimum requirements for physical education at OPUSD are as follows:

- All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated (Education Codes 51210, 51222, and 51223):
 - A minimum of 200 minutes for every 10 school days for students in grades 1-6; and
 - A minimum of 400 minutes for every 10 school days for students in grades 7-10.
- 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. (Education Code 51241);
- High school students who are exempt from two years of physical education in grades 10, 11, or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses. (Education Codes 51222(b) and 51241);
- High school physical education course content will include each of the following areas when facilities, safety, and budget constraints allow: (1) effects of physical activity on dynamic health; (2) mechanics of body movement; (3) aquatics; (4) gymnastics and

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tumbling; (5) individual and dual sports; (6) rhythm and dance; (7) team sports; and (8) combatives. (5 CCR 10060);

- Physical education instruction is delivered directly by a teacher credentialed to teach physical education, K-12. (Education Code 44203);
- Class size is consistent with the requirements of good instruction and safety. (5 CCR 10060) Class size will be discussed by physical education teachers and site administrators to ensure that good instruction and safety guidelines are being followed if problems arise;
- The District will administer the State of California Physical Fitness test annually to all students in grades five, seven, and nine during the months of February, March, April, or May. (Education Code 60800);
- Tests will be administered by credentialed teachers who have received proper training in testing protocol;
- Students will receive their individual fitness test results upon completing the test (Education Code 60800); and
- Teachers and other school and community personnel will not use physical activity such as running laps or push-ups, or withhold opportunities for physical activity such as recess or physical education as punishment. (Education Code 49001)
- All physical education instruction should be based on the physical education content standards and should include the following:
 - Full inclusion of all students;
 - At least 50 percent of instructional time spent in moderate-to-vigorous physical activity;
 - Maximum participation and ample practice opportunities for class activities;
 - A variety of instructional techniques and opportunities for growth and success;
 - Differentiation when possible and appropriate;
 - Well-designed lessons that facilitate student learning;
 - Out-of-school assignments that support learning in the class room, the practice of learned skills, and that are health and fitness based;
 - Appropriate discipline and class management;
 - Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child;
 - Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being. This assessment shall be explained, practiced, and reported to students and their parents;
 - Development of cognitive concepts about motor skills and fitness;
 - Include outside speakers and experts in regard to health and fitness.

Facilities for Physical Education Instruction

- Physical Education facilities shall be considered a learning environment at each site;

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- School personnel will minimize the use of physical education facilities for non-instructional purposes during the school day. A master calendar for physical education facilities should be kept at each site so that all parties are aware of facility use;
- Physical Education facilities should be properly maintained by the site and district on a regular basis ensuring safety and security for students and teachers. The district and sites should continue with a system of communication that ensures proper maintenance;
- When weather or other activities create conflicts in the usage of physical education facilities, site administration and physical education teachers should work together to find acceptable alternatives.

Assessment of Student Learning in Physical Education

- OPUSD will send each student's physical fitness test results to parents and guardians;
- In addition to the required physical fitness test, assessment of student learning and accurate reporting of progress should be an ongoing process in physical education;
- When possible, the use of technology to assess student learning and fitness should be used;
- When possible, student assessment should be tracked throughout their time in OPUSD to measure growth and development over a period of years.

Professional Development

Teachers assigned to deliver physical education instruction should receive focused, on-going professional development related to curriculum, instruction, and assessment in physical education. The district will help facilitate this training when possible.

Goals for Student Learning in Physical Education

The CDE's 2004 *Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching state standards that students shall demonstrate are:

- Motor skills and movement patterns needed to perform a variety of physical activities;
- Knowledge of movement concepts, principles, and strategies as they apply to learning and the performance of physical activities;
- The assessment and maintenance of a level of physical fitness to improve health and performance;
- Knowledge of physical fitness concepts, principles, and strategies to improve health and performance;
- The utilization of psychological and sociological concepts, principles, and strategies as applied to the learning and performance of physical activities.

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- Modification of the Physical Education curriculum to include mindfulness-based physical activities/relaxation techniques such as meditation, tai chi, and yoga.

Physical Activity

Physical activity refers to participation in activities that require physical effort. Physical activity programs may provide participants with structured activity such as games and sports, unstructured activity, such as walking programs and dance, or opportunities to participate in physical activity in the daily routine, such as walk-to-school programs.

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, including the provision of space and equipment.

Physical Activity into the Classroom

- Schools will discourage extended periods, such as those spanning two or more hours, of inactivity. When activities such as mandatory schoolwide testing necessitate that students remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active;
- Classroom time in physical education should be spent on learning and discussing health and fitness related topics, when possible; and
- Alternative classroom seating arrangements that encourage movement and comfort will be encouraged.

Physical Activity Before and After School

- Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs;
- All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. Oak Park High School shall continue to offer interscholastic sports programs, as appropriate;
- After school enrichment programs will provide and encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.

Student Safety During Physical Activity

The District or school site will:

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- Establish rules and procedures concerning safety for students and staff, and assign responsibility for these rules and procedures appropriately;
- In collaboration with community health officials, establish local standards for weather (heat) and air quality pertaining to student participation in outdoor physical activity.
- Establish policies that encourage the use of hats and sunscreen to prevent skin cancer and UV damage;
- Ensure that students and staff have access to appropriate hydration, such as water or other fluids;
- In conjunction with a nurse, develop an emergency response system to expedite aid to students and/or staff who are injured or who become ill at school. The emergency response system should be communicated to the school community, and the necessary training and practice should take place on a regular basis;
- Properly monitor and maintain equipment used for physical activity to ensure the safety of all participants;
- In conjunction with a nurse and the physical education teacher, outline guidelines for students to participate in physical activity at school when they have a medical condition. These policies shall be communicated to all members of the school community and designed to ensure student well-being while providing for maximum participation in physical activity scaffolded to their level.

Safe Routes to School

- The school district will assess and, if necessary, improve students' ability to safely walk and bike to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school;
- The District will explore the availability of federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements;
- The District will encourage students to walk or bike to school to help alleviate transportation problems and encourage personal fitness.

Use of School Facilities Outside of School Hours

- School facilities and open spaces at school will be made available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacation periods when appropriate and possible;
- School facilities and open spaces should be made available to community agencies and organizations that offer physical activity and nutrition programs;
- Schools are also encouraged to develop joint-use agreements or memoranda of understanding with other civic and community partners that promote wellness;
- Facility-use agreements with all groups shall include clauses that provide for payment, upkeep, care, and maintenance for all school facilities being used.

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III: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

- The District will integrate wellness activities across the entire school setting to ensure that all efforts are complementary and work toward the same set of goals and objectives in promoting student well-being, optimal development and strong educational outcomes.
- Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.
- All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the District's wellness committee.
- All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.
- Students and/or staff shall have access to:
 - A school nurse or a designated staff member who has current certification in CPR and First Aid and is supervised by, and has physical or electronic access to, the District nurse or another duly qualified supervisor of health;
 - School counselors and psychologists to support and assist in making healthy decisions, managing emotions, and coping with crises. Eating disorder 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. A plan and training will be organized to assist in identifying students with these issues;
 - A physically and emotionally safe and healthy school environment that supports health literacy and successful learning. The school environment will likewise cultivate a sense of community and mutual support among staff and students;
 - School-based before and after school programs that are aligned with the health and wellness policies adopted by the District; and
 - Consistent health education, including but not limited to, nutrition and physical activity provided to parents and families through the school/District newsletter, informational handouts, parent meetings, the school/District websites, and other venues.

Staff Wellness

Staff wellness initiatives will support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of the students. The District highly values the health and well-being of every staff member and supports personal efforts to maintain a healthy lifestyle by implementing the following activities and policies:

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- Lunch meals in the school cafeterias will be offered to staff at a discounted price to encourage healthy eating habits and to promote the school nutrition program. The difference between the paid staff price and the minimum price required by the federal government for adult lunches will be subsidized by the general fund;
- Food served at school events such as professional development, receptions, and visitations should comply with District nutrition standards to ensure consistency and to model healthy nutrition habits. School organizations are encouraged to order food through OPUSD Food Services for school campus events unless it is impractical or unavailable;
- The District will plan, establish, and implement activities to promote physical activity among staff and provide staff with convenient opportunities to engage in regular physical activity. School personnel should model healthy fitness habits whenever possible;
- The District recommends but does not require that food and beverages available through vending machines in staff-only areas meet District nutrition standards. Information related to installing healthier vending machines will be provided to school principals to assist in the decision-making process.

Communications with Parents

The District will make the following information available to families via the District website, district-wide communications, school-site specific communications, and with registration materials:

- Content of, implementation of, and updates to the wellness policy;
- Summary sheets, fact sheets, and/or lists that target specific sections of the wellness policy to more easily communicate policies relevant to different groups;
- Summary of District-wide or school-site activities related to wellness policy implementation; and
- Contact information for the District's officials leading and coordinating the school wellness council and how to get involved.

The District will also:

- 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 and/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 food and beverage standards and offer ideas for healthy celebrations/parties, rewards, and fundraising activities;

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- Create opportunities for parents to share healthy food practices with others in the school community through parent-support groups and district-wide events;
- 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; and
- Disallow the delivery of “fast food” to students at snack or lunch whether from the parent, the vendor, or anyone else.

IV: EVALUATION AND ENFORCEMENT

- The District superintendent will ensure overall compliance with District-wide nutrition and physical activity wellness policies.
- The District’s director of curriculum will oversee the integration of the health and physical education standards into the classrooms;
- The District’s school nutrition director will ensure compliance with nutrition policies within the School Meals Program; document any nutrition-promoting activities occurring in the school cafeterias; and, maintain documentation of all competitive food sales conducted by Food Services. He/she will provide monthly reports on compliance to the District’s superintendent and the wellness council;
- The school principals will ensure compliance with nutrition policies for all other activities occurring at his/her school site that involve the sale, offer, and promotion of food on school campuses during and outside of the school day. He/she will use the Healthy Schools Program online tool to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, and create an action plan that fosters implementation within his/her school site. The principals will also record their school’s progress toward nutrition and physical education goals stated in this policy; track all school-wide and classroom-specific wellness initiatives that are being carried out over the course of the school year; and maintain documentation of all competitive food sales by parent organizations, student organizations, and classes occurring at the school site. He/she will provide quarterly reports on the school's compliance to the District’s superintendent;
- The wellness council will collect all updates and provide reports on district-wide compliance to the Board of Education, parent/teacher organizations, school principals, and school health services personnel in the District;
- Using information provided by each school principal and recorded from the school nutrition program, the school nutrition director will compile an annual progress report at the end of the academic year to include the following information: (1) the extent to which

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each school is in compliance with the wellness policy, (2) a comparison of the district policy to model local school wellness policies; (3) the progress made in attaining the goals of the policy; (4) any recommend changes to the policy; (5) a detailed action plan for the following school year to achieve annual goals and objectives; and (6) any additional information required by the USDA. The annual report shall be posted on the school district website and a copy will be available at each school site.

Adopted: 5-16-06

Amended: 3-08, 6-14, 10-17-2017

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Helpful Resources:

- [Harvard Public Health Nutrition Source](https://www.hsph.harvard.edu/nutritionsource/) (<https://www.hsph.harvard.edu/nutritionsource/>)
(<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/>)
- [Oregon State University's Linus Pauling Institute](http://lpi.oregonstate.edu/) (<http://lpi.oregonstate.edu/>)
- [UC Berkeley Wellness](http://www.berkeleywellness.com/healthy-eating/food) (<http://www.berkeleywellness.com/healthy-eating/food>)
- [UCSF Sugar Science](http://sugarscience.ucsf.edu/) (<http://sugarscience.ucsf.edu/>)
- [University of Connecticut's Rudd Center for Food Policy and Obesity](http://www.uconnruddcenter.org/)
(<http://www.uconnruddcenter.org/>)
- [Columbia University's Earth Institute](http://blogs.ei.columbia.edu/category/agriculture/) (<http://blogs.ei.columbia.edu/category/agriculture/>)
- [Iowa State's Leopold Center for Sustainable Agriculture](http://www.leopoldcenter.org/)
- [Non-GMO Project](https://www.nongmoproject.org/find-non-gmo/verified-products/product-categories/) (<https://www.nongmoproject.org/find-non-gmo/verified-products/product-categories/>)
- [The Edible Schoolyard](http://edibleschoolyard.org/) (<http://edibleschoolyard.org/>)
- [California Competitive Foods Standards for Public Schools](http://www.cdfa.ca.gov/foodsafety/standards/competitivefoodsstandards.html)
- [Smart Snacks in Schools](http://www.smartsnacksinschools.org/)