

**Willows Unified School District
Wellness Policy**

**Willows Unified School
District
Board of Education**

Superintendent
Mort Geivett, Ed.D.

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Introduction to the Willows Unified School District Wellness Policy

Willows Unified School District (WUSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the intent of WUSD that:

- The District will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness and physical activity policies.
- All students, Transitional Kindergarten through 12th grade (TK-12), will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school ***starting at midnight and up to one half hour after the school day***, including fundraisers, will meet the state and federal nutrition regulations that pertain to Nutrition Services.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will accommodate the diversity of the student body in meal planning. School sites will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
- To the maximum extent possible, all schools in our District will participate in available federal school meal programs.
- The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects.

Background on the Wellness Policy Committee

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies (LSWP). The objectives of the HHFKA include enhancing existing Local School Wellness Policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both Wellness Policy development and reporting.

On July 29th, 2016, the U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS) issued the final rule (FR) for the federal LSWP requirements effective August 29th, 2016. The rule proposed specific content for the local school wellness policies. At a minimum, policies were required to include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness and rely on evidence-based strategies.
- Standards and nutrition guidelines for all foods and beverages available for sale on the school campus during the school day consistent with applicable Federal meal patterns and competitive food regulations.
- Standards for all other foods and beverages available on campus, but not sold, such as those provided at classroom parties and school celebrations and as rewards and incentives.

School Year 2016-2017

A wellness committee was created to include parents and guardians; students; representatives of the school nutrition program (food service personnel); physical education teachers; health education teachers; school health services staff (district nurse); school administration (principal or assistant principals); school board members; the general public; and a supplemental nutrition assistance program education coordinator (SNAP-Ed).

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current regulations. The Committee wishes to support WUSD students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

WUSD Wellness Policy

WUSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. Research shows that two components- good nutrition and physical activity before, during and after the school day- are strongly correlated with positive student outcomes. For example, student participation in the United States Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.¹⁻⁷ Conversely, less than adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.⁸⁻¹⁰ In addition, students that are physically active through active transport to and from school, recess, physical activity breaks, high quality physical education and extracurricular activities, do better academically.¹¹⁻¹⁴ Finally, there is evidence that adequate hydration is associated with better cognitive performance.¹⁵⁻¹⁷

WUSD believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

School Health, Safety and Environment

WUSD will continue to provide and promote a safe environment during the school day and during all school related functions.

1. Physical Environment, Health & Safety

- Students will be taught campus safety rules.
- School sites will monitor equipment/grounds and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will enforce an "anti-bullying" policy and encourage social tolerance and respect for others.

2. Social/Psychological Health

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to health services and mental health services at or near District schools and/or may provide referrals to community resources.

3. Health Services

The Health Services program is a critical means to improving both educational performance and the well-being of the students.

- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- Health Services will promote attendance by communicable disease surveillance and encouragement of healthy habits and injury prevention.
- Health Services will provide local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
- District Nurses will provide information on nutrition, respiratory management, disease prevention and detection, emotional wellness, and other health and wellness opportunities to students and staff, as requested.
- District Nurses will provide the following screenings: vision, hearing, height and weight, and dental, as well as immunizations and physicals.

4. Health Education

WUSD will continue to encourage and incorporate health education topics to K-12 students designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors. The District will require middle and high school students to take appropriate health education coursework to include a health class at the 9th grade level.

- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- WUSD should explore resources and grants for training and materials for health curriculum K-12.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

Nutrition

1. Nutrition Services

Our school district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children; help mitigate childhood obesity; model healthy eating to support the development of life-long healthy eating patterns; and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA childhood nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Summer Food Service Program (SFSP). The District also offers additional nutrition related programs and activities including school gardens, mobile breakfast carts, and harvest of the month (HOTM).

In addition, the District employs well-prepared nutrition services staff who efficiently serve appealing choices of compliant, nutritious foods at breakfast, snack, and lunch time.

- The food service department will provide professional development for Nutrition Services staff related to the Wellness Policy.
- All foods and beverages available on the school campus will promote optimal health and will meet or exceed state and federal guidelines (*Appendix G: Competitive Food Regulations Summary*).
- All students shall have access to free, safe, fresh drinking water during mealtimes.
- Information for nutrition promotion will be provided to parents and students via the District website, in the cafeteria, and on the menus.
- The district offers appealing fresh fruits, vegetables, whole grains, and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Nutrition Services staff will be regularly trained in food safety.

2. Food and Nutrition Standards

- Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations (*Appendix G: Competitive Food Regulations Summary, Appendix H: Competitive Food Calculator*).
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium, and added sugars.
- Documentation of nutrition information for foods sold outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.
- Food safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will: (*Refer to www.foodsafety.gov for more details.*)

- Wash their hands properly
- Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 140 degrees Fahrenheit
- Clean and sanitize utensils and work surfaces
- Not handle food or utensils when sick
- Not handle foods with bare hands
- To reinforce the school's nutrition standards, each school prohibits the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means (*Appendix G: Competitive Food Regulations Summary*).
- Schools will encourage non-food rewards for recognition of classroom success and achievement (*Appendix I: Healthy Fundraisers & Celebrations Tip Sheets and Examples*).
- Classroom celebrations involving food are limited to no more than once per month. Classroom celebrations involving food for Transitional Kindergarten through Grade 5 (K-5) occur after the last lunch period. Classroom celebrations involving food may occur throughout the school day for grades 6 through 12 (6-12). Foods and beverages provided for these classroom celebrations are not required to meet state and federal regulations that pertain to Nutrition Services.
- Homemade foods *will not be allowed* for students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.
- Fundraising with foods and beverages *is allowed*; however, any foods or beverages sold as a fundraiser to students on school campuses, during the school day, outside of the school meal program *must comply with the state and federal competitive food and beverage restrictions*. Fundraisers or sales of noncompliant foods or beverages are allowed when sold to adults, or off of the school campus, or outside of the school day.

3. Nutrition Education

- The school's nutrition education program shall be evidence-based and be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- Nutrition education shall be provided as part of a sequential health education program in grades TK-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through before and after-school programs.

Physical Activity and Physical Education

The primary goals for a school's physical activity and physical education components are to provide opportunities for every student to develop the concepts, knowledge, and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short and long-term benefits of a physically active and healthy lifestyle.

1. Physical Education (PE) Standards

WUSD PE curriculum will follow the California State Physical Education K-12 Standards (*Appendix J: Physical Activity Regulations Summary*).

- Students in grades one through nine (1-9) will participate in moderate to vigorous physical activity per Education Code (*Appendix J: Physical Activity Regulations Summary*).
- Students in grades ten through twelve (10-12) should be provided with the opportunity to participate in physical education, intramural or interscholastic activities.
- Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

2. PE and Physical Activity Goals

Schools should provide all students, K-12, with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.

- A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including, but not limited to: PE, recess, health education that includes physical activity as a main component, special programs (e.g. Elementary Track Meet, Relay for Life, Walk and Jog-a-thons, Girls on the Run, SPARK After School, ASAP, Lamb Derby Run), athletic programs, and intramural or interscholastic activities (Intermediate and High School).
- PE is delivered by well-prepared and well-supported staff.
- Current and scientifically accurate physical activity content is integrated into before and after-school programs and classroom instruction.
- Professional preparation and/or ongoing professional development is provided for District teachers related to physical education and physical activity.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill level.
- PE/physical activity should not be used for disciplinary purposes. Alternative disciplinary measures are encouraged in lieu of withholding physical education/activity or recess.
- Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities.
- The Board also encourages WUSD Administration, teachers, and staff regarding the following:
 - Healthy physical activity behaviors will be modeled.

Family, Staff and Community Involvement

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- Staff shall model healthy behaviors.
- An Employee Assistance Program (EAP) is available for WUSD staff.
- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.

Implementation, Evaluation and Monitoring of the Wellness Policy

The Superintendent shall designate one person within the District and at each school site who is charged with operational responsibility to ensure that each school site complies with this policy. Annual training on this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the WUSD Wellness Policy. At minimum, each school campus must follow the Wellness Policy. Each principal has the ability to increase restrictions beyond the minimum requirements of the Wellness Policy.

The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluations (*Appendix B: School Site Annual Evaluation Form, Appendix C: Health Services Annual Evaluation Form, Appendix D: Parent and Volunteer Group Annual Evaluation Form, Appendix E. Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form*) shall include:

- The extent to which District schools are in compliance with this policy.
- A description of the progress made in attaining the goals of the WUSD Wellness Policy.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated. The District and Wellness Policy Committee will meet each year and evaluate the policy to fit the goals and needs of the District. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent, and staff awareness and to identify successes, as well as barriers to success.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results.

In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Each year, beginning the 2017-2018 school year, evaluations forms must be filled out by the appropriate stakeholders in *Appendix B: School Site Annual Evaluation Form, Appendix C: Health Services Annual Evaluation Form, Appendix D: Parent and Volunteer Group Annual Evaluation Form, and Appendix E. Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form*. **The Annual Evaluation Forms are to be turned into the Superintendent or designee by May 1st each year.**

The purpose of the Annual Evaluation Forms is to determine if the District is meeting the wellness goals set forth in this policy and determine particular areas of strength or weakness. Each year, a report of the results will be compiled and submitted for the Board to review at the end of the school year (June or July)

The Wellness Policy Committee will reconvene each year, and as requested by the Board, to review and update the WUSD Wellness Policy to meet the District's needs and to ensure compliance with current laws.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

Wellness Policy Resource Guide

The Nutrition Services Department created the Wellness Policy Resource Guide. The purpose of this guide is to provide additional tips and guidance. There is a copy available at each school, as well as at WUSDfoodservice.org.

This policy frequently uses the word 'schools' which includes the following: school grounds, school students and staff, the school community, or all of the above.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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2016-2017 Wellness Policy Committee

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School Site Annual Evaluation Form

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the WUSD Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually **by an Administrator and a teacher (or designee) at each school site** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have any questions regarding filling out this survey, contact Dina Ibrahim at 530-934-6600.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Overview	Needs Improvement	Meets	Exceeds
1. Your school promotes a healthy lifestyle to your staff, students and parents.			
2. The programs and/or activities provided by your school set your school at or above the standards of the WUSD Wellness Policy.			
3. Were you aware of the WUSD Wellness Policy before you filled out this evaluation form? (Circle the response that best reflects your opinion).	No	Somewhat – I've only heard of it	Yes

Additional comments on how your school site promotes health and wellness:

School Site Annual Evaluation Form

(pg. 2 of 4)

School Health, Safety and Environment (page 5)	Needs Improvement	Meets	Exceeds
1. School site is monitored for potential hazards.			
2. Students are taught campus safety rules.			
3. An “anti-bullying” policy is enforced.			
4. Healthy habits and injury prevention for staff and students are promoted at your school site.			
5. A drug- and substance-free environment is promoted.			
6. Your school encourages events that promote and support a healthy lifestyle.			
7. Grants and other resources are researched and implemented for training and materials for health curriculum, outside of standard funding given to your school.			

Additional comments on your school site’s school health, safety and environment:

School Site Annual Evaluation Form

(pg. 3 of 4)

Nutrition (page 6)	Needs Improvement	Meets	Exceeds
<i>Nutrition Services</i>			
1. Cafeteria staff are well-prepared and efficiently serve meals to your students.			
2. Fresh, safe, free drinking water is available to students on campus.			
<i>Food and Nutrition Standards</i>			
3. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations. <i>(See Appendix G & H)</i>			
4. Food safety and sanitation standards are followed at all school-related events (ie cafeteria, class celebrations, fundraisers, athletic events, etc).			
5. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.			
6. Non-food rewards are encouraged for student achievement.			
7. Classroom celebrations involving food are limited to no more than 4 celebrations per year.			
8. Classroom celebrations involving food meet or exceed the California Education Code and California Code of Regulations. <i>(See Appendix G & H)</i>			
<i>Nutrition Education</i>			
9. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects.			

Additional comments on foods and beverages available on campus and nutrition education:

School Site Annual Evaluation Form

(pg. 4 of 4)

Physical Activity and Physical Education (page 7)	Needs Improvement	Meets	Exceeds
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.			
2. The physical education curriculum at your school follows the California Education Code requirements. <i>(See Appendix J)</i>			
3. Physical education/activity is not used for disciplinary purposes.			
4. Physical education is delivered by well-prepared and well-supported staff.			

Additional comments your school site’s physical activity and physical education:

Family, Staff and Community Involvement (page 7)	Needs Improvement	Meets	Exceeds
1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.			
2. Teachers and staff model healthy behaviors.			

Additional comments on how your school site involves community, staff and teachers in student wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Health Services Annual Evaluation Form

The purpose of this evaluation is to determine if Health Services is meeting the wellness goals set forth in the WUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually **by the District Nurse for each school site they are assigned** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have questions regarding filling out this survey, contact Dina Ibrahim at 530-934-6600.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Health Services (page 5)	Needs Improvement	Meets	Exceeds
1. The District Nurses review and support the WUSD Wellness Policy.			
2. The District Nurses review and support the WUSD Board Policy and protocols related to Health Services.			
3. The District Nurses review the policies and protocols related to Health Services staff (LVNs, Health Service Technicians and Health Assistants) as needed.			
4. District Nurses educate Health Services staff regarding WUSD protocol and local public health communicable disease control policies.			

Health Services Annual Evaluation Form

(pg. 2 of 2)

<i>Health Services continued</i>	Needs Improvement	Meets	Exceeds
7. LVNs, Health Services Technicians, and Health Assistants refer students and staff to District Nurses who require information or assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation, and emotional wellness.			
8. The District Nurses act on referrals and opportunities to provide health information to staff and students regarding nutrition, respiratory management, tobacco cessation, disease prevention and detection, and emotional wellness, as requested.			
9. District Nurses provide non-mandated screenings for students as indicated, notifying parents/guardians of failed screenings and follow up on referrals. Families whose primary language is Korean, Japanese or Spanish are provided with the appropriate translation for referral(s).			
10. District Nurses act upon opportunities to provide voluntary health screenings to staff as requested.			
11. District Nurses maintain a current (updated at least annually) list of low/no cost health care resources and low/no cost health insurance in English and the other languages identified by the District (Korean, Japanese and Spanish).			
12. Health Services staff and District Nurses respond to information obtained from annual <i>WUSD Health History</i> forms to identify students and their families who need health insurance and distribute health care and insurance information to these and other identified families.			
13. District Nurses participate in community health information outreach activities such as health fairs, fun runs, community events.			
14. Were you aware of the WUSD Wellness Policy before you filled out this evaluation form? (Circle the response that best reflects your opinion).	No	Somewhat – I’ve only heard of it	Yes

Additional comments on how Health Services promotes health and wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Parent and Volunteer Group Annual Evaluation Form

The purpose of this evaluation is to determine if Parent and Volunteer groups on school campus are meeting the wellness goals set forth in the WUSD Wellness Policy and determine particular areas of strength or weakness. Each year, a report of the results will be compiled and submitted for the Board to review. This evaluation may be completed annually **by the PTA, Alliance, English Language Multicultural Advisory Committee, booster groups, the School Site Council and other volunteer groups** and returned to the Superintendent or designee by May 1st of each year. *(Groups not specifically listed are encouraged to complete and submit this evaluation form.)*

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have questions regarding filling out this survey, contact Dina Ibrahim at 530-934-6600.

School Site: _____ Date: _____

Parent/Volunteer Group: _____

Person completing evaluation (Print Name): _____

Contact phone number / email: _____

Parent and Volunteer Groups	Needs Improvement	Meets	Exceeds
1. The Parent/Volunteer group at your school promotes health and wellness to students by incorporating physical activity into programs, fundraisers, events or other school-related functions.			
2. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations. <i>(See Appendix G, H)</i>			
3. Food safety and sanitation standards are followed when foods are served at all school-related events (ie. class celebrations, fundraisers, athletic events, etc).			
4. Efforts are made to coordinate with Nutrition Services whenever serving/selling food on campus during the school day and up to 30 minutes after school ends.			

Parent and Volunteer Group Annual Evaluation Form

(pg. 2 of 2)

	Not at all Confident	Confident	Very Confident
5. How confident does the Parent/Volunteer group at your school feel about meeting the nutrition standards set forth in the WUSD Wellness Policy?			
6. Were you aware of the WUSD Wellness Policy before you filled out this evaluation form? <i>(Circle the response that best reflects your opinion).</i>	No	Somewhat – I've only heard of it	Yes

Please list any fundraisers or other events that the Parent/Volunteer group hosts that promote healthy behaviors (related to nutrition, physical activity, etc.) to our students. Please share any best practices.

Additional comments on how the Parent/Volunteer group at your school promotes health and wellness:

**Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.*

Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form

(pg. 1 of 3)

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the WUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. For the questions below, please mark the answer that applies to your school as a whole. Questions specific to the Student Council or ASB will be noted. This evaluation must be completed annually **by all Student Council Officers for Elementary (or designated group) and all ASB Officers for Middle Schools and High Schools** and returned to the Superintendent or designee by May 1st of each year.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

For items marked "Needs Improvement", you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).

If you have questions regarding filling out this survey, contact Dina Ibrahim at 530-934-6600.

School Site: _____ Date: _____

Person completing evaluation (Print Name): _____

Student Council/ASB teacher's name: _____

Student Council and ASB Officers	Needs Improvement	Meets	Exceeds
1. Your school promotes safety on campus.			
2. Your school promotes a drug- and substance-free environment.			
3. Your school enforces an "anti-bullying" policy on campus.			
4. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc.).			
5. Food and beverages sold and served to students on your school's campus from midnight and up to one half hour after the school day are healthy.			

Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form

(pg. 2 of 3)

	Needs Improvement	Meets	Exceeds
6. Food safety and sanitation standards are followed at all school-related events (ie. cafeteria, class celebrations, fundraisers, athletic events, etc).			
7. Classroom celebrations involving food at your school are limited to no more than four celebrations per year.			
8. Classroom celebrations involving food are healthy.			
9. Nutrition education is provided to students and is included into other academic subjects (math, science, English, etc).			
10. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.			
11. Physical education is taught by well-prepared staff.			
12. Teachers and staff model healthy behaviors while at school.			
13. How confident is your Student Council/ASB class at your school about following and understanding the nutrition standards in the WUSD Wellness Policy? <i>(Circle the response that best reflects your opinion).</i>	Not at all Confident	Confident	Very Confident
14. Were you aware of the WUSD Wellness Policy before you filled out this evaluation form? <i>(Circle the response that best reflects your opinion).</i>	No	Somewhat – I've only heard of it	Yes
15. If you answered "yes" to Question 14, how were you informed about the Wellness Policy?	Teacher	Parent or Friend	Other

Please see next page for more questions.

California Department of Education Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, *U.S. Code* 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the Wellness Policy development to include more members from the community. The HHFKA now requires that the local school Wellness Policy, at a minimum, include:

- Goals for nutrition promotion* and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation*, and periodic review and update* of the Wellness Policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school Wellness Policy.*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies* with the local school wellness policies.

*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Appendix G. **Competitive Food Regulations Summary** (Elementary pg. 23, Middle/High School pg. 24)

A COMPETITIVE FOOD IS ANY FOOD THAT "COMPETES" WITH THE SCHOOL MEAL PROGRAM. IT IS A FOOD OR BEVERAGE THAT IS SERVED TO A STUDENT ON CAMPUS, DURING THE SCHOOL DAY, OUTSIDE OF THE SCHOOL CAFETERIA BREAKFAST OR LUNCH. THE RULES LISTED BELOW ARE BOTH STATE AND FEDERALLY MANDATED FOR DISTRICTS PARTICIPATING IN THE NATIONAL SCHOOL LUNCH PROGRAM.

ELEMENTARY SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

Compliant foods:

1. MUST meet the following:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), **and**
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), **and**
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), **and**
 - d. < 0.5 grams trans fat per serving (no exceptions), **and**
 - e. ≤ 230 milligrams sodium (no exceptions), **and**
 - f. ≤ 175 calories per item/container (no exceptions)

AND

2. MUST meet **ONE** of the following:
 - a. Fruit
 - b. Non-fried vegetable
 - c. Dairy food
 - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
 - e. Whole grain item**

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- a. The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease....," **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Effective from midnight to one-half hour after school.

Applies to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus**.
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

Compliant foods:

1. **“Snack”** food items must be:
 - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
 - c. ≤ 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo), **and**
 - d. < 0.5 grams trans fat per serving (no exceptions), **and**
 - e. ≤ 230 milligrams sodium (no exceptions), **and**
 - f. ≤ 200 calories per item/container (no exceptions)**AND must meet one of the following**
 - g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), **or**
 - h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), **or**
 - i. Be a combination food containing at least ¼ cup fruit or vegetable.
2. **“Entrée”** food items must be:
 - a. Meat/meat alternate and whole grain rich food; **or**
 - b. Meat/meat alternate and fruit or non-fried vegetable; **or**
 - c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

AND

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories, **and**
- b. ≤ 4 grams of fat per 100 calories
- c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- a. ≤ 35% calories from fat, **and**
- b. < 10% calories from saturated fat, **and**
- c. ≤ 35% sugar by weight, **and**
- d. < 0.5 grams trans fat per serving, **and**
- e. ≤ 480 milligrams sodium, **and**
- f. ≤ 350 calories

AND must meet one of the following

- g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- h. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), **or**
- i. Be a combination food containing at least ¼ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

** A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or
- b. A whole grain as the first ingredient, or
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- d. At least 51% whole grain by weight.

Non-compliant foods may be sold from one-half hour after school through midnight.

CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL – BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after school.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow’s or goat’s milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(l)(3)), **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz, **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages (**NOT ALLOWED IN MIDDLE SCHOOLS**)
 - a. Water as first ingredient
 - b. ≤ 16.8 grams added sweetener/8 fl. oz.
 - c. ≤ 40 calories/8 fl. oz.
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

MIDDLE/HIGH SCHOOLS – STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

Effective from midnight to one-half hour after school.

Applies ONLY to food and beverage sales by student organizations.

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by governing board of school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot** be **prepared on the campus**.
5. The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
6. In addition to one student organization sale each day, any and all **student organizations** may sell on the **same four designated days** per year. School administration may set these dates.

Competitive Food Calculator

Follow the link below to determine if the food(s) you plan to sell or serve on school campus to students starting at midnight and up to one half hour after the school day meet the federal and state regulations. Please choose the appropriate category (Elementary, Middle/High, or Entrée) when entering the nutrition information.

<http://www.californiaprojectclean.org/doc.asp?id=180&parentid=95>

Healthy Fundraising Tip Sheet

Schools have many options to successfully raise money and keep school wellness a priority – without relying on sales of unhealthy foods such as candy and cookies. When schools hold healthy fundraisers, they send positive and consistent messages about the importance of good nutrition and physical activity.

Benefits of Healthy Fundraising

Healthy Kids Learn Better: Research shows that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Promotes a Healthy School Environment: To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school environment.

Promotes Consistent Messages: Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

Positive Fundraiser Options

The following examples are fundraiser options that have a positive impact on children, families and the community

Other Active Fundraisers

- ◆ Family obstacle course
- ◆ Golf, tennis or basketball tournaments
- ◆ Teacher-student competitions (softball, Frisbee)
- ☑ **As-THON-ishing results!** Raise money and get power play with active fundraisers. Bike-a-thons, Jump-a-thons, Walk-a-thons, and Dance-a-thons are a few examples. Kids can ask for pledges for miles biked, distance walked, or time jumped.
- ☑ **Hidden talents = fundraising treasures.** Can your child sing, dance, juggle perform magic tricks, do gymnastics, or just make people laugh? Talent shows are a fun and healthy way to raise money
- **Gifts that give back.** Many stores offer programs where you can buy gift cards or certificates to use as fundraisers, which are sometimes known as “Scrip”. Check with your local grocery store or national chains to see if they have a program in place to help your child’s school raise money.

Healthy Treats Sell!

Are food sales a big part of your fundraising efforts? If so, sell healthier foods like:

- 100% fruit juice
- Fruit baskets
- Fruit smoothies
- Yogurt parfaits
- Trail mix and seeds
- Granola bars
- Popcorn
- Unsalted pretzels

Warning: A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds make sure none of the children have an allergy.

“What message does it send our children when we constantly preach to them about getting more exercise, eating healthy and cutting back on junk food and then ask them to sell truckloads of cookie dough and candy bars to friends and family?”

Items to Sell Other than Food

- Artwork
- Calendars
- Candles
- Coupon books
- Football seats
- Gift Certificates or baskets
- Greeting cards
- Magazine subscriptions
- Refillable water bottles (with school logo)
- Stuffed Animals
- Scarves and stocking caps
- T-shirts and sweatshirts (with school logo)
- Tickets to sporting or fine arts events

www.fundraisinggreen.com

This handout was developed with information from the following sources:

1. Kansas State Department of Education
2. Action for Healthy Kids
3. California Department of Public Health

Healthy Celebrations

There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from unhealthy food to healthy fun!

Try these ideas for fun activities and healthy foods at school celebrations

- Plan special games and activities. Ask parents to provide game supplies, pencils, erasers, stickers, and other small school supplies instead of food.
- For birthdays, let the birthday child choose and lead an active game for everyone.
- Provide a “free choice” activity time at the end of the day
- Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and can be the teacher’s assistant for the day.
- Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, bookmarks, stickers, etc.)
- Check with Nutrition Services to see what healthy snacks or fresh items they can provide for a reasonable fee.

If you decide to make food a part of the celebration during the school day, please check the Competitive Food Regulations in Appendix G

Healthy Celebration Snack Ideas

- Fruit smoothies
- Fruit salads with low-fat cottage cheese
- Yogurt parfaits
- Angel food cake topped with fresh fruit
- Popcorn
- Low fat pudding
- Applesauce or other fruit cups
- Berries with low-fat whipped topping
- Bananas or strawberries with a low-fat yogurt dip
- Graham crackers with jam
- Whole-grain crackers with reduced fat-cheese
- Whole-grain tortilla chips with salsa

Ideas for Healthier Celebrations

Elementary School Students

- Have a classroom show-and-tell
- Have a scavenger hunt for items or information related to the party theme
- Provide “free choice” activity time at the end of the day
- Take a fun walk around the school
- Have a dance party
- Read outdoors or enjoy class outdoors
- Pick a children’s book related to the party theme. As a special guest or a parent to come in and read it
- Play a favorite game or play puzzles

Make classroom celebrations healthy and fun!

Middle School Students

- Provide a five-minute chat break at end of class
- Have fun brainteaser activities
- Play jeopardy
- Play a fun video

High School Students

- Have drawings for donated prizes among students who meet certain grades standards
- Play a fun video
- Offer reduced homework or “no homework” pass
- Have a field trip

Promoting healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

This handout was developed with information from the following sources:

1. Kansas State Department of Education
2. Redondo Beach Unified School District

Appendix J.

Physical Activity Regulations Summary

Below are the Education Code requirements for minutes of Physical Education for grades one through twelve (1-12).

“Students in grades one through six, inclusive, must be provided with physical education instruction with an "emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each ten schooldays, exclusive of recesses and the lunch period" (EC Section 51210[g]).”

Middle School/High School Minutes: Notwithstanding EC Section 51223, “All pupils, except pupils excused or exempted pursuant to EC Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten schooldays” (EC Section 51222[a]).

The minimum requirement for graduation is two courses in physical education. “Commencing with the 1988-89 school year, no pupil shall receive a diploma of graduation from high school who, while in grades nine to twelve, inclusive, has not completed . . .” (EC Section 51225.3[a]) “two courses in physical education, unless the pupil has been exempted pursuant to the provisions of this code” (EC Section 51225.3[a][1][F]).

Information was extracted from the California Department of Education’s FAQ page, which can be found at <http://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>

For more information on Physical Education and Health Education, please visit:

PE Framework (2009): <http://www.cde.ca.gov/ci/cr/cf/documents/peframework2009.pdf>

Health Framework (2003): <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>