

# **Franklin Elementary School District**

## **Local School Wellness Plan**

### **Introduction:**

The Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 require all school districts participating in the Federal Child Nutrition Programs to adopt and implement a Local School Wellness Plan. The intent of this written document is to guide the Franklin Elementary School District in its efforts to create supportive school nutrition and physical activity environments. While it is important that the District develop a Wellness Plan that is tailored to its unique needs, the following elements must be included in all Wellness Plans:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote students wellness.
- Nutrition guidelines for all foods sold on campus during the school day that are consistent with federal regulations for school meals and Smart Snacks in School nutrition standards.
- Policies for foods and beverages made available to students during the school day as the result of classroom parties, classroom snacks, and foods given as incentives.
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Involvement of parents, students, school nutrition employees, teachers of physical education, school health professionals, school Board members, school administration, teachers, and the general public in the development, implementation, and update of the Local School Wellness Policy.
- Identification of the school official who has the authority and responsibility to ensure the school complies with the Local School Wellness Policy.
- Inform and update the public about the Local School Wellness Policy on an annual basis.
- At least once every three years, measure to what degree the school is in compliance with the Local School Wellness Plan.

### **Board Policy 5030 / Student Wellness:**

On March 13, 2018, the Board of Trustees of the Franklin Elementary School District adopted Board Policy 5030 / Student Wellness. (**Attachment A**) This Board Policy outlines in general terms all of the requirements of Local School Wellness Plans listed above. While this Board Policy does in fact meet the requirements of District Policy on Student Wellness, it lacks the specifics that are necessary to monitor, evaluate, and actually make changes or improvements to existing student wellness programs. As such, it is the intention of the Franklin Elementary School District to implement the following Local School Wellness Plan to address all of the required guidelines. Through the implementation of this Wellness Plan the District will demonstrate its commitment to providing a school environment that promotes and protects children's health, well-being, and ability to learn.

# Franklin Elementary School District

## Local School Wellness Plan

### I. Wellness Plan Goals

It is the intention of the Franklin Elementary School District to follow all of the guidelines outlined on the previous page in the development of its Local School Wellness Plan. The District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Franklin Elementary School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the District will participate in both the federal School Breakfast Program and the National School Lunch Program.
- Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### II. School Wellness Committee

The Franklin Elementary School District will initiate a School Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Committee will serve as a resource to Franklin School for implementation of the Local School Wellness Plan. This Committee shall meet a minimum of three times per school year, either directly before or after the School Site Council Meeting. Members of this Committee will be solicited at the beginning of the 2020 – 2021 school year. (**Attachment B**) The Franklin Elementary School District Wellness Committee will be comprised of the following members:

1. Superintendent / Principal
2. Student Representative / 6<sup>th</sup> – 8<sup>th</sup> Grades
3. Administrative Secretary / Nutrition Services

4. Head Cook / Nutrition
5. After School Program Director
6. Physical Education Specialist
7. Certificated Staff: Primary (K-5)
8. Certificated Staff: Upper Grade (6-8)
9. Parent of Primary Student (K-5)
10. Parent of Upper Grade Student (6-8)

### III. Nutritional Quality of Foods and Beverages Sold and Served on Campus

The Franklin Elementary School District believes that good nutrition is vital to optimal health. The school environment plays a fundamental role in shaping lifelong healthy behaviors and can have a powerful influence on students' eating habits. An effective school nutrition program is characterized by access to healthy and appealing foods and beverages throughout the school day. Clearly, improving the school nutrition environment has the potential to improve students' physical health and academic achievement.

#### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives; and
- ensure that half of the served grains are whole grain.

In regards to the selection of fruits and vegetables, Franklin School will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. The definition of a whole grain, as used above, is one that is labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient.

At least one time per school year, Franklin School will engage students and parents, through surveys and taste-tests of new entrees, in selecting foods sold through the school meal programs. Members of the School Wellness Committee will be encouraged to participate in the lunch program at least one time per year to gain valuable perspective and insight. This process of both student and parent involvement will help identify new, healthful, and appealing food choices. In addition, the school will share information about the nutritional content of meals with parents and students. Such information will be made available on the Franklin School Website or other point-of-purchase materials.

### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Franklin School will operate the School Breakfast Program.
- Franklin School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Franklin School will notify parents and students of the availability of the School Breakfast Program.
- Franklin School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### Free and Reduced-Priced Meals

Since it is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced price, or "paid" meals, Franklin School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Franklin School will utilize, Titan, its current electronic identification and payment system which allows free and reduced-price students to be tracked for District reporting but not be identified in any manner when receiving their lunch.

### Meal Times and Scheduling.

Franklin School will take the following steps regarding meal times and scheduling:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; (**Attachment C**)

- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.
- will provide students and staff with access to free, safe, and fresh drinking water during mealtimes.
- will provide appropriate supervision in the cafeteria and rules for safe behavior will be consistently enforced.

#### Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal program. As part of the Franklin Elementary School District's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

#### Sharing of Foods and Beverages

Franklin School prohibits students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, infectious diseases, and other restrictions on some children's diets.

#### Foods and Beverages Sold Individually

It is the intention of the Franklin Elementary School District to model and reinforce healthy dietary behaviors by ensuring that only nutritious and appealing foods and beverages are provided in all food venues during the school day. While the primary food venues for the District are both the National School Lunch and Breakfast Programs, it is the intention of the District to follow these guidelines for food offered to students through vending machines, snack bars, fundraisers, classroom-based activities, and after school programs. The District will adhere to these guidelines during the school day, which by definition is up to 30 minutes after the close of school. Snack bars and fund raising events that take place more than 30 minutes after the close of school, primarily during after school sporting events, will not be required to adhere to these nutritional guidelines. In addition, classroom parties during the school year for major holidays, will also be exempt to these restrictions.

The Franklin Elementary School District has very limited, if any, instances where food is sold individually outside of the reimbursable school meal program. On occasion, it is possible for food or beverages to be sold or given to students during the school day. In all cases, this food or beverage is provided after the close of the reimbursable school meal program. In these instances, the following guidelines regarding nutrition and portion sizes will be followed:

### Beverages

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages;
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk which contain trivial amounts of caffeine.

### Foods

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its *weight* from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits; and cooked, dried, or canned vegetables that meet the above fat and sodium guidelines.

### Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;

- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. Upon request, the school district will make available a list of ideas for acceptable fundraising activities.

### Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

### Rewards

Franklin School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages, including food served through school meals, as a punishment.

### Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than two food or beverage items that do not meet nutrition standards for foods and beverages sold individually. Class parties or celebrations shall be held after the lunch period when possible. The District or individual classroom teachers will disseminate a list of healthy party ideas to parents at the beginning of the school year.

## School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day are not required to meet the nutrition standards for meals or for foods and beverages sold individually. Examples of such events are athletic games, dances, performances, etc. It is the feeling of the Franklin Elementary School District that while requiring only healthy food to be provided at these events is desirable, it is just not logical. The District will make sure that healthy choices are an option at each such event but there is no guarantee that all food provided will meet the nutritional guidelines.

## IV. Nutrition and Physical Activity Promotion and Food Marketing

### Nutrition Education and Promotion

The Franklin Elementary School District aims to teach, encourage, and support healthy eating by students. (**Attachment D**) Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and exercise;
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

### Integrating Physical Activity into the Classroom Setting

The Franklin Elementary School District believes that for students to receive the nationally-recommended amount of daily physical activity, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### Communications with Parents

The Franklin Elementary School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on the school website, and provide nutrient analyses of school menus. (**Attachment E**) The District will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. At the beginning of each school year classroom teachers will provide parents with a list of foods that meet the District's snack standards as well as ideas for healthy celebrations, parties and rewards.. This information will also be posted on the Franklin School website.

The District/school will 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. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### Tobacco Prevention

The Franklin Elementary School District will maintain a tobacco-free school policy. Tobacco-use prevention will be included in all health education curriculums. (**Attachment F**)

### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors which are allowable include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

## V. Physical Activity Opportunities and Physical Education

### Daily Physical Education (K-8)

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education of 200 minutes each 10 school days, exclusive of recesses and lunch period, for the entire school year. ([Attachment G](#)) All physical education will be taught by a certified education teacher whenever possible. Student involvement in other activities involving physical activity such as after school athletics will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The physical education program shall be provided with adequate space and equipment and conform to all applicable safety standards. ([Attachment H](#))

### Daily Recess

At Franklin School all students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The attached bell schedule ([Attachment I](#)) demonstrates the school's adherence to this guideline.

Schools should discourage extended periods in excess of two hours of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### Physical Activity Opportunities Before and After School

The Franklin Elementary School District offers an after school sports program for its upper grade students. The District offers a range of athletic programs that meet the needs and interests of both boys and girls. Competitive programs in the areas of flag football, soccer, basketball, wrestling, volleyball, and track and field are offered to both boys and girls on an equal basis.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### Physical Activity and Punishment

Teachers and other school and community personnel are encouraged not to use physical activity like running laps or push-ups as punishment. In addition, withholding recess or activity breaks for punishment should be avoided if at all possible.

### Staff Wellness

The Superintendent / Principal or designee shall encourage staff to serve as positive role models for students. He/she shall promote and may provide opportunities for healthy eating and regular physical activity among employees.

### Safe Routes to School

The Franklin Elementary School District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

### Use of School Facilities Outside of School Hours

Franklin School will ensure that spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. The Board may enter into a joint use agreement to make District facilities or grounds available for recreational or sports activities outside the school day. The Franklin Elementary School District has entered into a Joint Use Agreement with the Yuba City Parks and Recreation Department (**Attachment J**), to ensure these spaces and facilities are available to community agencies and organizations offering physical activity programs. When organizations utilize District facilities, policies concerning safety will apply at all times.

## VI. Monitoring and Policy Review

### Monitoring / Evaluation

The Superintendent / Principal will ensure compliance with the Local School Wellness Plan. It is the responsibility of the Superintendent / Principal to ensure that Franklin School complies with all of the provisions of both the Board approved policies and Wellness Plan.

School food service staff in the Franklin Elementary School District will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent / Principal. In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the state agency within the past five years, the District will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

### Evaluation Plan

To determine whether the Local School Wellness Plan is being effectively implemented within the Franklin Elementary School District, the following indicators shall be used:

- Descriptions of the District's nutrition education, physical education, and health education curricula.
- Number of minutes of physical education instruction offered at each grade level.
- Results of the State's physical fitness test.
- An analysis of the nutritional content of meals served based on a sample of menus.
- Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs.
- Feedback from food service personnel, school administrators, the School Wellness Committee, parents / guardians, students, and other appropriate persons.
- Any other indicators recommended by the School Wellness Committee.
- A description of the District's efforts to provide additional opportunities for physical activity outside of the physical education program.

### Policy Review

To help with the initial development of the District's Local School Wellness Plan, Franklin School will conduct a baseline assessment of the existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Franklin Elementary School District will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

