

Students

Student Wellness

The Board of Education and the Glendale Unified School District (hereafter known as GUSD or District) are committed to providing a Wellness Policy that promotes nutritional, physical, and mental health. We believe that a positive, safe, and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental, and social success. The Board of Education and GUSD recognize that teacher, staff and community involvement, participation and practice of the Wellness Policy are necessary for a comprehensive and collaborative wellness culture.

This Wellness Policy outlines the District's approach to ensuring an environment with opportunities for all students to receive nutrition education, participate in physical activity, receive emotional support, gain cognitive enrichment, and practice healthy eating throughout the school day. The comprehensive and collaborative approach of the Wellness Policy is as follows.

Local School Wellness Policy Leadership

The Superintendent or designee shall appoint a Wellness Committee coordinator to lead the Wellness Committee membership recruitment and oversight of the GUSD Wellness Policy in its development, implementation, periodic review and revision. The goal is to establish a Wellness Committee lead at each school site, department, and student/parent organization for communal collaboration. The Superintendent or designee may make available to the public and school community a list of names, position titles, and contact information of the Wellness Committee members. (7 CFR, Section 210.31(c)(4))

Public Involvement in the Local School Wellness Policy

The District promotes whole school, whole community, and whole child wellness. The Superintendent or designee shall encourage parents/guardians, students, Nutrition Services employees, physical education teachers, school health professionals, curriculum directors, counselors, before- and after-school program staff, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the District's Wellness Policy. (7 CFR, Section 210.31(c)(5))

Public Notification

The Superintendent or designee will actively notify the public about the content of or any updates to the Wellness Policy annually. The Superintendent or designee shall distribute this information through the most effective methods of communication, including District or school newsletters, handouts, parent/guardian meetings, District and school web sites, and other communications. (7 CFR, Section 210.31(d)(2))

Students

Student Wellness

Nutrition Promotion and Education, Physical Activity and Education, Mental Health (emotional, behavioral, and social) Support Systems, and Other School-based Activities

The Wellness Policy outlines the goals for nutrition promotion and education, physical activity and education, mental health (emotional, behavioral, and social) support systems, and other school based activities. In developing these goals, the District will review and consider evidence-based strategies and techniques. This includes the Smarter Lunchrooms Movement tools and strategies. (7 CFR, Section 210.31(c) (1))

Nutrition Promotion and Education

- Students are encouraged to eat a healthy breakfast, lunch, after-school snack, and dinner, including fruits and vegetables, to increase learning and sustained energy throughout the day.
- The GUSD Nutrition Services Department will serve student meals that meet or exceed federal, state and local regulations. The District participates in the United States Department of Agriculture (USDA) meal programs, such as National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Service.
- Schools will serve lunch at appropriate intervals from other meals.
- School personnel and volunteers cannot deny or delay students from receiving meals based on any disciplinary action. For example, a teacher cannot hold students back from going to lunch as a discipline action. (EC 49557.5(c))
- Schools shall ensure adequate time to eat meals after being served. Specifically, students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting the time they have received their meal and are seated.
- Schools will provide a clean and pleasant eating environment with adequate seating. When served outdoors, weather conditions should be considered in accordance with GUSD Board Policies related to weather conditions (BP/AR 3514, Environmental Safety; BP 3516.5 Emergency Schedules; BP 5141.7 Sun Safety).
- Schools will encourage non-food rewards for recognition of classroom success and achievement. Nutrition Services will provide a list of non-food alternatives for school rewards and fundraising.
- Schools will encourage the use of contests, non-food items, and/or Smart Snacks in Schools (SSIS) compliant foods for fundraising and classroom celebrations. The District will provide the SSIS nutrition standards for use in planning classroom celebrations. (<https://www.cde.ca.gov/ls/nu/he/compfoods.asp>)
- Nutritional education instruction provided will be consistent with, or will exceed, the United States Department of Agriculture Dietary Guidelines for Americans and the most

Students

Student Wellness

- current “My Plate” plan. (<https://www.fns.usda.gov/tn/myplate>)
- The District should provide nutrition education to students, staff, and the community through such means as the District’s website, classes, programs, and wellness events.
 - Nutrition education should be integrated into academic curricula where appropriate and in classroom settings, such as culinary programs and health education by school nurses, teachers, registered dietitians and/or certified health education teachers.
 - The nutrition education program should include, but not be limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health.
 - Nutrition education should incorporate enjoyable, developmentally-appropriate, culturally-relevant, and interactive activities such as promotions, taste testing, farm visits, and school gardens.

Physical Activity and Education

- Schools shall provide all students with the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.
- The District shall develop a comprehensive program encompassing a variety of opportunities for students to maximize physical activity, including, but not limited to, physical education, recess, health education for physical activity, athletic programs, intramural and/or interscholastic activities, and community-based programs—Walk and Bike to School Day, Walk- and Jog-a-thons.
- The District will review and consider evidence-based strategies to integrate physical activity topics into the curriculum.
- The schedule for elementary schools shall include at least one daily period of recess of at least 20 minutes in length in order to provide students with unstructured but supervised opportunities for physical activity. (BP 6112)
- Recesses and the lunch period for elementary grades are exclusive of the physical education requirement. (EC Section 51210[a][7])
- Schools are encouraged to schedule recess before lunch. Research indicates that physical activity prior to lunch can increase nutrient intake and decrease discipline referrals.
- Schools should have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.
- Adequate and safe spaces are provided for all students to be physically active. Outdoor spaces are used whenever the weather allows (BP/AR 3514, Environmental Safety; BP 3516.5 Emergency Schedules; BP 5141.7 Sun Safety).
- Adequate, safe, and developmentally appropriate equipment is provided for students to

Students

Student Wellness

- engage in physical activity.
- Elementary teachers are encouraged to give students movement breaks every 20 to 30 minutes of seat time. Research indicates that movement breaks enhance learning, concentration, memory, attention, creativity and analytical thinking.
- Teachers are encouraged to integrate movement into their academic lessons.
- The Board may enter into a joint use agreement or memorandum of understanding to make District facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.
- Schools should encourage staff, families, and community members to institute programs that support physical activity.
- GUSD Physical Education Curriculum will follow the California State Physical Education K-12 Standards. (www.cde.gov/be/st/documents/pestandards.pdf)
- The GUSD physical education curriculum should accommodate a variety of individual characteristics such as body size, age, developmental status, previous movement experiences, and fitness level.
- Students in grades one through six (1-6) will participate in moderate to vigorous physical activity through physical education or interscholastic activity. (EC Section 51210)
- Students in middle and high schools will participate in moderate to vigorous physical activity through physical education or interscholastic activities. (EC Section 51210.)
- Students in grades nine through twelve (9-12) should be provided with the opportunity to participate in intramural or interscholastic activities. (EC Section 51210.)
- Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Parents will be notified of results.
- Students will be encouraged to maintain age and grade appropriate physical fitness levels.
- Physical education should incorporate the phases of an exercise session (warm- up, workout, and cool down).
- Professional preparation and/or ongoing professional development are provided for District teachers related to physical education and physical activity.
- Mental health (emotional, behavioral, and social) support systems for students and staff should be demonstrated by engaging in partnerships with local agencies, hosting health clinics/screenings, and helping to enroll eligible children in local, and/or state health insurance programs, such as Medi-Cal.
- The District will work with applicable federal, state, and local agencies to facilitate student access to basic health screenings.
- School health services, counselors, and psychological/social services should promote the Wellness Policy through health screenings, support groups for eating disorders, stress-reduction, and other activities.

Students

Student Wellness

- Schools should have an active school based team, which collaboratively problem- solves, to address social, emotional, and academic barriers to learning. Teams should have a multidisciplinary approach and partner with relevant outside agencies. These partnerships should provide opportunities for the District, school campuses, and families to work together.

Mental Health – Emotional

- The District and each school campus shall provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of all students and staff.
- The GUSD Student Support Services Department provides an array of services to support students and families, such as emotional wellness and mental health counseling.

Mental Health – Behavioral

- The District promotes alcohol and drug free lifestyles.
- The District shall provide alcohol, tobacco, and other drug prevention and intervention initiatives and programs at schools. Schools may select those programs and initiatives that best meet the needs of their student population. (BP 5131.6)
- Schools shall communicate the disciplinary procedures for students possessing, using or selling alcohol or other drugs or related paraphernalia. (BP 5131.6)
- Students will be provided with the opportunity to use the restroom when the urge arises. Further, classroom teachers should be prohibited from providing incentives and/or rewards to children who do not use the restroom or programs that attempt to limit restroom usage.

Mental Health – Social

- The District will implement the school counselors' Individual Middle/High School College and Career Planning Guide for all schools to attempt to meet the academic, social-emotional, and college-career readiness needs of students. Furthermore, in an effort to actualize a comprehensive school counseling program, the District should encourage school counselors to follow the National Model Framework for School Counseling Programs, endorsed by the American School Counselor Association, including the Mindsets & Behaviors for Student Success that support academic, social- emotional, and career development.
- The school counselors' Individual Middle/High School College and Career Planning Guide will be shared with the school's faculty to provide information about the array of available resources that can be offered to assist students.

Students

Student Wellness

- The District shall ensure a safe school environment by prohibiting unlawful discrimination, including discriminatory harassment, intimidation, and bullying targeted at any student. Students who engage in unlawful discrimination, will be subject to disciplinary action, which may include suspension, and/or expulsion. (BP 5145.3)
- GUSD has developed a comprehensive approach to suicide prevention and mental health. (BP 5141.52)
- The Superintendent or designee shall provide age-appropriate instruction regarding safe and appropriate behavior on social networking sites, chat rooms, and other Internet services. Such instruction shall include, but not limited to, the dangers of posting one's own personal identification information online, misrepresentation by online predators, how to report inappropriate or offensive content or threats, behaviors that constitute cyberbullying, and how to respond when subjected to cyberbullying. (BP 6163.4)

Other School-based Activities

Student Wellness - After-school and Outdoor Activities for Student Wellness

- After-school programs should encourage physical activity and promote the development of healthy lifestyles and healthy decision-making.
- The Wellness Policy should be considered when planning all school and department-based activities (i.e., school events, field trips, dances, assemblies, workshops, and walking field trips).
- Sun safety practices should be encouraged during outdoor activities and events to avoid harmful overexposure to the sun. Further, all outdoor activities should consider sensitivity to heat as outlined in GUSD Board Policy related to extreme heat (BP/AR 3514 Environmental Safety; BP 5141.7 Sun Safety).

Staff Wellness

- The District values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.
- Employees are encouraged to engage in daily physical activity before and after work hours under their own direction, during sponsored programs, and/or through facilities with discounted memberships offered by the District's health insurance carrier
- The District has a Staff Wellness/Benefits Committee. The Committee shall develop, promote, and oversee a multi-faceted plan to promote staff health and wellness

Healthy Environment

Students

Student Wellness

- The Board of Education recognizes its obligation to provide a safe and healthy environment at school facilities for students, staff and community members. The Board shall identify and address potential risks to health and the environment and shall ensure that environmental resources are used in a responsible manner. (BP/AR 3514 Environmental Safety)
- District staff shall strive to maintain good air quality at all schools, ancillary facilities, and support vehicles including school buses (BP/AR 3514 Environmental Safety).
- Adequate routine custodial care with the least toxic cleaning products available. The use of air fresheners and masking agents is prohibited. Timely reporting of spills and water leaks (BP/AR 3514 Environmental Safety).
- The Superintendent or designee shall take the necessary steps to ensure that the most effective and least toxic pest management practices are implemented as prescribed by Healthy Schools Act of 2000. (EC Section 17608-17613)

Nutrition Guidelines for All Foods

Nutrition guidelines shall be consistent with the federal meal standards and competitive food and beverage requirements for all food and beverage items available on the school campus during the school day. The school day is defined as midnight to one-half hour after the end of the official school day. This includes food or beverage items given away or sold.

Nutrition Guidelines for Food and Beverages in School Meal Programs

The Nutrition Services Department should:

- Ensure that all meals (breakfast, lunch and supper) and snacks meet or exceed federal, state and local regulations.
- Employ staff that efficiently serves appealing choices of compliant nutritious foods at breakfast, lunch and snack time.
- Offer appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources.
- Make available free, safe, unflavored drinking water to all students throughout the school day and throughout every school campus. The District shall ensure schools provide easily accessible drinking water in indoor and outdoor common area, both throughout the school day and beyond regular school hours.
- There must be a minimum of one drinking fountain or bottle filling station per 100 students.
- During mealtimes, schools must provide access to cups or other drinking containers.

Students

Student Wellness

- There must be a source located in or near outdoor play and physical activity spaces.
- Age-appropriate water sources must be available for pre-k and kindergarten students in their classrooms.
- Water sources must be filtered and regularly cleaned to maintain sanitary conditions and maintained on a regular basis to ensure they function properly.
- Students, teachers, and staff must be allowed to bring and carry approved, capped water bottles.
- All newly constructed public-school building and public-school buildings undergoing additions or major building renovations shall be equipped with water bottle filling stations, to meet a minimum of:
 - At least one bottle filling station per 200 building occupants.
 - At least one bottle filling station in all school food service areas.
 - At least one bottle filling station near gymnasium and outdoor learning and activity area, including playgrounds and athletic facilities.
- Encourage breakfast participation by implementing, wherever feasible, grab-n-go, second chance breakfast, breakfast during morning break or recess, and other options.
- Work to implement Farm-to-School activities.
 - Local and/or regional products are incorporated into the school meal program
 - Messages about agriculture and nutrition are reinforced throughout the learning environment
- Schools host a school garden.
- Encourage schools to host field trips to local farms.
- Encourage schools to use promotions and/or special events, such as tastings, that highlight the use of local/regional products.

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

- Individual food and beverage items sold or served outside the Federal Reimbursable Meal Programs will meet or exceed federal, state and local regulations. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free of charge. It does not refer to foods brought from home for individual consumption.
- The following items should not be served, sold, or given out as free promotion anywhere on school property at any time during the school day. A school day is defined as midnight to one-half hour after the end of the official school day:
 - All food and beverage items listing sugar, in any form (i.e., high fructose corn syrup, corn syrup), as the first ingredient.
 - All forms of candy.
- All foods and beverages sold to students by any entity (including vending machines) will meet or exceed federal, state and local regulations.

Students

Student Wellness

- Schools are encouraged to use whole, fresh, unprocessed foods and ingredients whenever possible.
- Schools are encouraged to offer fresh fruits and vegetables whenever possible.
- Schools should limit celebrations that involve food during the school day so not to negatively impact school meal participation. Celebrations should occur after the last lunch period.
- Homemade foods will not be allowed to be distributed for consumption to students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.
- Schools are encouraged to serve healthy food and beverages at all school-sponsored events.
- Healthy Fundraising:
 - Each school shall ensure foods and beverages sold and served on school campus during the school day complies with the SSIS nutrition standards. A copy will be provided by Nutrition Services.
 - Each school shall encourage fundraising efforts that support healthy eating by selling non-food items or food items that are aligned with SSIS nutrition standards.
 - Verification of Wellness Policy compliance for foods and beverages sold outside of the school meal program on school campus during school day shall be kept on file by the entity selling the items.

Policies for Food and Beverage Marketing

- All foods marketed will meet federal, state, and local regulations for competitive food and beverage standards as detailed in SSIS.
- Each school will prohibit the marketing and advertising of unhealthy and noncompliant foods and beverages during the school day through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon and incentive programs, free giveaways, etc. This is regardless of where and when items are being sold. In other words, because the restaurant sells items that do not meet the SSIS requirements, it cannot be marketed to students on campus, during the school day. (EC 49431.9).
- Schools will not participate in corporate incentive programs that reward students with free or discounted foods or beverages that do not comply with the state and/or federal competitive food requirements.

Implementation, Assessments, and Updates

- The District, the Board of Education, and the Wellness Policy Committee should work to establish indicators that will be used to measure the District's progress toward achieving goals for nutrition and physical activity and a schedule for reporting results to the Board

Students

Student Wellness

and the public. Such indicators may include, but not limited to:

- Descriptions of the District's nutrition, physical, and health education curricula and the extent to which they align with state academic content standards and legal requirements.
- An analysis of the nutritional content of school meals and snacks served in all District programs, based on a sample of menus and production records.
- Student participation rates in all school meals and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program.
- Extent to which foods sold on campus outside the nutrition services program, such as through vending machines, student stores, or fundraisers comply with nutritional standards.
- Results of the state's physical fitness test at applicable grade levels.
- Number of minutes of physical education offered at each grade level, and the estimated percentage of class time spent in moderate to vigorous physical activity.
- A description of District efforts to provide additional opportunities for physical activity outside of the physical education program.
- A description of other Districtwide or school-based wellness activities offered including the number of sites and/or students participating as appropriate.
- Each school within the District will establish an ongoing School Wellness Committee that convenes to review school-level issues.
- The Superintendent shall designate one or more District or school employee, as appropriate, to ensure that each school site complies with the Wellness Policy.
- Involve parents/guardians, students, Nutrition Services employees, physical education teachers, school health professionals, curriculum directors, counselors, before- and after-school program staff, Board members, school administrators, and members of the public in reviewing and updating the District's Wellness Policy.
- The Superintendent or designee shall assess the implementation and effectiveness of the Wellness Policy at least once every three years.
- The assessment shall include the extent to which GUSD schools are in compliance with the Wellness Policy, the extent to which the policy compares to model Wellness policies available from the USDA, and a description of the progress made in attaining the goals of the Wellness Policy.

Wellness Policy

- The District will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures. The District is

Students

Student Wellness

- encouraged to collaborate with local research institutions and universities.
- The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meal programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.
- The District will actively communicate and inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability and application process of child nutrition programs, and a description and compliance with Smart Snacks in School nutrition standards.

Implementation Timeline

The District will develop a plan for the dissemination of Wellness Policy progress and achievement of objectives based on a predetermined timeframe. The District shall assess the Wellness Policy complete implementation every three years.

Recordkeeping

The District shall retain records such as the most current and approved Wellness Policy with documentation showing how the Wellness Committee involved the community, the triennial assessment, and the dissemination of the Wellness Policy to the public. (*7 CFR, Section 210.31(f)*)

Non-Discrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720- 2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf> from any USDA office, by calling (866) 632-9992, or by

Students

Student Wellness

writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD- 3027 form or letter must be submitted to USDA by mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax: (833) 256-1665 or (202) 690-7442; or
email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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