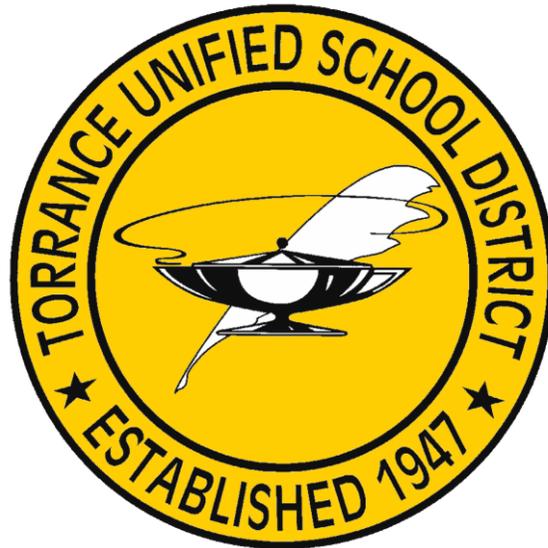


**Torrance Unified School District
Wellness Policy**



Torrance Unified School District

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August 5, 2015

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Introduction to the Torrance Unified School District Wellness Policy

Torrance Unified School District (TUSD) 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 TUSD 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 Kindergarten through 12th grade (K-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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and 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.

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 tusdfoodservice.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.

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. 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.

School Year 2014-15

As a result of the new regulations, TUSD began the process of updating its existing Wellness Policy of 2006. As with the previous policy, TUSD formed a Wellness Policy Committee. The committee of 2013-2014 was composed of community stakeholders from diverse backgrounds within the District, most of whom had not served on the previous committee. The task of this new committee was to review and update the existing Wellness Policy by incorporating the new federal and state objectives (*Appendix F: California Department of Education Local School Wellness Policy Requirements*).

The Wellness Policy Committee met 6 times throughout the 2013-2014 school year. In addition, groups of three to four committee members formed subcommittees that met in between scheduled committee meetings to work on specific policy sections. The committee invested many hours in research, presentation, discussion, debate and revision. The committee liaison consulted frequently with local, state and federal officials on questions of interpretation and implementation of the HHFKA. Using the HHFKA, survey results, and input from the District principals and administrative leaders, the committee produced an updated Wellness Policy that outlines the goals of the District and provides helpful tools and resources.

School Year 2015-16

After reviewing the results of the annual Wellness Policy surveys, the committee reconvened to examine the results and create a plan of action to address the needs expressed through the surveys. After this meeting, the committee agreed to increase the number of committee members, as well as increase the exposure, communication and training available on the Wellness Policy. The committee added 8 new members and met four more times during the summer of 2015. The committee made a few minor revisions to the policy, but ultimately agreed to keep the policy strong. The committee is dedicated to increasing awareness on health and wellness on TUSD's school campuses, as well as increasing the support and involvement of the entire district (staff, administration, teachers, students, parents, etc).

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 law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

TUSD Wellness Policy

TUSD 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. TUSD 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

TUSD 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. Infractions will be referred to the appropriate school employee promptly.
- 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, encouraging 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, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff, as requested.
- In addition to grade level mandated screenings (vision, hearing, scoliosis, and Acanthosis Nigricans), District Nurses will provide other screenings (B/P, BMI, dental, height and weight) to students as identified/needed.
- District Nurses will participate in community health information outreach activities [such as the TUSD District English Language Multi-Cultural Advisory Committee (DELMAC) Conference and the Torrance Memorial Medical Center (TMMC) Health Resource Fair].

4. Health Education

TUSD will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- TUSD 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

Nutrition Services employs well-prepared staff that efficiently serve appealing choices of compliant, nutritious foods at breakfast, snack and lunch time.

- The department will provide professional development for Nutrition Services staff on 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 meal times.
- Information for nutrition promotion will be provided to parents and students via the department website, in the cafeteria and on the menus.
- The department 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 four celebrations per year for K-12. Classroom celebrations involving food for kindergarten through 5th grade (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 will meet or exceed state and federal regulations that pertain to Nutrition Services (*Appendix G: Competitive Food Regulations Summary, Appendix H: Competitive Food Calculator*).
- 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.

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 K-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

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

- Students in grades one through six (1-6) will participate in moderate to vigorous physical activity per Education Code (*Appendix J: Physical Activity Regulations Summary*).
- Students in middle and high school will participate in moderate to vigorous physical activity through PE or interscholastic activities per Education Code (*Appendix J: Physical Activity Regulations Summary*).
- Students in grades nine through twelve (9-12) should be provided with the opportunity to participate in 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 (Jump for Heart, Live Well Program, Mileage Club, Elementary Track Meet, JROTC, Relay for Life, Walk and Jog-a-thons), athletic programs and intramural or interscholastic activities (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 TUSD 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 TUSD staff [*Appendix K: TUSD Staff Employee Assistance Program (EAP) Flyer*].
- 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

(Appendix L: Timeline for Implementation, Evaluation and Monitoring)

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 TUSD Wellness Policy. Each school campus must follow the Wellness Policy, at minimum. 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 TUSD 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.

Appendix A.

**Wellness Policy Committee Members
2013-2014 & 2014-2015**

Leeza Lindsay, RD
Assistant Director
Nutrition Services

Lynette Rock, SNS, RD
Director
Nutrition Services

Terry Ragins, MS, OTR
Member
Board of Education

Debora Hass, RN, M.Ed.
District Nurse Specialist
North High School

Jenna Gebel
Health Resources Teacher
Calle Mayor Middle School

Janet Tajii
President
Torrance Council of PTAs

Kristin J. Matsuda, Esq.
Parent Docent
Healthy Ever After

Candice Sainz
Dairy Council of California
Community Nutrition Adviser

Emily Parker, MS, RD
Healthy Ever After Program Coordinator
Torrance Memorial Medical Center

Helaine Lopes, Ph.D., ATC
Healthy Ever After Program Coordinator
Torrance Memorial Medical Center

Karen Cayetano
12th Grade Student
ASB Commissioner of Activities
Torrance High School

Chris Silver
10th Grade Student
Sophomore Class President
Torrance High School

Lori Ikari, Med., ATC
Health Teacher
Athletic Trainer
North High School

Tina Gross
Assistant Principal
Casimir Middle School

Edna Schumacher
Principal
Hickory Elementary

Wellness Policy Committee Members 2015-2016

Leeza Lindsay, RD
Director
Nutrition Services

Jillian McCann
Assistant Director
Nutrition Services

Terry Ragins, MS, OTR
Member
Board of Education

Heidi Allred, RN
District Nurse Specialist
West High School

Jenna Gebel
Health Resources Teacher
Calle Mayor Middle School

Janet Tajii
Past President
Torrance Council of PTAs

Kristin J. Matsuda, Esq.
Parent Docent
Healthy Ever After

Candice Sainz
Dairy Council of California
Community Nutrition Adviser

Debbie Mabry
Principal
Fern Elementary

Maral Horton
5th VP Health
Torrance Council of PTAs

Sandra Skora
Principal
Towers Elementary

Michelle Vanlerberghe
President
Torrance Council of PTAs

Helaine Lopes, Ph.D., ATC
Healthy Ever After Program Coordinator
Torrance Memorial Medical Center

Subin Cho
10th Grade Student
Sophomore Class President
Torrance High School

Chris Silver
11th Grade Student
Torrance High School

Lori Ikari, Med., ATC
Health Teacher
Athletic Trainer
North High School

Tina Gross
Assistant Principal
Casimir Middle School

Edna Schumacher
Principal
Hickory Elementary

Bobbie Wynhoff
Principal
Walteria Elementary

Lovvet Hollis, RN
District Nurse
Casimir Middle School

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 TUSD 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, you can contact Leeza Lindsay, Director of Nutrition Services, at 310-972-6351 or wellnesspolicy@tusd.org.

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 TUSD Wellness Policy. | | | |
| 3. Were you aware of the TUSD 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

(pg. 1 of 2)

The purpose of this evaluation is to determine if Health Services is meeting the wellness goals set forth in the TUSD 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 any questions regarding filling out this survey, you can contact Leeza Lindsay, Director of Nutrition Services, at 310-972-6351 or wellnesspolicy@tusd.org.

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 TUSD Wellness Policy. | | | |
| 2. The District Nurses review and support the TUSD 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 TUSD protocol and local public health communicable disease control policies. | | | |

Health Services Annual Evaluation Form

| <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>TUSD 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 the TUSD District English Language Multi-Cultural Advisory Committee (DELMAC) Conference and the Torrance Memorial Medical Center (TMMC) Health Resource Fair]. | | | |
| 14. Were you aware of the TUSD 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 TUSD 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 any questions regarding filling out this survey, you can contact Leeza Lindsay, Director of Nutrition Services, at 310-972-6351 or wellnesspolicy@tusd.org.

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 TUSD Wellness Policy? | | | |
| 6. Were you aware of the TUSD 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 TUSD 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 any questions regarding filling out this survey, you can contact Leeza Lindsay, Director of Nutrition Services, at 310-972-6351 or wellnesspolicy@tusd.org.

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 TUSD 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 TUSD 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.

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

(pg. 3 of 3)

15. Please list any fundraisers or other events that the Student Council/ASB at your school hosted that promote healthy behaviors (related to nutrition, physical activity, etc.).

16. What is your favorite health-related event that your school has hosted this year?

**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.*

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:

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

AND

- MUST meet **ONE** of the following:
 - Fruit
 - Non-fried vegetable
 - Dairy food
 - Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
 - 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:

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

- Fruit or Vegetable juice:
 - ≥ 50% juice **and**
 - No added sweeteners
 - ≤ 8 fl. oz. serving size
- Milk:
 - Cow's or goat's milk, **and**
 - 1% (unflavored), nonfat (flavored, unflavored), **and**
 - Contains Vitamins A & D, **and**
 - ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - ≤ 28 grams of total sugar per 8 fl. oz.
 - ≤ 8 fl. oz. serving size
- Non-dairy milk:
 - 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**
 - ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - ≤ 5 grams fat per 8 fl. oz.
 - ≤ 8 fl. oz. serving size
- Water:
 - No added sweeteners
 - 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:

- Only **one food or beverage item** per sale.
- The food or beverage item must be **pre-approved** by the **governing board** of the school district.
- The sale must occur **after the lunch period** has ended.
- The food or beverage item **cannot be prepared on campus**.
- Each school is allowed **four sales** per year.
- 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(i)(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.californiaprojectlean.org/doc.asp?id=180&parentid=95>

Healthy Fundraising Tip Sheet

Torrance Unified School District
Wellness Policy



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.



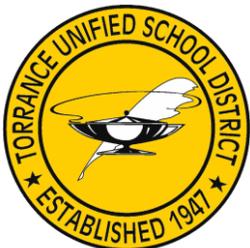
Sell fruit baskets!

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

“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?”

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

Torrance Unified School District
Wellness Policy



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.
- 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.
- Provide a "free choice" activity time at the end of 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.

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



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



Make classroom celebrations healthy and fun!

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

Middle School Students

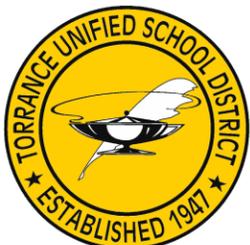
- Provide a five-minute chat break at end of class
- Have fun brainteaser activities
- Play jeopardy
- Play a fun video

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

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>



HOW CAN THE EAP HELP YOU?

Call the EAP for guidance and support managing work and life, including:

- achieving personal goals
- finding care for an aging relative
- sorting through legal matters
- resolving conflicts
- improving health such as weight loss, stress management or quitting smoking
- planning for a strong financial future
- strengthening relationships
- improving communication skills
- planning for life events such as a marriage or birth of a child

YOUR EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- work/life balance
- fulfilling relationships
- achieving personal goals
- healthy living
- financial stability
- resilience
- managing life events
- recovery

YOUR EMPLOYEE ASSISTANCE PROGRAM

Call for confidential support or information any time, day or night.



1-800-662-7241
www.myachieve.com

Employee Assistance Program

Confidential support for work and life



Privacy is a Priority

The EAP upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

(800) 662-7241

To access Achieve Solutions, go to:
www.myachieve.com

This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions' services do not replace regular medical care. In an emergency, seek help immediately.



BENEFITS OF THE EAP INCLUDE:

COUNSELING SERVICES

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss, and more. You can access a counselor face-to-face, online or by phone—whichever is most convenient for you. As with all EAP services, your conversation will be strictly confidential.

LEGAL SERVICES

Legal support for:

- divorce
- landlord and tenant issues
- real estate transactions
- wills and power of attorney
- civil lawsuits and contracts
- identity theft recovery

FINANCIAL SERVICES

Talk to a financial coach for guidance on:

- saving for college
- debt consolidation
- mortgage issues
- estate planning
- general tax questions
- retirement planning
- family budgeting

ONLINE RESOURCES

Visit the Achieve Solutions® website to access articles and tools such as videos, calculators and quizzes to help you improve your health and manage life events. You can also search for service providers in your area. The site is available in English and Spanish. Topics include:

- depression
- strengthening marriage and relationships
- stress management
- anxiety
- conflict management
- weight management
- communication

Life is busy. When you need more resources to manage it all, our employee assistance program (EAP) professionals can help. The EAP provides information, guidance and support to help you and your family reach your personal and professional goals, manage daily stresses and develop fulfilling relationships.

The EAP is here to help

You don't have to handle your concerns on your own. It's OK to ask for assistance. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems. EAP counselors are available 24 hours a day, 7 days a week. Whether your concern is big or small, don't hesitate to call.

HOW THE EAP WORKS

- **Access is easy and there's no cost to you.** Whether the issue is large or small, simply go online or call the toll-free phone number on this brochure any time, day or night.
- **Staffed by professionals.** EAP professionals are highly trained and qualified. The information you receive is accurate, up to date and relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept confidential in accordance with federal and state laws.

YOUR EMPLOYEE ASSISTANCE PROGRAM
Call for confidential support or information
any time, day or night.



1-800-662-7241
www.myachieve.com

YOUR EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- work/life balance
- fulfilling relationships
- achieving personal goals
- healthy living
- financial stability
- resilience
- managing life events
- recovery



Dairy Council – Free Nutrition Education Booklet Form

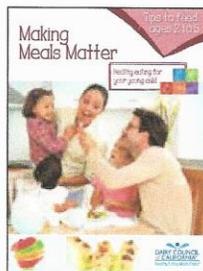
Materials Request Form Free Nutrition Education Booklets

Adult + Parent
Resources

Activity + Eating

A Healthier You

This eight-page booklet provides adults with action steps to make balanced food choices and add physical activity to their daily routines.



Making Meals Matter

Healthy Eating for Your Young Child

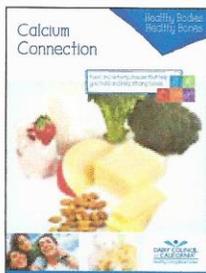
(Tips to feed ages 2 to 5)

This eight-page booklet provides parents of preschoolers with action steps to offer balanced food choices to their young children. It includes information on how much kids need to eat for healthy growth and development.

Calcium Connection

Healthy Bodies, Healthy Bones

This 10-page booklet is designed for women and men, boys and girls—from adolescents to older adults. It contains action steps to boost calcium and vitamin D in the diet.



Making Meals Matter

Healthy Eating for Your School-Age Child

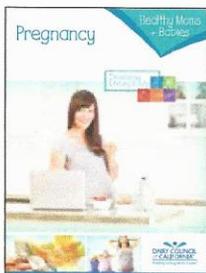
(Tips to feed ages 6-12 year olds)

This eight-page booklet equips parents of school-age children with practical tips for teaching healthy eating and physical activity habits that will last a lifetime.

Pregnancy

Healthy Moms + Babies

This eight-page booklet provides pregnant and breast-feeding women with helpful information about nutrition. It includes recommendations on healthy weight gain, physical activity, breast-feeding and postpartum nutrition.



Each of these self-instructional booklets incorporates a behavior change model and reinforces making small, tangible steps to a healthier lifestyle.

Name: _____

Title: _____

Organization: _____

Business Address:
(No P.O. Box)

City: _____ State: _____ Zip: _____

Phone: () _____ Fax: () _____

Email: _____

Free Materials

PLEASE REQUEST NUMBER OF BOOKLETS FOR A SIX-MONTH PERIOD.
MINIMUM ORDER FOR EACH IS 50 BOOKLETS.

| | | |
|----------------------------------|---------------|---------------|
| Activity + Eating: | English _____ | Spanish _____ |
| Calcium Connection: | English _____ | Spanish _____ |
| Meals Matter – School-Age Child: | English _____ | Spanish _____ |
| Meals Matter – Young Child: | English _____ | Spanish _____ |
| Pregnancy: | English _____ | Spanish _____ |

Place your order today! Mail this form to:

Dairy Council of California
1418 N. Market Blvd., Suite 500
Sacramento, CA 95834
or fax to: 888.540.9890



Please see reverse side for additional materials to implement comprehensive nutrition education.

For more information about Dairy Council of California's nutrition education programs, visit HealthyEating.org.

Materials Request Form

Free Nutrition Education Programs

Each kit includes: Teacher Guide, Student Workbooks, Supportive Materials

Student Resources

Kindergarten

Building A Healthy Me!

Students will learn about food groups, the importance of breakfast, healthy snacks and mixed foods.



4th or 5th Grade

Nutrition Pathfinders

Students will learn about main nutrients and their health benefits, analyze food advertisements and set goals. Individual programs for each grade level.

1st or 2nd Grade

Healthy Choices, Healthy Me!

Students will learn how to balance a meal and meet physical activity requirements. Individual programs for each grade level.



Middle School

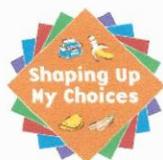
Exercise Your Options

Students will learn to consider their options, develop realistic plans and identify roadblocks to improve their daily food and activity choices.

3rd Grade

Shaping Up My Choices

Students will learn about main nutrients, how to read a food label and ways to measure proper portion sizes.



High School

Activity + Eating

Students will learn the essential connections between being physically active, making healthful food choices and maintaining long-term health.

At Dairy Council of California, we believe that students should be educated and empowered to make the best food choices from all five food groups. Plus, we know that healthy eating helps students perform better in school and contributes to life-long health.

All programs are aligned with Common Core State Standards in Math and English-Language Arts, California content standards in Health Education and Physical Education and Nutrition Competencies for California Public Schools.

First and Last Name: _____

School Name: _____

District: _____

Grade Level: _____

Phone: () _____

Subject (Middle and High School Only): _____

of Student Workbooks: _____ English _____ Spanish _____

Order for Your Colleagues

| First and Last Name | Grade | # of Student Workbooks |
|---------------------|-------|------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

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Timeline for Implementation, Evaluation and Monitoring

The TUSD Wellness Policy is effective July 1, 2014. Revisions were made by the Wellness Policy Committee during the 2013-2014 school year.

Each year, beginning the 2014-2015 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 in July.

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