

# SHANDON

## JOINT UNIFIED SCHOOL DISTRICT

P. O. Box 79, 101 South First Street, Shandon, CA 93461

---

---

BOARD OF TRUSTEES: WILLIAM ALLEY, JACK COOK, ESTER GARCIA, JENNY HOOK, KEVIN KESTER

---

---

ROD WALLACE, SUPERINTENDENT

TELEPHONE (805) 238-0286  
FAX (805) 238-0777

May 14, 2010

Susan Baker  
1101 National Dr., Ste B  
Sacramento, CA 95834

Dear Ms. Baker:

Attached is a copy of our Wellness Policy as requested in your letter of May 6, 2010.

Sincerely,



Rodney Wallace  
Superintendent  
Shandon Joint Unified School District

RW:jb

**SHANDON JOINT UNIFIED SCHOOL DISTRICT**  
**Board Policy**

BP 5030

**Students**

**Student Wellness**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students.

- (cf. 0000 - Vision)
- (cf. 0200 - Goals for the School District)
- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.23 - Infectious Disease Prevention)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - Student Health and Social Services)
- (cf. 5142 - Safety)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

School Health Council/Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note)

- (cf. 3312 - Contracts)
- (cf. 3550 - Food Service/Child Nutrition Program)
- (cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)  
(cf. 6300 - Preschool/Early Childhood Education)  
(cf. 1230 - School-Connected Organizations)

#### Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

(cf. 3553 - Free and Reduced Price Meals)

#### Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

#### Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

#### Legal Reference:

##### EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

##### CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42  
1751-1769 National School Lunch Program, especially:  
1751 Note Local wellness policy  
1771-1791 Child Nutrition Act, including:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act  
CODE OF FEDERAL REGULATIONS, TITLE 7  
210.1-210.31 National School Lunch Program  
220.1-220.21 National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)

PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division:  
<http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity:

<http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>  
School Nutrition Association: <http://www.schoolnutrition.org>  
Society for Nutrition Education: <http://www.sne.org>  
U.S. Department of Agriculture:  
[http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy adopted by Shandon Joint Unified Board of Trustees: 6/27/06  
Revised:

**SHANDON JOINT UNIFIED SCHOOL DISTRICT**  
**Administrative Regulation**

**AR 5030**  
**Students**

**Student Wellness**

This regulation does not affect or supersede the federal school lunch/breakfast program. This regulation affects all foods or food products sold or provided outside of the federal school lunch/breakfast program during the board approved school day. These guidelines shall be reviewed, with staff, annually at the beginning of each school year either as a district meeting or by site.

Elementary (K-6)

Parties or Celebrations

- There should not be any individual birthday parties involving class time.
- Staff and principal should designate a day in the month for one class party to represent all birthdays for that month. The day should not be on any student's actual birthday. The parties must follow the recommended food guidelines. If no students in the class have a birthday in that month then there should not be a class birthday party that month.
- Other celebrations (good behavior, reading rewards, etc.) are to be established by the teacher and approved by the principal to meet individual classroom needs. The celebrations must follow the recommended food guidelines.
- The staff and principal may establish up to three school-wide events during the school year in which these rules are not required but recommended.

High School and Middle School

- Class celebrations are to be established by the teacher and approved by the Principal to meet individual classroom needs. The celebrations must follow the recommended food guidelines except that there may be low sugar snacks available and one dessert option may be provided.
- The staff and principal may establish up to three school-wide events in which these rules are not required but recommended.

Recommended Food Guidelines

1. Recommended food items (examples of items)
  - a. Any fruit or vegetable
  - b. Cheese
  - c. Crackers
  - d. Plain graham crackers
  - e. Chips
  - f. Salsa
  - g. Nachos

- h. Pizza
- i. Popcorn
- j. Jerky
- k. Ranch dip

2. Food items not allowed (examples of items)

- a. Candy
- b. Brownies
- c. Cake
- d. Cupcakes
- e. Cookies
- f. Sugar sweets

If a student on a campus is identified with a food allergy for nuts or peanut butter, then the following food is not to be sold or provided on that campus as part of this regulation.

- g. All nuts
- h. Peanut butter or other nut butter
- i. Any nut bread
- j. Any desserts with nuts added

3. Recommended drink items (examples of items)

- a. Water
- b. Sugar free drinks
- c. Fruit juice (no sugar added)
- d. Milk
- e. Jamba juice
- f. Electrolyte replacement drinks

4. Drink items not allowed (examples of items)

- a. Soda (sugar added or diet)
- b. Any sugar added drink

5. Items not suggested that are under question must be approved by site principal

Recommended Fundraiser Guidelines

- Items that do not meet the recommended food guidelines above may not be sold and given to students during the board approved school day.
- Items that do not meet the recommended food guidelines above may be sold and given to the students one-half hour after school has been dismissed.
- Items that do not meet the recommended food guidelines above may be sold during the board approved school day and only provided to the students one-half hour after school has been dismissed.

Approved 6/26/07

Revised 1/13/09