

Across the Bridge Foundation

DBA: Downtown College Prep

San Jose, California

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| First Reading: | March 23, 2009 |
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Business and Noninstructional Operations

Food Service/Child Nutrition Wellness Program

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. Foods and beverages available through all Downtown College Prep food service programs shall:

1. Be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease
2. Meet or exceed nutritional standards specified in law and administrative regulation
3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits
4. Be served in age-appropriate portions
5. Be sold at reasonable prices

(cf. [3312](#) - Contracts)

(cf. [3551](#) - Food Service Operations/Cafeteria Fund)

(cf. [3553](#) - Free and Reduced Price Meals)

(cf. [3554](#) - Other Food Sales)

(cf. [5030](#) - Student Wellness)

(cf. [5141.32](#) - Health Screening for School Entry)

(cf. [6142.8](#) - Comprehensive Health Education)

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code [113700-114455](#).

(cf. [1312.4](#) - Williams Uniform Complaint Procedures)

(cf. [3517](#) - Facilities Inspection)

(cf. [7110](#) - Facilities Master Plan)

Professional development for food service personnel shall include nutrition education and safe food handling.

(cf. [4231](#) - Staff Development)

The Superintendent or designee shall annually report to the Board regarding compliance with state and federal nutrition standards for foods and beverages.

Legal Reference:

EDUCATION CODE

[38080-38103](#) Cafeteria, establishment and use

[45103.5](#) Contracts for management consulting services; restrictions

[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

HEALTH AND SAFETY CODE

[113700-114455](#) California Uniform Retail Food Facilities Law

CODE OF REGULATIONS, TITLE 5

[15510](#) Mandatory meals for needy students

[15530-15535](#) Nutrition education

[15550-15565](#) School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

[1751-1769h](#) School lunch programs, including:

[1751](#) Note Local wellness policy

[1771-1791](#) Child nutrition, especially:

[1773](#) School breakfast program

U.S. 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

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 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 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: <http://www.cdc.gov>

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

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>

U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

Across the Bridge Foundation (DBA: Downtown College Prep)

Business and Noninstructional Operations

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes the important connection between a healthy diet and student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well being. To reinforce DCP's nutrition education program, foods provided on school premises shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
3. Served in age-appropriate quantities and at reasonable prices

(cf. 3551 – Food Service Operations/Cafeteria Fund)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 3554 – Other Food Sales)

(cf. 5141.32 – Child Health and Disability Prevention Program)

(cf. 6142.8 – Comprehensive Health Education)

Students shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Executive Director or designee shall ensure that the meals offered by any Downtown College Prep food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Executive Director or designee shall designate one or more persons in the organization to establish a plan that will measure the implementation and operational responsibility to ensure that all schools meet the local wellness policy described in this document.

The Executive Director or designee shall include in this plan strategies to involve parents, students, representatives of the school food authority, the school board, school administrators and the public in the development of the school wellness policy.

The Executive Director or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support DCP's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

Posting Requirements

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

Each DCP school may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)

Nutritional Standards

The Executive Director or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. The Executive Director and Principals shall exercise control over all vending machines on property including vendors, locations, contents, and appearance.
 - a. All vending machines located on school campuses may sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure more fresh produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus.
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.

4. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Students shall have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided.
 - b. School site leadership shall be involved to improve cafeteria décor and atmosphere.
 - c. The Food Service Director or designee shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
 - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.

5. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.
 - a. Teachers shall be encouraged to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
 - b. All schools are encouraged to develop School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.
 - c. Ways to establish on-site cooking equipment/facilities shall be explored, and methods to incorporate cooking into class nutrition lessons shall be pursued.

6. Ensure that no student is hungry.
 - a. DCP shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
 - b. DCP shall ensure that all eligible children qualify for free and reduced meals.

7. Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
 - a. Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.

FREE AND REDUCED PRICE MEALS

The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, DCP shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.

The Executive Director or designee shall implement policies that ensure that students eligible to receive free or reduced price meals and milk are not treated differently from other students or easily identified by their peers.

(cf 0410 – Nondiscrimination in District Programs and Activities)

(cf 5145.3 – Nondiscrimination/ Harrassment)

The Executive Director authorizes designated employees to use individual records pertaining to student eligibility for any free and reduced price meal program for the purpose of disaggregation of academic achievement data in accordance with federal and state law and regulation.

(cf. 5125 – Student Records)

(cf. 6162.51 – Standardized Testing and Reporting Program)

(cf. 6171 – Title I Programs)

(cf. 6190 – Evaluation of the Instructional Program)

OTHER FOOD SALES

The Governing Board shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in DCP's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

(cf. 1230 – School-Connected Organizations)

(cf. 1321 – Solicitations of Funds from and by Students)

(cf. 3312 – Contracts)

(cf. 3550 – Food Service/ Child Nutrition Program)

(cf. 3551 – Food Service Operations/ Cafeteria Fund)

(cf. 3553 – Free and Reduced Price Meals)

The Executive Director or designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations.

No foods of minimal nutritional value shall be sold on school premises during the school day (as defined as one half hour before the official school day begins until one half hour after the official school day ends).

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

Food sales are prohibited during school hours, and within one hour before or after school hours, unless the organization is legally organized as a

nonpartisan, charitable organization, the purpose of the solicitation has been approved in accordance with Governing Board policy. The Executive Director or designee shall ensure that all food and beverages outside of the Child Nutrition Services program meets basic nutrition standards:

1. Non-nutritious foods, including but not limited to candy, sodas, donuts, and chewing gum, cannot be sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends).
2. The Executive Director should encourage fundraisers that reflect our commitment to student health. Fundraisers such as the sale of non-food items, nutritious food items, and physical activity events are strongly encouraged.

Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program

In any school participating in the National School Lunch or Breakfast Program, student organizations may sell food items in accordance with 5 CCR 15500-15501. The specific nutritious food item shall be approved by the Executive Director or designee and, if sold during the regular school day, shall not be a food item prepared on school premises or sold in the food service program at school during that day. (5 CCR 15500-1550)

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by DCP.

The Board desires to provide a physical education program which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

(cf. 5121 – Grades/Evaluation of Student Achievement)

(cf. 6142.8 – Comprehensive Health Education)

(cf. 6145.2 – Athletic Competition)

(cf. 6146.1 – High School Graduation Requirements)

(cf. 6143 – Courses of Study)

(cf. 6146.1 – High School Graduation Requirements)

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these students.

(cf. 6164.6 – Identification and Education under section 504)

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

(cf. 3516 – Emergencies and Disaster Preparedness Plan)

With the consent of the student, the Executive Director or designee may grant temporary exemption from physical education under either of the following conditions

1. A student is enrolled for one-half time or less.
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

The Executive Director or designee may grant permanent exemptions from physical education for a student who is either:

1. Age 16 years or older and has been in grade 10 for one or more academic years
2. Enrolled as a postgraduate student
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with recreation and exercise scheduled

The Executive Director or designee may exempt students with their consent, from any two years of physical education courses during grades 10 through 12 provided the student has passed the physical education performance test administered in grade.

The Executive Director or designee may excuse any student in grades 10 through 12 who attends a regional occupational center or program from attending physical education courses if such attendance results in hardship because of travel time involved.

The Executive Director or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours.

INSTRUCTION AND TESTING

During the month of February, April or May, students in grades 5, 7, and 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit.

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. The existing physical education requirements should be monitored and enforced.
3. Professional development opportunities for physical education should be available to teachers and administrators.
4. Students shall be encouraged to walk, bike or otherwise “actively commute” to and from school.
5. Expanded opportunities for lunchtime and after school physical activity for students and staff shall be developed.