A Guide to Western Nevada County’s

Student Wellness Policy

This document is an overview of the Nevada County Superintendent of Schools’ Student Wellness Policy. It was created as a resource for parents, teachers, staff, and administrators. See NCSOS School Wellness Policy for a complete copy of the policy. For your district’s Wellness Policy, contact your school district office.

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Questions regarding this Guide to the Wellness Policy can be directed to your District Superintendent.
STUDENT WELLNESS POLICY

As educators, we recognize the important link between student health and learning, and so believe the student wellness policy is an essential tool for schools to support our students and families. Every school and school district is required by the State of California to have a student wellness policy. A student wellness policy provides a comprehensive, research-based approach that promotes healthy eating and physical activity for Nevada County students. Student wellness policies recognize the importance of quality health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. They outline specific guidelines for districts, schools and classrooms and will act as a reference and guide for parents, students, teachers and administrators.

This document was created by the Nevada County Superintendent of Schools School Health Advisory Committee as a template for individual districts. It is our intention that districts will use this document to coordinate and align with the wider state and county efforts to support student wellness and to promote parent involvement and staff wellness. In addition, this document can serve as a model for the importance of a healthy lifestyle for all partners in our students’ education.

Why This Policy is Important

Each Board of Education believes healthy students learn better. With that in mind, our schools want to provide the best possible learning environment for children by creating a school climate that educates students about healthy behaviors and supports their choice of healthy lifestyle habits.

The Nevada County Board of Education wants to build a foundation for a happy and healthy life for each of our students. We believe that a learning environment promoting student wellness will improve students’ knowledge and lifestyle practices and that these practices will become lifelong habits.

– Trevor Michael, President, Nevada County Board of Education

Implementation

Parents are a key part of a school’s successful learning environment. Schools need your help to accomplish these goals. You can get involved in implementing the Student Wellness Policy at your school by contacting the principal or your School Site Council.

In addition to district-level efforts, the Nevada County Superintendent of Schools (NCSOS) will create a School Health Advisory Council of parents, students, food service personnel, physical education teachers, school health professionals, and members of the public. This Advisory Council works to support and assist in implementation of these policies at the individual district level.

HEALTHY KIDS LEARN BETTER • 2
NUTRITION EDUCATION POLICY

Nutrition education in schools is a key part of a school’s approach to a healthy campus and healthy students. A school’s nutrition education program will include information about the benefits of healthy eating, disease prevention, weight management, and oral health for children and parents. In addition, nutrition education will be embedded across the curriculum and learning environments, including before-school, after-school, summer programs, and school garden programs.

Why This Policy is Important

Simply put, research tells us that good nutrition is associated with higher academic achievement. Lack of adequate consumption of specific foods, such as fruits, vegetables, and dairy products, is associated with lower grades among students. Research also tells us that a student wellness policy can impact students’ food choices and help them to make better decisions around healthy behaviors.

Implementation

Teachers shall provide age-appropriate, skill-building nutrition education based on California Department of Education (CDE) Nutrition and Physical Activity Health Standards. These standards focus on positive behavior change at all grade levels. In addition, the Board further encourages teachers and administrative staff to link classroom nutrition education to hands-on learning opportunities, such as school gardens, after school programs, cafeteria-based nutrition education, farm-to-school programs, and parent/community outreach.

To reinforce the nutrition education program, the school environment must reflect what we teach in our classrooms. With that in mind, the Board prohibits the marketing and advertising of non-nutritious foods and beverages to our students. On our campuses, junk food cannot be marketed via signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

PHYSICAL ACTIVITY POLICY

All students will be provided fun, challenging and rewarding opportunities to be physically active at school on a regular basis in accordance with CDE standards.

Why This Policy is Important

Research tells us that schools which offer intense physical activity programs see positive effects on academic achievement. These benefits include increased concentration, improved mathematics, reading and writing test scores, and a reduction in disruptive behavior.

Implementation

Regular opportunities for moderate to vigorous physical activity will be provided through physical education programs. In addition, activities may be offered in school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bike to school, in-class physical activity breaks, and other structured and unstructured activities. Additionally, recess will not be removed as punishment.
NUTRITION GUIDELINES

FOR FOODS AVAILABLE AT SCHOOL POLICY

All foods available at our schools during the school day must meet or exceed nutritional guidelines outlined in the Nutrition Guidelines for Foods Available at School. This means that all foods on campus should be healthy and nutritious.

School Fundraisers

Schools will encourage their school organizations to use healthy food items or non-food items for fundraising purposes. See Ideas for School Fundraisers for unique ways to hold healthy food item and non-food item fundraisers. All foods should meet the state and federal guidelines for healthy foods.

Classroom Rewards

Schools will encourage staff to use healthy foods or non-food items as class rewards. Staff will avoid the use of non-nutritious foods as a reward for students’ academic performance, accomplishments, or classroom behavior. See Ideas for Classroom Rewards for creative ways to offer rewards to students that don’t involve candy or junk food.

Classroom Celebrations

Schools shall encourage parents/guardians or other volunteers to consider nutritional quality when selecting any snacks for occasional class parties. School staff will encourage parents to provide healthy food options for class celebrations. When possible, class parties or celebrations shall be held after the lunch period. See Ideas for Classroom Celebrations.

Access to Drinking Water

All students shall have access to free, portable water during meal times in the food service area. Teachers and staff shall encourage students’ consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

Staff as Role Models

The Superintendent shall encourage staff to serve as positive role models for healthy eating and drinking and physical fitness.

Why This Policy is Important

Access to healthy foods and beverages during school hours is important for academic success and long-term health. Using healthy foods or non-food items for school fundraisers, classroom rewards, and classroom celebrations reinforces to students the concept of healthy habits and helps to create an overall campus environment that values the health and well being of our students.

Implementation

All foods available through the food service program, foods and beverages provided through student stores, vending machines, or other venues shall meet the nutrition state and federal nutrition guidelines. These policies will be shared with parents on multiple occasions and parents will be encouraged by staff and teachers to participate in the school wellness policy guidelines. Foods that do not meet the nutrition standards cannot be sold at school from midnight to ½ hour after instruction ends. Some districts may choose to adopt more stringent time restrictions.
THE LINK BETWEEN HOME & SCHOOL

To successfully implement the Student Wellness Policy, it is important to have a consistent link between home and school. Parents and guardians are encouraged to act in alignment with the nutrition guidelines outlined in this Guide. Mirroring these guidelines at home will strengthen the nutrition lessons taught at school and promote healthy habits in your family that can last a lifetime.

Breakfast – still so important!
“Fuel” your children up in the morning! All students need a nutritious breakfast in order to meet their daily nutritional needs. That will enhance their ability to learn and get the most out of their school day.

Did You Know?
- Eating breakfast promotes proper growth and contributes to academic performance.
- A child who eats breakfast each morning before school is less tired and irritable and has increased concentration, problem-solving skills, and muscle coordination.

Snacks help stabilize their energy!
Healthy snacks between breakfast and lunch help insure stable energy levels for students.

Lunch keeps them going until after school!

HEALTHY BREAKFAST IDEAS
- oatmeal
- whole grain cereal
- frozen whole grain waffles
- fruit and yogurt
- breakfast burritos
- fruit smoothies
- eggs

HEALTHY SNACK IDEAS
- fresh fruit
- fresh vegetables (i.e. baby carrots) with nuts or low-fat string cheese
- low-fat yogurt**
- trail mix without candy
- dried fruit
- low fat breakfast bars**
- small size bagels or whole wheat crackers with peanut butter*

HEALTHY LUNCH IDEAS
- Peanut butter* & fruit sandwich
- Wraps or tortilla roll ups
- Pita sandwiches
- Baked chips or pretzels
- Pizza
- Fresh fruit
- Vegetables

ITEMS TO AVOID SENDING TO SCHOOL
- Sodas
- Chips
- Candy
- Cookies
- Fried foods
- Doughnuts

See Ideas for Healthy Snacks.

* Check for food allergies before serving.
** Check for sugar content before serving.
RESOURCES

Nevada County Superintendent of Schools
Student Wellness Policy:

Nutrition Guidelines for Foods
Available at School:
www.calsna.org/documents/events/2014IndustrySeminar/\nDanzik-CompFoodBev.pdf

HEALTHY IDEAS ONLINE
The following are links to online healthy student resources:

Ideas for School Fundraisers
• Creative Financing & Fun Fundraising
• Fundraising Options to Schools
• Healthy Fundraising

Ideas for Classroom Rewards
• Non-Food Alternatives
• We Can! Classroom Parties & Incentives
• Alternatives to Food as Reward
• Constructive Classroom Rewards
• Alternatives to Using Food as Reward
• Non-Food Reward Ideas
• Food-Free Celebration Ideas

Ideas for Classroom Celebrations
• Ghoulishly Great Ideas
• Happy Healthy Halloween
• Healthy Celebrations
• Healthy Classroom Party Ideas
• Healthy Halloween Treats
• Healthy Halloween Treats (Spanish)
• Healthy Holiday Party Ideas
• Healthy School Celebrations
• Healthy Treats for Classroom Parties
• Party Foods for the Classroom
• Valentines Party Treat Ideas

Ideas for Healthy Snacks
• Parents Guide to Healthy Snacks
• Healthy Alternatives for Snacks
• Tasty Snacks for Healthy Kids
• Snacking Tips for Healthy Kids
• Healthy Snacks for Home and Classroom
• Fuel Learning with Fruits and Vegetables

A dditional ideas for healthy school celebrations, birthday parties, and holiday celebrations can be found at:

Healthy Snacks for Home & Classroom tip sheet
www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/\nHealthy_Snacks_flyer.pdf

The Center for Science in the Public Interest
cspinet.org/new/pdf/healthy_school_celebrations.pdf

Parent Nutrition Education Resource
www.healthyeating.org/Schools/Parent-Nutrition-Education.aspx

California Smarter Lunchrooms
www.healthyeating.org/smarterlunchrooms

Curriculum for Nutrition Education & Physical Activity

California Department of Education Nutrition Education Resource Guide
www.cde.ca.gov/ls/nu/he/documents/nergch2.pdf

Dairy Council of California
www.healthyeating.org/Schools/Classroom-Programs.aspx

Smarter Lunchrooms
smarterlunchrooms.org

Action for Healthy Kids Brain Breaks, Instant Recess & Energizers

UC Cooperative Extension Placer/Nevada Counties Nutrition Education
ceperacer.ucanr.edu/Nutrition

US Department of Agriculture Food and Nutrition Service
www.fns.usda.gov/get-involved/provide-nutrition-education

Let's Move
www.letsmove.gov/join-healthier-schools-challenge

Alliance for a Healthier Generation Physical Activities
www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities

American Heart Association In-School Activity Breaks
www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf

California Farm to School Network
www.cafarmtoschool.org/resources
ADDITIONAL RESOURCES IN NEVADA COUNTY

Chicago Park School District  
www.chicagoparkschool.org

Clear Creek School District  
www.clearcreekschool.org

Grass Valley School District  
www.gvsd.k12.ca.us

Grass Valley School District Child Nutrition Services  
www.nevadacountycns.com

Nevada City School District  
www.ncsd.k12.ca.us

Nevada County Food Bank  
www.foodbankofnc.org

Nevada County Superintendent of Schools  
nevco.org

Nevada Joint Unified High School District Food Service Department  
njuhsdfood.com

Nevada Joint Union High School District  
www.njuhsd.com

Partners Family Resource Centers  
www.partnersfamilyresourcecenters.org

Penn Valley Union Elementary School District  
www.pennvalleyschools.k12.ca.us

Pleasant Ridge Union School District  
www.pleasantridge.k12.ca.us

Sierra Harvest  
www.sierraharvest.org

Twin Ridges School District  
twinridgeselementary.com

Union Hill School District  
district.uhsd.k12.ca.us