

**PACIFIC UNION SCHOOL DISTRICT  
WELLNESS PLAN**

**2065 E. Bowles Avenue  
Fresno, CA 93725**

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## **SECTION I**

### **INTRODUCTION**

#### **Mission Statement**

The mission of Pacific Union School District and the Board of Trustees is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and other school related activities.

#### **Philosophy**

The Pacific Union School District and the Board of Trustees believe that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The District believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

#### **Goals**

The Pacific Union School District and Board of Trustees are committed to providing a school environment that enhances learning and encouragement in development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All food and beverages made available on campus (including concessions, student stores, parties, and fundraising) during the school day are consistent with the current Federal and State Nutritional Standards under the National School Lunch and Breakfast Programs.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as reward or punishment.
- Classroom holiday parties will follow the Classroom Party Policy guidelines for safe and healthy snacks.

## **SECTION II**

### **NUTRITIONAL GUIDELINES**

#### **Nutrition**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Health foods support student physical growth, brain development, resistance to disease, emotional stability and the ability to learn.

- (1) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and are served in appropriate portion sizes consistent with the USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- (2) Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- (3) Foods that may be sold to a student at school during the school day are full meals (reimbursable) and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit and vegetables that have not been deep fried and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria:
  - (1) Not more than 35% of its total calories if from fat
  - (2) Not more than 10% of its total calories is from saturated fat
  - (3) Not more than 35 % of its total weight is composed of sugar, including naturally occurring and added sugar.
  - (4) Its total calories do not exceed 175 calories
- (4) All beverages offered during school hours will include and are limited to: fruit-based drinks that are composed of no less than 50 % fruit juice and have no added sweetener; vegetable-based drinks that are composed of no less than 50 % vegetable juice and have no added sweetener; drinking water with no added sweetener; milk that is 1% fat or nonfat, soy milk, rice milk, or other similar nondairy milk.
- (5) Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

## **SECTION III**

### **HEALTH EDUCATION**

#### **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- Pacific Union School will provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- Students shall have access to valid and useful health information and health promotion products and services.
- Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

## **SECTION IV**

### **PHYSICAL EDUCATION**

#### **Physical Education and Activity**

Physical education shall be taught by a certificated specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

#### **Physical Education Program**

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- (1) Participation in such physical activity shall be required for all students in kindergarten through grade eight for a minimum of two hundred minutes for every ten school days.
- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
  - Students shall be provided varied opportunities for enjoyment, challenge, self expression and social interaction that will lead to a physically active life style .

## **SECTION V**

### **SCHOOL ENVIRONMENT**

#### **Healthy and Safe Environment**

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- (1) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including air quality, and be kept inviting, clean, safe and in good repair.
- (2) The school and district office shall maintain an environment that is free of tobacco, alcohol and other drugs.
- (3) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- (4) School and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

## SECTION VI

### PROGRAMS AND SERVICES

#### Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- (1) Pacific Union School will provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- (2) Students shall be provided the skills to express thoughts and feeling in a responsible manner and give and receive support from others.
- (3) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relationships.
- (4) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development

#### Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- (1) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the trained medical services provided by the Fresno County Office of Education and the Fresno County Health Department.
- (2) Pacific Union School shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- (3) A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening (vision/hearing/scoliosis) and health referrals, immunization requirement information, parenting skills, first aid and other priority health education topics.

**Staff Wellness**

Pacific Union School shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of staff members.

- (1) Pacific Union School District shall be in compliance with drug, alcohol and tobacco free policies.
- (2) Pacific Union School shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- (3) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in school sponsored programs.

## **SECTION VII**

### **PARTNERSHIP FOR SUCCESS**

#### **Family, School and Community Partnership**

Long term effective partnerships improve the planning and implementation of health promotion projects and events within schools and throughout the community.

- (1) Family, student, and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- (2) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- (3) Community partnerships shall be developed and maintained as a resource for school/district programs, projects, activities and events.
- (4) Pacific Union School shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

## **SECTION VIII**

### **IMPLEMENTATION**

#### **Implementation of Plan**

The superintendent or her designee will be responsible for overseeing the implementation of this plan and monitoring the programs and curriculum used at Pacific Union School to ensure compliance with this plan, related to policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness will report to the superintendent or designee regarding the status of such programs.

The superintendent will annually report to the board on the district's compliance with laws and policies related to student wellness. Items that will be included in the report may include:

- assessment of the school environment regarding student wellness issues.
- evaluation of food services programs.
- review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- listing of all activities and programs conducted to promote nutrition and physical activity.
- suggestions for improvement to policies or programs.

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