



# **Fontana Unified School District Wellness Policy**

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# Fontana Unified School District Wellness Policy

Fontana Unified School District (referred to as “FUSD”) recognizes the correlation between academic achievement and student wellness. In accordance with the Board Policy and Administrative Regulation 5030 “Student Wellness” Policy, the FUSD Wellness Policy outlines the components of a comprehensive wellness initiative to build the skills and knowledge that students need to maintain a healthy lifestyle.

In adherence to the California Department of Education Local School Wellness Policy Requirements, the overarching goal of the FUSD Wellness Policy is to promote health and wellness, and to convey positive, consistent messages to all FUSD students in accordance with the current law. FUSD will support students in learning healthy behaviors that will benefit them for the rest of their lives.

FUSD 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 FUSD that:

- Students in FUSD have access to healthy foods throughout the school day— through both reimbursable school meals and other foods available throughout the school campus—in accordance with federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of FUSD in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- FUSD establishes and maintains an infrastructure for oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.
- Food will not be offered as a reward/punishment. Non-food celebrations, rewards and fundraising will be promoted in all schools within FUSD.
- All foods sold during the school day must be compliant with Smart Snacks Guidelines.

A timeline for the implementation, evaluation and monitoring of the FUSD Wellness Policy has been established for guidance.

# I. DISTRICT WELLNESS COMMITTEE

## ***Committee Role***

FUSD will convene a representative District Wellness Committee (heretofore referred as “DWC”) that meets at least four times per year to establish goals for and oversee school wellness programs. Goals are to include development, implementation, periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

## ***Membership***

The DWC membership will represent all school levels and include, to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, school health services staff, mental health and social services staff, school administrators, school board members, at least one Wellness Champion (heretofore referred as “WC”) from each school site, health professionals; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

## ***Action Plan***

Each school within FUSD will establish an ongoing School Wellness Committee (heretofore referred as “SWC”) that convenes to review school-level issues, in coordination with the DWC. The SWCs are recommended to convene each month, but are required to meet at least quarterly. The SWC will be responsible for:

- Evaluating the current status of wellness needs in the school by completing a district-issued assessment.
- Developing and implementing an action plan to address health and wellness activities, priorities, and policies.
- Completing and submitting a yearly School Wellness Assessment.
- This wellness policy and the progress reports can be found on the Food Service Department website.

FUSD will also designate a WC at each school site to manage and coordinate the execution of this wellness policy. The WC will be responsible for:

- Convening a diverse SWC meeting on a quarterly basis at minimum.
- Facilitating the SWC to meet the goals outlined below.
- Attending quarterly trainings during the year.

## **II. SCHOOL HEALTH, SAFETY AND ENVIRONMENT**

FUSD will continue to provide and promote a safe environment during the school day and during all school related functions.

### ***Physical Environment, Health & Safety***

- Students will be provided with the 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 healthy choices at home and at school.
- School sites will enforce an “anti-bullying” policy and encourage social tolerance and respect for others. The District is fully committed to utilizing consistent district-wide alternative discipline models and emphasizes high expectations for student and employee conduct, responsible behavior, and mutual respect for others.

### ***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.
- District partnership with the Fontana Unified School Police Department will provide “at risk” students on a referral basis to the Fontana Leadership Intervention Program (FLIP). The sixteen week classes held at the Fontana Unified School District will focus on topics which include violence prevention, drug and alcohol resistance, ethics, leadership skill development, teamwork and other related fields.
- 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 FUSD schools and/or may provide referrals to community resources.

### ***Health Services***

The Health Services program is essential to improving both educational performance and the well-being of the students. To ensure proper delivery of services, the following will be applied:

- 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 asthma), District Nurses will provide other screenings (B/P, BMI, dental, height and weight) to students as identified/needed.

### III. NUTRITION

#### ***School Meals***

Our school district is committed to serving healthy meals to children that meet or exceed all current USDA nutrition standards, with a minimum of half cup servings of fruits and vegetables, whole grain products and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. In addition, juice will not be served at any of the school sites within the district. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

When feasible, schools will allow alternative breakfast opportunities for the students who miss the traditional breakfast period. Students participating and enrolled in the ASES (After School Education and Safety) program will receive a supper meal served via the Child and Adult Care Food Program.

All schools within FUSD are committed to offering school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), and other applicable Federal Child Nutrition Programs and will ensure that school meals:

- Are accessible to all students.
- Are appealing and attractive to children.
- Will provide students with the opportunity to give input on local, cultural, and ethnic favorites.
- Offer fresh, whole, unprocessed, or minimally processed foods as much as possible.
- Will reflect seasonality and use products from local agriculture wherever feasible, including participation in California Thursdays.
- Are served in clean and pleasant settings.
- Are administered by a team of child nutrition professionals.
- Accommodate students with special dietary needs, provided by FUSD's Child Nutrition Program.
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
- Promote, assess and implement Smarter Lunchroom scorecard checklist every two years in cafeterias. This checklist is used to create an environment of health and guide student's choices to healthy food and beverages. The goal is to implement at least ten of the behavioral economic techniques, in order to maintain bronze level status.

All students, regardless of the type of payment plan they are on, are given a code to enter or are checked through by a cafeteria staff member.

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch between 10:00 a.m. and 2:00 p.m. unless waiver is approved by CDE (California Department of Education).

When feasible, lunch schedules should be planned to allow seating for all students during meal times.

Whenever possible, lunch will follow the recess period to better support learning and healthy eating.

## **Food Services**

Food Services employs well-prepared staff who will serve appealing choices of compliant and nutritious foods at breakfast, lunch, and afterschool. The Food Services Department will:

- Ensure the Food Services Director has appropriate degree and food-safety certification in accordance to USDA.
- Require that food service program staff is qualified according to current USDA and CDE professional standards to administer the Child Nutrition Programs.
- Provide professional development for Food Services staff on the FUSD Wellness Policy.
- Ensure all foods and beverages available on the school campus promote optimal health and meet or exceed state and federal guidelines.
- Ensure the accessibility of information on nutrition promotion is available to parents and students via the department website, in the cafeteria and on the menus.  
(<http://www.fusd.net/departments/Business/Food/menus/index.stm>)
- Offer appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the child.
- Offer at least one daily vegetarian meal option.
- Offer at least one peanut free meal option daily and all elementary schools will have a peanut free zone.
- Offer regular trainings in food safety to Food Services staff.
- Apply the “Traveling Apple” policy which will allow students to take whole fruits, vegetables, and grains with them outside of the cafeteria for consumption.
- Share information about the nutritional content of meals with parents and students. Such information may be made available on the Food Services Department website.
- Provide monthly menus that are attractive and include nutrition information of foods served.

## **Food and Nutrition Standards**

- Each school will ensure foods and beverages sold, served, and given 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.
- Each school will support fundraising efforts that promote healthy eating by selling non-food items. If food is sold for fundraising, items must meet regulations as well as be low in fat, sodium and added sugars. Food must also be from the approved food list or preapproved by the district.
- Documentation of nutrition information for foods sold outside of Food 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.
- Schools will not allow food to be given as rewards for recognition of classroom success and achievement.
- Classroom celebrations involving food will limited to no more than four celebrations per year for grades kindergarten through 12<sup>th</sup> grade. Classroom celebrations involving food for kindergarten through 5<sup>th</sup> grade (K-5) occur after the last lunch period. Classroom celebrations involving food may occur throughout the school day for 6<sup>th</sup> through 12<sup>th</sup> grade (6-12). Foods and beverages provided for these classroom celebrations will be prepackaged and must meet the USDA Smart Snacks school nutrition standards and the California competitive foods requirements.
- Homemade foods will not be allowed for students during any school-related event. This does not apply to students’ lunches and snacks brought from home for individual consumption. Food safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will adhere to food safety requirements and standards (Refer to [www.foodsafety.gov](http://www.foodsafety.gov) and <http://www.sbcounty.gov/uploads/dph/dehs/Depts/EnvironmentalHealth/EHSDocuments/EventOrganizerRequirementsforTFEvents.pdf> for more details).

## **Nutrition Education**

The school's nutrition education program shall be evidence-based and be consistent with the expectations established in the state's curriculum framework and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

FUSD will 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 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. FUSD aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective courses.
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school food programs, and nutrition-related community services.
- Teach media literacy with an emphasis on food and beverage marketing.
- Include nutrition education training for teachers and other staff.
- Is offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- Allow all health education teachers to provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

## **Nutrition Promotion**

Nutrition promotion and education can positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community. Nutrition promotion efforts at FUSD will:

- Involve community partners and local agencies to offer trainings.
- Strive to provide a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of FUSD to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with FUSD's Wellness Policy. District schools will not participate in incentive programs that brand or provide children with free or discounted foods or beverages.
- Ensure any foods and beverages marketed or promoted to students on the school campus and during the school day ("school campus" and "school day" are defined in the glossary) will meet or exceed the USDA Smart Snacks in School nutrition standards and California competitive foods standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.
- Promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
- Prohibit marketing and advertisement of foods and beverages that do not meet smart snacks through various forms of communication such as signs, banners, scoreboards, curricula, textbooks, food displays, vending machines, coolers, school publications and school media.
- Select educational materials that are free of brand names/logos and illustrative of unhealthy foods.
- Ensure any advertising of any kind for foods sold or not sold on campus outside of the meal program is prohibited.
- Ensure students will not be exposed to any kind of food marketing advertising in school publications and school media outlets unless approved by the principal.

## **Water**

FUSD will promote hydration. Free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. FUSD will:

- Assure that water is free and available at all meal times in the food service area.
- Require that there is access to free, safe, palatable drinking water wherever beverages are served or sold on campus. It is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large bottles and/or jugs of water are utilized.
- Provide water stations with bottle refilling capacity, when feasible.
- Allow students to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills and is not shared with others.
- Encourage all school administrators, teachers, and building staff to model drinking water.
- Promote the consumption of water as an essential nutrient that plays a role in overall health.
- Promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports drinks and flavored milk.
- Not allow the sale of beverages with non-nutritive sweeteners (artificial or natural) such as diet iced tea, diet soda, etc. to students during the school day.

### ***Competitive Foods and Beverages***

FUSD is committed to ensuring that all foods and beverages available to students on the school campus (during the school day) support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks school nutrition standards and the California competitive foods requirements. Beverages sold to students with caffeine are prohibited during the school day.

To support healthy food choices and improve student health and well-being, all foods and beverages outside of the reimbursable school meal programs that are sold or given to students on the school campus during the school day and ideally, the extended school day, will meet or exceed the USDA Smart Snacks in School nutrition standards and California competitive food requirements. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### ***Celebrations***

Classrooms are permitted to have a maximum of four classroom parties each year. Fontana Unified recognizes that birthdays and celebrations are special days for our students. Student birthdays may be celebrated as a part of these events. Each teacher is responsible for determining which birthday dates will fall into each celebration. For these four celebrations, the food served in the classroom must adhere to USDA Smart Snack school nutrition standards. We must also ensure that party celebrations do not disrupt the learning process. Additionally, Fontana Unified recognizes the importance of wellness, good nutrition, and an active lifestyle in the overall health of our students. Schools and our staff are responsible for positively influencing student beliefs and habits in these areas. Frequent birthday celebrations with cookies, cupcakes, and other sweets are not in alignment with these goals and thus will not be allowed in the classroom. FUSD will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

### ***Fundraising***

FUSD discourages using food for fundraising and strongly encourages non-food fundraising.

Foods and beverages that meet or exceed the USDA Smart Snacks school nutrition standards and California competitive food standards may be sold through fundraisers on the school campus (during the school day) except for during meal times. Fundraisers outside of school hours are also expected to adhere to the same standards as those set for the school day. Schools are encouraged to use non-food fundraisers that promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.). FUSD will make available to parents and teachers a list of healthy fundraising ideas.

FUSD Food Service Department will work with fundraising groups to make available “Smart Snacks” to purchase through food vendors. Communication regarding fundraising will be made to stakeholders, Booster Clubs, PTA and ASB.

### ***Food Used for Behavior Management***

FUSD prohibits using food as a reward or punishment and strongly supports non-food rewards. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. FUSD will provide teachers and other relevant school staff a list of alternative ways to reward children.

## IV. PHYSICAL ACTIVITY

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity will be provided by FUSD through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in FUSD will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason; this does not include participation on athletic teams that have specific academic requirements. FUSD will provide teachers and other school staff with a list of ideas for alternative ways to address student conduct. We strongly recommend that staff use physical activity as a reward when feasible.

### **Physical Education**

FUSD will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national standards for physical education by grade level and the California Standards for the Teaching Profession. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection). All students will be provided equal opportunity to participate in physical education classes. FUSD will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All FUSD elementary students (grades 1-6) are required to receive physical education for at least 200 minutes every ten school days.

All FUSD secondary students (grades 7-12) are required to complete 400 minutes of physical education every ten school days. An equivalent of two academic years of physical education must be completed for all secondary students.

FUSD's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. FUSD's physical education program will ensure:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes in FUSD are taught by licensed teachers who are certified or endorsed to teach physical education.
- Schools are encouraged to maintain student/teacher ratios for physical education classes similar to those used in other classes.
- Waivers, exemptions, or substitutions for physical education classes are granted on a limited basis.

### ***Recess (Elementary)***

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible and when not responsible for providing supervision.

### ***Physical Activity Breaks (Elementary and Secondary)***

FUSD recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, FUSD recommends teachers provide short (3-5 minute) physical activity breaks to students during classroom time. The school district shall provide training for all teachers on the integration of physical activity into classroom academic content and schedule throughout the school day.

### ***Active Academics***

Teachers are encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. Teachers are encouraged to serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

FUSD offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. FUSD will partner with the City of Fontana ASES (After School Education and Safety) program to provide physical activity, nutrition education, and learning opportunities.

### ***Active Transport***

FUSD will support active transport to and from school, such as walking or biking.

## **V. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

FUSD will encourage the integration of wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. FUSD will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

### ***Community Partnerships***

FUSD will enhance relationships with community partners in support of this wellness policy's implementation and will partner with the City of Fontana to promote safe routes to school. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals before sponsoring them. This will be included in the annual report to the board.

### ***Parent/Family Outreach***

FUSD will promote to parents/caregivers and families the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Breakfast and lunch menus will be posted online in English and Spanish with nutrition information, every school site will also have a posted menu for students and staff.

Families will have eligibility applications for free/reduced priced meals sent home at the beginning of the school year. The applications are also made available on-line on our Food Services Website.

(<http://www.fusd.net/departments/Business/Food/index.stm>)

### ***Staff Wellness and Health Promotion***

The DWC will have an employee wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with the benefits department. The employee wellness subcommittee will work with medical insurance providers to create a 3 year strategic plan focusing on district health demographics and population. In addition, health challenges and initiatives will be executed to engage employees in healthier behaviors. Yearly biometric screenings and health provider statistics will be used to track overall employee health. Reports will be reviewed and submitted to the employee wellness committee.

Schools in FUSD will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. FUSD promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

FUSD has developed a catering menu to include healthy meal options for staff meetings and events. The catering menu will capture and optimize healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

### ***Professional Learning***

When feasible, FUSD will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help FUSD staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing FUSD reform or academic improvement plans and efforts.

## **VI. RECORDKEEPING**

FUSD will retain records to document compliance with the requirements of the wellness policy on FUSD's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation of annual policy progress reports for each school under its jurisdiction
- Documentation of DCW and SWC meetings

### ***Annual Progress Reports***

FUSD will compile and publish an annual programmatic report to share basic information about the wellness policy and report on the progress of the schools within FUSD in meeting wellness goals. This annual progress report will be published each year in May. The annual report will be available in both English and Spanish. FUSD and individual school sites will actively notify households/families of the availability of the annual report via websites.

The DWC, in collaboration with individual schools/SWCs, will establish and monitor goals and objectives for FUSD schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

School sites will complete an annual site assessment that will be posted on the Food Service Department website..

### ***Three-Year Compliance Report***

At least once every three years, FUSD will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which schools under the jurisdiction of FUSD are in compliance with the wellness policy. The wellness policy will be assessed and updated as indicated at least every three years, following the three-year assessment.

## VII. GLOSSARY

**School Campus:** areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day:** midnight the night before to 30 minutes after the end of the instructional day.

**Extended School Day:** time before or after the regular school day that includes intramural sports, club meetings, and other school-related activities.

**Smart Snacks:** allowable foods that can be sold in school vending machines, a la carte lunch lines and student stores during the school day, which include whole grains, dairy, fruit, vegetables and other protein sources, and have specific limits on calories, sugar, fat and sodium.

**Competitive Foods:** all food and beverages sold to students on the school campus during the school day other than those meals reimbursed under the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

**DWC (District Wellness Committee):** A committee that meets quarterly to establish goals for and oversee school wellness programs, including development, implementation, and periodic review and update of this district-level wellness policy.

**SWC (School Wellness Committee):** A committee within each FUSD school site that convenes to review school-level issues, in coordination with the DWC.

**WC (Wellness Champion):** An appointed FUSD employee at each school site that manages and coordinates the execution of this wellness policy.

**Prepackaged Food:** Prepackaged food is food in its original, unopened container from the manufacturer that is properly labeled with the company name, address, ingredients and net weight.

**Provision 2:** Provision 2 is an option that enables schools and institutions to provide free meals to all of their students while reducing paperwork and administrative costs. While any school that participates in the National School Lunch Program or the School Breakfast Program may opt for Provision 2, generally schools with high percentages of low-income students (75 percent or more) are able to utilize this option. Under Provision 2, all students receive free meals, regardless of income, and schools collect applications for free and reduced-price meals once every four years, at most.

**National School Lunch Program (NSLP):** a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

**School Breakfast Program (SBP):** Federally funded program that assists schools and other agencies in providing nutritious breakfasts to children at reasonable prices similar to the NSLP.