

Delano Joint Union High School Wellness Policy

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Delano Joint Union School District Wellness Policy

Preamble

Delano Joint Union School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through 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 the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

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 (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Individuals interested in participating in the District Wellness Committee or questions about the Wellness Committee or Plan my Directed to the following:

Ana Hernandez, District Nurse – 661-720-5296 or ahernandez1@djuhsd.org

Jesus Gonzalez, District Assistant Superintendent – 661-720-4129 or jgonzalez@djuhsd.org

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the

Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: www.djuhsd.org

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at 1720 Norwalk Street, Delano, California 93215, District Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the

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District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District 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 the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is: Ana Hernandez, District Nurse – 661-720-5296 or ahernandez1@djuhsd.org

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, call out notifications, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. COVID-19

COVID-19 is the disease caused by SARS-CoV-2, the coronavirus that emerged in December 2019 that can cause mild to severe respiratory illness.

A. **Social Distancing**

- COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period.
- Signage throughout the campus to maintain social distance.

B. **Facemasks**

- Staff will wear 3 ply surgical masks because they are more effective than face cloth coverings. 3 ply masks will be available for staff and students that need one. If you would like to bring your own 3 ply masks, please have it reviewed by our School Nurse prior to wearing on campus.
- When wearing a mask, mouth and nose should be covered at all times.
- If you observe any masks or social distancing violations please contact any of the site administrators so the issue can be resolved.

C. **Daily Screening: staff & students**

- All staff and students complete passive screening prior to school arrival.
- Active screening performed upon arrival to school grounds.
- We ask that you stay home, and notify the school, if you, or anybody in your household, is experiencing Covid symptoms, is awaiting test results, or tested positive for Covid.
- Covid Symptoms include:
 - Fever (temperature at or above 100.4 degrees)?
 - Cough or shortness of breath? Having trouble breathing?
 - Experience chills, muscle pain, sore throat?
 - New loss of taste or smell?
 - In the event of a positive test, Human Resources will conduct contact tracing and will notify any individuals that are considered close contacts.
 - Students that begin to experience Covid symptoms during the day will be placed in isolation room, monitored by nurse, and parent will be contacted.

D. **Valencia Branch Laboratory (VBL) COVID-19 Testing**

- In accordance with the California Department of Public Health guidelines for reopening to in-person instruction, districts must comply with employee COVID-19 testing.
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- The District has partnered with Valencia Branch Laboratory to be able to provide a non-invasive COVID-19 Self Swab Collection Kit that will be administered on site.
- Staff testing will continue until the requirements from the California Department of Public Health are no longer in effect.

The goals of COVID-19 are to limit human-to-human transmission, minimize the impact of COVID-19, and reduce specific threats that pose current and future risk. DJUHSD will follow State and local public health guidance and mandates to ensure optimum student and staff health outcomes.

IV. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Special Milk Program (SMP)*, *Summer Food Service Program (SFSP)*, *Supper program*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least 6 of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

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- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- Menus will be posted on District or Individual school websites, which will include nutritional contents.
- *Menus will be created/ reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *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 (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*
- *The District will implement at least 3 of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities the District plans to do):*
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and or visit virtual learning locations.*
 - *School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.*

Food Services will continue to offer meals to students during distance learning education following distribution calendar.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). During in-person instruction the District will make drinking water available where school meals are served during mealtimes.

- *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.*
- *Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.*
- *The district in collaboration with the community (City of Delano), will inform parents and students of the quality of the water.*

Due to Covid-19 Pandemic several changes with Sanitation have been implemented: Multiple water filtration systems installed throughout our campuses.

- ▶ **At this time all shared water fountains will be blocked at this time for health and safety purposes.**
- ▶ **Bottle fill stations have been installed to replace water fountains.**
- ▶ **Increased portable hand washing stations throughout campus**

Competitive Foods and Beverages

The District 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 (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day and *ideally, the extended school day* will meet or exceed the USDA Smart Snacks nutrition standards *or, if the state policy is stronger, “will meet or exceed state nutrition standards”*. 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, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. The District can provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards. Adding SNACK calculator, Calorie counter to school web site under Nutritional Services.
2. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

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Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

Nutrition Promotion

Nutrition promotion and education 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, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least 3 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#)
 - Offering fruits that are easy to peel or sliced.
 - Vegetable offered with a variety of condiments.
 - Fruits offered in at least two location of the service lines.
 - Pre-packaged salads in high-traffic areas.
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all 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.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

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- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- Teach students that are selling JUNK food on school grounds does not meet our Wellness Plan. ASB will work on decreasing Junk food, candy sale on school grounds. This will assist with weight loss and less trash in the school.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 8 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing 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. The District strives to teach students how to make informed choices about nutrition, health and physical activity. Food advertisement will be limited on District property. It is the intent of the District 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 the District's wellness policy. School food will be advertised and displayed on a white board in the Cafeteria at all sites to promote eating school food.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards such that

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only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

V. Physical Education/Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

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The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All DJUHSD **secondary students** are required to take the equivalent of two academic years of physical education. Students may also take additional physical education classes for elective credits.

The District physical education program will promote student physical fitness through individualized fitness and activity assessment and will use criterion-based reporting for each student. The District will strive to implement the following goals into all physical education classes:

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).*
- *All physical education classes in DJUHSD are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).*

- *Students in 11th grade will be screened annually for height, weight and BMI to assist us with improving the outcome of better health and used as a measurable goal to see if our plan is effective. Students will also be screened for hearing, vision, and pre-diabetes if necessary students will be referred for further medical services.*

- *Under the direction of site assistant principals, District PE teachers will establish measurable goals for physical fitness using the State Physical Fitness Test (PFT), and will implement instructional practices that will effectively support students in achieving these goals*

Physical Fitness Testing (PFT) - Testing (CA Dept of Education)

PFT Administration. On September 18, 2020, Governor Gavin Newsom signed into law SB 820. SB 820 prescribes that, as a result of the COVID-19 pandemic and the need to comply with state and local health guidelines, the administration of the physical performance test shall be suspended for the 2020–21 school year.

- *When in-person instruction resumes under the direction of site assistant principals, District PE teachers will revise the current scope/sequence in order to provide high-quality instruction in all of the required physical fitness and nutrition-related topics established by Board policy and included in state curriculum frameworks, with special emphasis on improving cardiovascular*

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fitness, minimizing childhood obesity, and developing the capacity to make well-informed, healthy choices relating to physical health and nutrition. Additionally, teachers will work on adding nutrition education to PE course to educate and motivate change in eating habits.

- *Under the direction of site assistant principals, and based on physical fitness and nutrition-related topics established by Board policy and included in state curriculum frameworks, District PE teachers will develop and implement common formative assessments aligned to the revise scope/sequence and established Physical Fitness Test goals..*

Essential Physical Activity Topics in Health Education

Health education will be required for all high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 8 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Active Academics

Teachers will 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.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

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Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by:

- Offering a wide variety of after school clubs and activities that infuse kinesthetic and physical activities.
- Offering a fully supported after school sports program.
- Providing opportunities for strength and conditioning programs before and after school hours.
- By providing nutritious meals that meet state guidelines and USDA mandates before and after school hours.
- During Lunch Break and or after school Activities: District will consider supplementing Fitness other activities such as Zumba, Video Exercise, Dance Club, off season volleyball, basketball and so on.
- District will consider PE staff to add more activities to PE such as Zumba, Yoga, circuit training to encourage student to participate in PE.

VI. Health Education

Health education will be required for all high school students to take and pass at least one health education course. The District will continue efforts to develop curriculum and coordinate staff development opportunities to meet the following goals:

- *Under the direction of site assistant principals, Health teachers will revise the current scope/sequence in order to provide high-quality instruction relating to: alcohol, tobacco, and other drugs; human growth, development, and sexual health (including HIV/AIDS prevention); injury prevention and safety; mental, emotional, and social health (including child abuse prevention); nutrition and physical activity; personal and community health, and all guidelines prescribed by the California Healthy Youth Act.*
- Under the direction of site assistant principals, Health teachers shall integrate age-appropriate and culturally sensitive child abuse prevention curriculum into the instructional program. This curriculum shall explain students' right to live free of abuse, inform them of available support resources, and teach them how to obtain help and disclose incidents of abuse. The curriculum also shall include training in self-protection techniques.

- Under the direction of site assistant principals, Health teachers shall provide students with bullying-related instruction that promotes effective communication and conflict resolution skills, social skills, character/values education, respect for cultural and individual differences, self-esteem development, assertiveness skills, and appropriate online behavior.

VII. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District 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.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will *develop and continue* relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community 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.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

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The DWC will also focus on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District 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.

- The District will continue to offer SISC Wellness Clinics and Flu Clinics for district staff to support their health.

Professional Learning

When feasible, the District 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 District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

- Multiple trainings are offered throughout the year to promote student and staff safety with the use of effective CPR and First Aid techniques.

VIII. Confidentiality

School staff and school health personnel are responsible for maintaining patient confidentiality as guided by two major federal laws, HIPPA (the Health Insurance Portability and Accountability Act) and FERPA (the Family Educational Rights and Privacy Act). Also, because most users of school health services are not yet 18 years old, providers must understand and follow California's minor consent laws, which allow adolescents aged 12 and over to consent to certain services without parent or guardian involvement. Site administrators and supervisors will conduct staff development sessions for all staff members who have access to confidential health-related student information in order that these staff members will be knowledgeable of all policy requirements. Staff members with access to confidential records will comply with both State and Federal guidelines in regards to confidentiality.

Policy references:

BP/AR 5125: Student Records

BP/AR 5141.3: Health Examinations

IX. Facilities

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District Administration, Athletic Directors, and Custodial Supervisor will implement the provisions of the Healthy Schools Act in relation to Integrated Pest Management (IPM). All school site personnel will be trained in accordance with the Integrated Pest Management guidelines and will adhere to all regulations in regards to the application of pesticides and chemicals.

Policy references:

BP 3514.1: Hazardous Substances

AR 3514.2: Integrated Pest Management

X. **Health Care Emergencies**

District Administration and District Nurses shall provide appropriate personnel with training in the proper use of automated external defibrillators (AEDs) and epinephrine auto-injector(s).

- The District will also provide First Aid Training for all staff at the beginning of the school year.
- At least 4 First Aid, CPR/AED and Stop the Bleed trainings will be available to all district staff and coaches throughout the school year to promote District emergency preparedness.

Policy references:

AR 5141: Health Care and Emergencies

AR 5141.21: Administering Medication and Monitoring Health Conditions

XI. **Mental Health Services**

The Delano High School District's mental health program is dedicated to promoting the healthy social, emotional, and behavioral development of students. Barriers to learning must be addressed so that the general well-being of students, families and school staff can be enhanced in collaboration with other comprehensive student support and services.

The School Mental Health programs support the emotional health and academic growth of all students through:

- A comprehensive array of effective and efficient services and supports which is integrated throughout the levels of student supports. Mental Health Promotion and Suicide Prevention activities are offered with joint collaboration of ASB and NAMI to spread awareness on campus.
- Incorporates a three-tiered approach when assessing school mental health needs through Universal, Selective, and Targeted interventions
- Accessibility to behavioral and mental health services and programs;

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- Utilization of mental health service personnel to provide necessary supports and services; and Collaborative relationships that engage school, family and community.

During distance learning instruction school psychologist, MFT, intervention counselors, and academic counselors have joined ASB to promote mental health support using social media. Providing Virtual rallies and discussing ways to cope with Depression and Stress. DJUHSD continues to offer all Mental Health services during distance learning.

- All DJUHSD staff shall participate in training on the core components of suicide prevention (identification of suicide risk factors and warning signs, prevention, intervention, referral, and postvention) at the beginning of their employment. Previously employed staff members shall attend a minimum of one-hour general suicide prevention training QPR (Question Persuade Refer).
- **At the beginning of the school year all staff completed the virtual SISC Suicide Prevention Training.**

Policy references:

BP 5141.52: Suicide Prevention

Model Services:

On-Site Mental Health Support – licensed mental health service providers offer individual, groups, and family treatment; and crisis interventions on school campus.

School Response Team (SRT) Program – offers assessments, consultations, classroom observations, crisis interventions, professional development for teachers, parent trainings, and referrals for treatment in the community.

STARS (Screening the At-Risk Student) – implemented by school psychologists. Offers suicide and depression screenings and referrals for further psychological assessments as needed.

At Risk Student Teacher Training – A training program to teach educators and others to identify, approach, and refer students who show signs of psychological distress.

Presentations – Presentations and trainings on a wide variety of emotional topics relevant to youth. Resources presentation for staff and families.

Cyber-Bullying - Psychologists will assist site administration in designing and implementing strategies to minimize the incidents of cyber-bullying.

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Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, 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 – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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