

**AGENDA FOR SPECIAL MEETING
OF THE BOARD OF TRUSTEES**

ENCINITAS UNION SCHOOL DISTRICT
101 South Rancho Santa Fe Road
Encinitas, California 92024



***Welcome to the special meeting of the
Encinitas Union School District Board of Trustees.***

CLOSED SESSION

The Board will meet in Closed Session to consider matters of litigation, employee negotiations, student discipline, employee grievances, personnel qualifications, or real estate negotiations authorized by the Brown Act. A report of action(s) taken in Closed Session will be presented as an item on the Public Session Agenda.

PUBLIC COMMENT

Members of the audience may address the Board of Trustees on items listed on the special meeting agenda. Speaking time is limited to three (3) minutes per speaker with a maximum of fifteen (15) minutes per topic. Persons wishing to address the Board should submit to the Executive Assistant to the Superintendent, prior to the meeting, a blue Public Comment card available on the information table. You will be called upon, when the agenda item is addressed by the Board. Please address the Board of Trustees from the podium by first stating your name and address.

In accordance with the Brown Act, no action may be taken by the Board of Trustees on non-agenda items; however, the Board may 1) acknowledge receipt of the information; 2) refer the matter to staff for further study; or 3) place the item on a future agenda.

CONSENT ITEMS

All matters listed under consent are those in which the Board has previously deliberated or are considered routine items of business. An administrative recommendation for each item is contained in the agenda item description. There will be no separate discussion of these items prior to the time the Board of Trustees votes on the motion unless members of the Board, staff, or public request specific items to be discussed or pulled from the Consent Items. To address an item on the consent calendar, please follow the procedure described under Public Comment.

PUBLIC INSPECTION OF DOCUMENTS

In compliance with Government Code § 54957.5, non-exempt writings that are distributed to a majority or all of the board in advance of a meeting or less than 24 hours prior to the meeting, may be viewed at the district office, 101 South Rancho Santa Fe Road, Encinitas, CA 92024 or at the scheduled meeting. In addition, if you would like a copy of any record related to an item on the agenda, please contact the Office of the Superintendent at 760 944-4300, ext. 1111.

AMERICANS WITH DISABILITIES ACT

In compliance with the Americans with Disabilities Act, if you need special assistance, disability-related modifications, or accommodations, including auxiliary aids or services, in order to participate in the public meetings of the District's Board of Trustees, please contact the Office of the Superintendent at (760) 944-4300, Extension 1111. Notification 24 hours prior to the meeting will enable the District to make the necessary arrangements to ensure accommodation and accessibility to this meeting.

**AGENDA FOR SPECIAL MEETING
OF THE BOARD OF TRUSTEES**

ENCINITAS UNION SCHOOL DISTRICT
101 South Rancho Santa Fe Road
Encinitas, California 92024

October 18, 2016

OPEN SESSION – 4:00 p.m.

AGENDA

*(A copy of the agenda is available online at www.eusd.net prior to the close of business
on the Friday preceding a regular meeting or 24 hours for a special meeting of the EUSD Board of Trustees.
A printed copy may also be obtained at the District Office.)*

1. CALL TO ORDER

2. ROLL CALL: Mrs. Emily Andrade
Ms. Patricia S. Sinay
Mrs. Carol Skiljan
Mr. Gregg Sonken
Mrs. Marla Strich

3. OPENING FUNCTIONS

- a. PLEDGE OF ALLEGIANCE
- b. WELCOME TO THE PUBLIC – Board President Emily Andrade
- c. PUBLIC COMMENT – Agenda Items Only

Members of the audience may address the Board of Trustees on items listed on the special meeting agenda. Speaking time is limited to three (3) minutes per speaker with a maximum of fifteen (15) minutes per topic. Persons wishing to address the Board should complete and submit, prior to the meeting, a blue Public Comment card available on the information table. (See agenda cover page for instructions.)

4. DISCUSSION OF RECOMMENDED UPDATES TO THE STUDENT WELLNESS BOARD POLICY AND ADMINISTRATIVE REGULATION

During the 2015-16 school year, members of the wellness committee and district administration discussed updates to the district's Student Wellness Policy. Based on input received from parents, committee members, principals, school staff, and others, the following updates are presented to the Board of Trustees for discussion and consideration. Representatives from the committee will be present to discuss the recommendations with the Board of Trustees.

5. BOARD / SUPERINTENDENT COMMUNICATIONS

General written and oral communications and discussion to include appropriate or timely Reports by Board or Superintendent on matters relating to: Strategic Planning, Encinitas Educational Foundation, Legislative Action Committee, North Coastal Consortium Special Education, California School Board Association, Upcoming Projects, Current Activities, Curriculum Updates, Business and Facilities Updates, Personnel Updates, Instructional Materials Updates, Goals and Objectives, Conference Reports, Interagency Agreements and Activities, Committee Reports and written communications.

6. ADJOURNMENT

● Encinitas Union School District is a Tobacco-Free District. Smoking is prohibited on District property at all times. ●

Any individual with a disability, who requires reasonable accommodation to participate in a Board meeting, may request assistance by contacting the Superintendent's Office at 760.944.4300, Ext. 1111.

**Encinitas Union ESD
Administrative Regulation
Student Wellness**

AR 5030

Students

To Achieve Policy Goals

I. School Wellness Council

The school district will have an established school wellness council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. This school health council may be represented by individuals from the school and community and should include parents, students, representatives of the school food services, members of the school Board of Trustees, school administrators, teachers, health professionals, and members of the public. **At least one or more school representatives must be designated to ensure each school complies with the wellness policy.** They will meet a minimum of four times a school year.

II. Nutritional Quality of Food and Beverages Sold and Served On Campus

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

School meals

Meals served through the National School Lunch and Breakfast Programs will:

- * Be appealing and attractive to children
- * Be served in clean and pleasant settings
- * Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- * Offer a variety of fruits and vegetables **including California, regionally, locally and EUSD grown produce**

* Serve only low-fat (one percent) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); ~~and~~

* Ensure that all ~~half~~ of the served grains are whole grain

* **Ensure that no items served contain high fructose corn syrup**

* **Ensure that no items served contain artificial food coloring; and**

* **Ensure that salad bars are offered daily**

The schools will have available and can provide the nutritional content information for all items served in the school meal program.

Breakfast - To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

* Schools will, to the extent possible, operate the School Breakfast Program.

* Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.

* Schools that serve breakfast to students will notify parent/guardians and students of the availability of the School Breakfast Program.

* Schools will encourage parents/guardians to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals - Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Food Service Program - Schools in which more than 50 percent of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

Schools:

- * Will provide students with at least 10 minutes to eat ~~after sitting down~~ for breakfast and 20 minutes ~~after sitting down~~ for lunch
- * Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- * Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- * Will be encouraged to schedule lunch periods to follow recess periods (in elementary schools)
- * Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- * Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff - Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages - Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Elementary Schools - The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools ~~should~~ **must** be sold as balanced meals. If available, foods and beverages sold individually ~~should~~ **must** be limited to foods that meet the following nutritional guidelines:

Beverages *

~~Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA);~~

~~Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free~~

~~chocolate milk (which contain trivial amounts of caffeine).~~

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:

- a. \geq 50% juice and
- b. No added sweeteners
- c. \leq 8 fl. oz. serving size

2. Milk:

- a. Cow's or goat's milk, and
- b. 1% (unflavored), nonfat (flavored, unflavored), and
- c. Contains Vitamins A & D, and
- d. \geq 25% of the calcium Daily Value per 8 fl. oz, and
- e. \leq 28 grams of total sugar per 8 fl. oz.
- f. \leq 8 fl. oz. serving size

3. Non-dairy milk:

- a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
 - \geq 276 mg calcium
 - \geq 8 g protein
 - \geq 500 IU Vit A
 - \geq 100 IU Vit D
 - \geq 24 mg magnesium
 - \geq 222 mg phosphorus
 - \geq 349 mg potassium
 - \geq 0.44 mg riboflavin
 - \geq 1.1 mcg Vit B12, and
- b. \leq 28 grams of total sugar per 8 fl. oz, and
- c. \leq 5 grams fat per 8 fl. oz.
- d. \leq 8 fl. oz. serving size

4. Water:

- a. No added sweeteners
- b. No serving size

Foods *

~~A snack food item sold individually:~~

~~* Will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters)~~

~~* Will have no more than 10 percent of its calories from saturated and trans fat~~

~~combined (excluding eggs and cheese packaged for individual sale)~~

~~* Will have no more than 35 percent of its weight from added sugars~~

~~* Will have no more than 150 calories~~

~~An individually sold entré may have no more than:~~

~~* Four grams of fat per 100 calories~~

~~* 400 calories~~

~~* And must qualify under the federal meal program~~

Compliant foods:

1. MUST meet the following:

- a. \leq 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), and
- b. $<$ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), and
- c. \leq 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), and
- d. $<$ 0.5 grams trans fat per serving (no exceptions), and
- e. \leq 230 milligrams sodium (no exceptions), and
- f. \leq 175 calories per item/container (no exceptions)

AND

2. MUST meet ONE of the following:

- a. Fruit
- b. Non-fried vegetable
- c. Dairy food
- d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- e. Whole grain item**

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

*** Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.**

**** A whole grain item contains:**

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or

- b. A whole grain as the first ingredient, or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or**
- d. At least 51% whole grain by weight.**

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

~~* Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)~~

~~Fundraising Activities—To support children's health and school nutrition education efforts, school fundraising activities either will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.~~

FUNDRAISERS – School fundraising activities that take place during the school day, defined as midnight to one-half hour after school, either will not involve food or will use only foods that meet the food and beverage restrictions listed above, and meet the additional criteria listed below. The school district food services department will serve as a resource to determine if foods and beverages at fundraisers comply with food and beverage restrictions. School fundraising activities that take place outside of the school day will not be subject to restrictions; non-compliant foods may be sold from one-half hour after school through midnight.

Student organization sales must meet all of the following:

- 1. Only one food or beverage item per sale.**
- 2. The food or beverage item must be pre-approved by the governing board of the school district.**
- 3. The sale must occur after the lunch period has ended.**
- 4. The food or beverage item cannot be prepared on campus.**
- 5. Each school is allowed four sales per year.**
- 6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.**

Snacks - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

~~Rewards— Schools will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, (unless this practice is allowed by a student's individual educational plan) and will not withhold food or beverages (including food served through school meals) as a punishment.~~

REWARDS – Schools will not use foods or beverages as rewards for academic performance or good behavior, (unless this practice is allowed by a student's individual education plan) and will not withhold food or beverages (including food served through school meals) as a punishment. The school principal may authorize a maximum of 2 school-wide rewards involving food or beverage per year (ex: Jog-a-thon incentives). These two school-wide rewards will not be subject to food and beverage restrictions.

~~Celebrations – Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers. These celebrations should occur at least 30 minutes after the lunch hour.~~

Birthday Celebrations: Food or beverages may not be brought on campus for birthday celebrations. School sites and individual teachers may choose to acknowledge a child's birthday through alternative means such as a song, announcement on the loud speaker, homework pass, choosing a P.E. game, or other special activities.

CLASSROOM CELEBRATIONS – Schools must limit celebrations* that involve food or beverage during the school day to no more than 4 per year per classroom and must comply with the following restrictions:

- 1. Parents must be notified of the date and time of these celebrations at least 5 days in advance and can choose to provide alternative foods or beverages for their child(ren)**
- 2. Classroom celebrations must occur after the lunch hour**

3. Store bought foods must contain an ingredients label, or if prepared at home, foods must be accompanied by a list of ingredients.

***Curriculum based activities involving food or beverage are not considered classroom celebrations (ex: Gold Rush Day, Teaching Kitchens, Garden Science, etc.).**

~~Food Brought on Campus—All food brought onto campus by parents, teachers, or staff for celebrations or rewards in the classroom, should be store bought, pre-pared and pre-wrapped food. No home cooked meals should be served to staff or children in order to minimize the risk of food-borne illness.~~

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). A school-sponsored event where students will be involved and consuming food will follow the nutrition standards outlined above.

III. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) - All students in preschool through grade 6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days for elementary school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Exemptions - Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.

Fitness Testing - School districts will administer a physical fitness test annually to students in grades five during the months of February, March, April or May. Students will receive their individual fitness test results upon completing the test and results should be sent to parents/guardians.

Daily Recess - All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students

periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School - All elementary schools will offer extracurricular physical activity programs, such as physical activity clubs or special events that focus on physical activity. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage verbally and through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment - Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School - The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours - School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and facility use will apply at all times.

IV. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion - Encinitas Union Elementary School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- * Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health

- * Includes training for teachers and other staff

- * Is part of not only health education classes, but also connections to the core curriculum subjects such as math, science, language arts, social sciences, and elective subjects

- * Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory

activities, such as contests, promotions, taste testing, farm visits, and school gardens so that students begin to understand how food reaches the table and the implications that it has for their health and future

- * Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- * Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- * Links with school meal programs, other school foods, and nutrition-related community services; and
- * Teaches media literacy with an emphasis on food marketing.

Integrating Physical Activity into the Classroom Setting - For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 200 minutes per 10 days) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- * Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television
- * Opportunities for physical activity will be incorporated into other subject lessons; and
- * Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents - The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials,

special events, or physical education homework.

Food Marketing in Schools - School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).** School-based marketing of brands promoting predominantly low-nutrition foods and beverages*** is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

** - Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

*** - Schools should not be permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for food sold individually or the meals are not consistent with school meal nutrition standards

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

~~Staff Wellness – Encinitas Union School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school wellness council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school wellness council annually.~~

V. Monitoring and Policy Review

Monitoring - The Superintendent or designee will ensure compliance with established

district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) **Administrative Review (AR)**.

review findings and any resulting changes. If the district has not received a ~~SMI~~ **AR** review from the state agency within the past five years, the district will request from the state agency that a ~~SMI~~ **AR** review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district, **and will available online for members of the public.**

Policy Review - To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. **Assessments will be made available to the public.** The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Suggested accompanying documents:

Competitive Food Quick Reference Cards – Public Schools

Local School Wellness Policies: Comparison Chart of the 2004 and 2010

Requirements for Local School Wellness Policies (LWP)

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act: Summary of the Proposed Rule

Public Law 111-296

Institute of Medicine of the National Academies “School Meals: Building Blocks for Healthy Children.”

SB 12

SB 677

Mealtimes and Scheduling

Healthy snack ideas

Healthy fundraising ideas

Constructive classroom rewards

Guide to healthy school parties

~~Harvard School of Public Health "Healthy Eating Pyramid"~~

Regulation ENCINITAS UNION ELEMENTARY SCHOOL DISTRICT

approved: February 17, 2009 Encinitas, California

reviewed: September 21, 2010