

# Merced City School District

## Local Wellness Policy Summary\*

### Preamble

The Merced City School District, hereinafter referred to as the “District”, recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students and staff. The District shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. This Policy is aligned with, and does not exceed, United States Department of Agriculture (USDA) and California Department of Education (CDE) regulations. (42 USC 1751 Note)

### District Health Committee

The District has established a Health Advisory and Wellness Committee (HAWC) whose focus and function is to make recommendations to the MCSD Governing Board and District Administration relating to staff and student wellness. This committee will annually review the program and policy for an ongoing three-year implementation plan.

The HAWC will meet at least three 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 HAWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical/health education teachers; special education teachers; district health professionals; mental health and social services staff; school administrators, school board members; health and community agency partners; and the general public.

### School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams’ *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meet 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.

### Fundraising Activities

**Fundraisers do not include afterschool sporting events or activities. Non-compliant food-related fundraisers are prohibited on school campuses from midnight to one half-hour after school.**

To support student health and school nutrition education efforts and to eliminate junk food in schools:

1. Schools will encourage fundraising activities that promote physical activity. (2017)
2. Ideas include: detailed in full policy
3. Each school is allowed one food-related fundraiser per year that does not meet nutrition and portion-size standards for foods and beverages that are sold individually (i.e. junk food). (by 2019): Ideas detailed in full policy

### Rewards / Incentives

**Any District Staff rewarding/incentivizing students (teachers providing food rewards; custodians providing candy bars, Bus drivers providing lollipops and candy, etc).**

In order to provide a culture that does not provide food as a reward, or physical activity to be used as a punishment; efforts will be made in the following areas:

1. Non-compliant food items and beverages will not be used as rewards for academic performance or good behavior at any school site or district entity. If used, will meet nutrition and portion size standards. Compliant foods can be purchased thru the School Nutrition Services.
  - i. In special circumstances, to address specific student needs, administration may approve, non-compliant rewards to be used for a period of time and faded out.
2. Food or beverages (including food served through school meals) will not be withheld as a punishment at any school site.
3. Creative School Reward Ideas (not limited to): Stickers, Pencils, Passes, Certificates, Positive Phone Calls Home, sitting by your friends, Longer Recess, Free Time, Send Home a Positive Postcard, Lunch Bunch: Eat with teacher in class and watch a cartoon or play games.

### Parties / Celebrations

1. It is recommended that all foods provided during parties/celebrations, etc. be purchased through the SNS Department (pizza parties, lunch with the principal for attendance; student birthdays; holiday celebrations, student achievements, etc.).
2. Parties/celebrations will be limited to one time per month per classroom.
3. To the greatest extent possible; celebrations will be held after lunch.
4. Parties/celebrations will make every attempt to include physical activity and foods which, at a minimum, meet California Nutrition Standards (References: *Education Code* sections 49430, 49431, 49431.5, 49431.7; *California Code of Regulations* sections 15500, 15575, 15577, 15578).
5. Healthy Classroom Celebration Food Ideas include:
  - Fresh fruit ~ cut up or whole (Fruit kabobs)
  - Yogurt tubes/cups served with fresh fruit
  - Fruit roll-ups
  - Healthy granola bars
  - Graham crackers
  - Apple slices with topping
  - Whole Grain Animal crackers
  - Applesauce
  - Popcorn
  - Baked Chips
  - Additional ideas detailed in full policy

\*The full policy is available on the District’s website: <http://www.mcsd.k12.ca.us/District/Department/13-Pupil-Services>. You can also obtain a copy by contacting MCSD Pupil Services at (209) 385-6647