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**STUDENT WELLNESS**

The Governing Board recognizes the link between student health, well-being, and the ability to learn and so desires to provide a comprehensive wellness program promoting healthy eating and physical activity for all students. A local school wellness policy is a written document that guides a local educational agency (LEA) /School District’s efforts to establish a school environment that promotes student health, well-being, and their ability to learn. Three Rivers School District shall build and maintain a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological, and counseling services that will promote a safe and healthy school environment. Proper portions and eating habits are also followed by the cafeteria staff. We have also instituted and promoted a health awareness policy for staff and parent/guardians which also includes community stakeholder involvement.

- (cf.0000 - Vision)*
- (cf.0200 - Goals for the School District)*
- (cf.3513.3 – Tobacco Free Schools)*
- (cf.3514 – Environmental Safety)*
- (cf.5131.6 – Alcohol and Other Drugs)*
- (cf.5141 – Health Care and Emergencies)*
- (cf.5141.23 - Infectious Disease Prevention)*
- (cf.5141.3 – Health Examinations)*
- (cf.5141.31 - Immunizations)*
- (cf.5141.32 - Health Screening for School Entry)*
- (cf.5141.6 – Student Health and Social Services)*
- (cf.5142 – Safety)*
- (cf.6142.1 – Sexual Health and HIV/AIDS Prevention Education)*
- (cf.6164.2 – Guidance/Counseling Services)*

*Legal Reference:*

**EDUCATION CODE**

- 49490-49493 School Breakfast and lunch programs*
- 49500-49505 School Meals*
- 49510-49520 Nutrition*
- 49530-49536 Child Nutrition Act*
- 49540-4546 Child Care Food Program*
- 49547-49548.3 Comprehensive nutrition services*

**Local School Wellness Policy**

The Three Rivers Union School Board believes and has adopted the following Wellness Plan:

1. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;
2. Good health promotes student attendance and education;
3. The period of childhood and adolescence are pivotal times for preventing sedentary behavior, and the type and amount of physical activity encouraged in schools is very important;
4. Of the district’s students, 42% of students are eligible for Free/Reduced Price Meals (Percentage numbers are from June 2017);
5. Community participation is beneficial to the development and implementation of successful school wellness policies;
6. Three Rivers Union School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting a healthy environment.

Therefore, Three Rivers Union School District sets forth the following wellness policy goals:

<b>1. SCHOOL DISTRICT WELLNESS AND HEALTH COUNCIL/COMMITTEE</b>
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The Board’s policy pertaining to student wellness shall establish and sustain the school health council/wellness committee. The council/committee shall convene at least four (4) times during the school year and will coincide with the School District Site Council meetings. Three Rivers Union School District shall:

- Designate one or more School District official(s) to:
  - 1) Have the authority and responsibility to ensure that the school complies with the local school wellness policy (section 9A(b)(5)(B) of the NSLA) and
  - 2) Will assist and facilitate the development and updates of the local school wellness policy.
- Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, food services staff, Physical Education staff, school site members, and the Superintendent.
- Convene the School District Wellness Committee at least 4 times during the school year at hours convenient for public participation. The committee will discuss implementation, monitoring, and revision of the local school wellness policy.

- Establish that the School District Wellness Committee, District Superintendent/site administrator will annually ensure that the Local School Wellness Policy is implemented, monitored, revised, shared with the public, and when appropriate, modified and updated to meet newly identified district needs and/or federal requirements.
- Ensure that Three Rivers Union Elementary will establish an ongoing School Health Council through our School Site Council that convenes to review school-level issues, in coordination with the School District Wellness Plan.

The Three Rivers Union School district will create, strengthen, or work within existing school health personnel, site council, and the school board and staff to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This council will also serve as resources to the School Site Council for implementing such policies.

*(cf.1220 – Citizen Advisory Committees)*

*(cf.9140 –Board Representatives)*

*(cf.3553 – Free and Reduced Meals)*

*(cf. 6142.8 – Comprehensive Health Education)*

2. FOOD AND BEVERAGES SERVED AND SOLD ON CAMPUS
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The Board shall adopt nutrition guidelines selected by the district for all foods available on the campus during the school day, with the objectives of promoting student health and reducing childhood obesity. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1799(a) and (b) as they apply to schools. The Superintendent shall ensure that students eligible to receive free or reduced price meals and milk are not treated differently from other students or easily identified by their peers (42 USC 1751 Note) Furthermore, the District Board, Superintendent, and staff shall ensure that no student attending school is hungry.

*(cf.3550 – Food Services/Child Nutrition Program)*

*(cf.5148 – Child Care and Development)*

*(cf.6300 – Early Childhood Education)*

*(cf.0410 – Nondiscrimination in District Programs and Activities)*

*(cf.5145.3 – Nondiscrimination/Harassment)*

## School Meals

Three Rivers Union School District will:

- In order to maximize the district's ability to provide nutritious meals, the district shall participate in the National School Lunch Program. At this time, discussion is under way to possibly include the School Breakfast Programs, which may include Breakfast in the Classroom, Second Chance Breakfast, "Grab-and-Go" Breakfast, and breakfast during morning break or recess.
- Ensure more whole grain foods and increase the availability of fresh fruits and vegetables prepared in ways that will appeal to students, retain nutritive quality, and promote lifelong healthy eating habits. We will continue with a salad bar as part of the school food service program at least twice a week.
- Ensure that professional development in the area of food and nutrition is provided for child nutrition staff as well as appropriate degree and food-safety certification. All sanitation and safety procedures shall comply with the requirements set forth in Health and Safety Code 113700-11445
- Develop special menus and provide substitutions for students with dietary restrictions and special dietary needs.
- Share and publicize information about the nutritional content of meals with students and parents through our school website. Involve parents, community, and stakeholders in annual evaluation of food services and the physical education program services in order to improve the quality, access, and knowledge of services.
- We shall reduce access to beverages with added sugar while increasing availability and promotion of water. This will continue to be a priority for the school nutrition program.
- The after school program is operated by an independent operator and is a private business. The program rents a room and playground facilities as a convenience to our students and parents for after school child care. We will make available all of the requirements and standards already in place regarding school nutrition and well-being to the After School Program.
- The Three Rivers Union School shall post during the summer months the Summer Food Service Program on the school bulletin board, the school web site, as well as two off sites facilities to keep the Community aware of summer options available.

- Utilize the California Department of Education's Menu Planning approach and serve food in quantities appropriate to the needs of students at their age level as required by the food program criteria for lunch:

These standards (federal and state) can be found at the following web site:

<http://www.fns.usda.gov/school-meals/child-nutrition-programs>.

Current standards can also be found by contacting the Child Nutrition Department.

- Lunch criteria: <http://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp>  
If adopted: Breakfast criteria: If adopted into our school nutrition program.
- District website: <http://www.3rusd.org>

#### Supplemental On Site School menu promotions:

Three Rivers Union School District has an on site garden that is maintained by our students. The School District shall use as much organic, local, and California-grown produce as possible from our garden and local producers as an option to:

- Supplement our weekly salad bar
- Encourage students to try and taste fresh fruits and vegetables through programs at our school such as Try it Tuesday - originally brought to our attention by the Tulare County Farm Bureau and has since been introduced into lower grade classrooms as a way to promote trying new fruits and vegetables that have been grown in our school garden or have been suggested by teachers or parents.

#### Additional Beverages Sold on School Campus

At this period of time, Three Rivers Union School District does not have Food and Beverages that are sold on campus that do not support the Child Nutrition Program. In the event that these services become available or that there is a change in policy, we will adapt our wellness policy to maintain and ensure that foods and beverages served and sold on campus are nutritious, appealing and available to all students.

- All foods and beverages served and sold on campus through the School Nutrition Program will meet, local, state and federal statutes and regulations, and whenever possible, exceed minimum standards.
- Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water and make sure that all drinking fountains are maintained, clean, and working properly.

Competitive Foods and Beverages (i.e., applies to all foods or beverages sold to students by any entity.) (Education Code 49430, 49431, 49431.2, 49431.5, 49431.7; CCR 15500, 15501, 15575, 15576, 15577, 15578; CRF 210.10, 210.11, 220.8, 220.12)

Three Rivers Union School District will ensure compliance of all competitive foods and beverages per the California Nutrition Standards, located at:

California Department of Education: <http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc>

(cf.3554 – Other Food Sales)

(cf.3312 – Contracts)

### 3. MEAL TIMES

Three Rivers Union School offers lunch on a recurrent time schedule followed by a supervised outdoor recess. Three Rivers Union School District has also had ongoing discussion with Students, Teachers, Board Members, Site Council, and community members to see if we can accommodate and put into place the State Superintendent of Public Instruction and research that supports that recess before lunch encourages students to eat their meals, waste less food, and return to class ready to learn. At this period of time, we have not found a way to implement this into our lunch program. As more information is compiled on recess before lunch, it shall be provided to the Superintendent and the School Board members with the research and support to implement if any change can work.

Three Rivers Union School District will:

- Provide students a minimum of 20 minutes to eat lunch and socialize with classmates.
- Assist all students in developing the healthy practice of washing hands before eating.
- Provide an environment for healthful eating behaviors with sufficient time for eating, while fostering good manners and respect for all students and staff.
- Identify and implement ways to improve cafeteria and atmosphere by utilizing Smarter Lunchroom strategies (e.g., adding colorful nutrition posters and/or murals to all school cafeterias, promoting fruits and vegetables, providing appealing names, and descriptions to entrees, etc.).
- Evaluate student preferences in planning menus through surveys and taste tests of new foods and recipes.
- Encourage staff to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.

- We have developed outdoor eating areas suitable for most seasons that are shared by all classrooms in a rotating sequence throughout the year.
- Eliminate social stigma attached to, and prevent overt identification of students who are eligible for free and reduced price school meals. The District, with input from School District Wellness Council, will identify proper strategies, such as dialogues needed to discuss the possible implementation of a school electronic identification, for school meal purchases.

### Sharing of Foods and Beverages

Three Rivers Union School District will 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.

### Water

Three Rivers Union School will:

- Require that there is access to free, safe, potable drinking water wherever beverages are served on campus during meal times in food service areas. Safe tap water from drinking fountains, rather than individual bottles of water, will be offered. If safe tap water is not available, the District will provide large bottles and/or jugs of water.
- Promote the consumption of water as an essential nutrient that plays a role in overall health.
- Provide all students and employees with access to water free of charge at every District facility (e.g., cafeteria and eating areas, classrooms, hallways, gymnasiums, play yards, athletic fields, and faculty lounges) throughout the school day and at before-and after-school activities.
- 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.
- Set and maintain hygiene standards for drinking fountains, water containers, and other methods for providing drinking water by performing scheduled and as needed maintenance.
- Conduct periodic testing of all drinking water sources. Maintain a monthly schedule in which water is tested from different classrooms, hallways, cafeteria and cafeteria prep sites from an outside service. Three Rivers Union School will also assure that the test results are available in an easily accessible format (e.g., available in front office and/or posted on District website) and, if necessary, deliver letters of any findings to students and parents/guardians.



- Promote drinking water as a substitute for other sugary beverages - such as fruit/juice drinks, sodas, or sports drinks.

#### Elementary Schools

The only foods that can be sold to elementary students are full meals, exempt foods, and dairy or whole grain foods that meet specific calorie, fat, saturated fat, and sugar requirements. These Standards apply from midnight to one-half hour after closing time of the regular school day. To determine if a food or beverage meets the California Nutrition Standards, cafeteria staff checks the Nutrition Facts Label and if necessary can also use the on-line calculator at [www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org), which allows you determine if the food or beverage is compliant.

#### 4. VENDING MACHINES

Three Rivers Union School District does not offer any Vending Machines on our campus at this time.

#### 5. PARTIES/CELEBRATIONS

Three Rivers Union School District seeks to provide the best possible learning environment for our students. We strive to support healthy habits in the daily lives of all children to promote academic achievement. School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may bring into the classroom for occasional parties and by limiting foods and beverages that do not meet nutritional standards to not more than one food or beverage per party.

Class parties/celebrations shall be held after the lunch period.

In order to develop traditions that support healthy behavior, the district asks that parents, teachers, and all district staff choose ways to celebrate birthdays so that every child is included, even those whose birthdays fall during school breaks. To accomplish this, Three Rivers Union School District will:

- Allow celebrations of any kind involving non-compliant food (e.g., birthday, holiday, reward) to be limited and encouraged to occur once a month per classroom.
- Encourage teachers to abide by the rules and support the use of non-food celebratory activities. The School District Wellness Committee will provide a list of suggestions to schools, principals, and parents.

- Ensure that parties/celebrations involving food are held after the lunch period or performed in conjunction with the Child Nutrition Department.
- Ensure donations of foods and beverages by an outside party (e.g., parents, pizza parlor, etc.) meet the California Nutrition Standards.
- Encourage school staff and parents/guardians or other volunteers to support the District's wellness goals by providing foods or beverages that meet the California Nutrition Standards when selecting any foods or beverages that may be donated for an occasional class party (See Competitive Foods and Beverages, Section 3).
- Ensure, for food and allergy safety reasons that all food brought onto school campus must be prepared with an understanding that certain foods may cause allergic reactions and are therefore discouraged. Foods with minimal ingredients that are labeled are encouraged.

## 6. REWARDS RELATED TO ACADEMIC ACCOMPLISHMENTS

Three Rivers Union School District supports the use of non-food items and incentives as rewards for academic performance or good behavior.

- Foods or beverages as rewards for academic performance or good behavior will only be used occasionally.
- Food or beverages will not be withheld (including food served through school meals) as a punishment. This also includes assigning or withholding physical activity as punishment (i.e. withhold recess).
- Items provided in collaboration with private industry to the students as an incentive or reward for student accomplishments and performance will be consistent with the standards of the Child Nutrition Department.

## 7. SCHOOL EVENTS

Three Rivers Union School District will:

- Recommend any event or school function hosted on school campuses that provide food and beverages shall meet the California Nutrition Standards.
- Enforce that food and beverage items that do not meet or exceed the California Nutrition Standards cannot be utilized for demonstration purposes. Instead, fruits and vegetables as well

as dried fruits can be used. Once a system is established, it is highly encouraged that these items be purchased from the Child Nutrition Department.

- Encourage hosting events that promote and have a connection with the healthy messages reflected in the wellness policy (i.e. healthy back to school night, open house events, etc.).

## 8. NUTRITION EDUCATION AND PROMOTION

Nutrition Education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects. Each grade (K-8) shall have the opportunity to work in the school garden and /or greenhouse and to taste test the produce being grown. Nutrition education increases healthy lifestyles, provides information on the relationship between diet and health, and lastly, it promotes desirable food behavior and nutritional practices. Making informed food choices is an integral part of a child's normal growth and development. Grades K-8 shall be encouraged to help develop the school menu as directed and advised by the school based food service personnel. Healthy eating habits need to be established early in life to carry through to adulthood. To be effective, successful nutrition education programs often entail the active participation and cooperation among all of the educational professionals and staff to be included and continue to involve all of the classrooms from grades K-8.

Nutrition education curriculum will be taught in all elementary classrooms, and:

- Be part of not only health education classes, but also classroom instruction, when possible, in subjects such as math, science, language arts, social sciences, elective subjects, and after-school programs.
- Promote the importance of all five food groups.
- Follow Comprehensive California Health Education Standards/USDA Dietary Guidelines.
- Engage family and community members to reinforce instruction by encouraging the home-school connection.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- Link with school meal programs and cafeteria nutrition promotion activities.
- Include training for staff, teachers, and parents to promote healthy eating at home. Involve community partners and local agencies that offer trainings and educational sessions.

- By incorporating the school garden into our school programs we are promoting nutrition and support for a healthy learning environment and therefore equipping students with the knowledge and skills needed to grow their own healthy foods.

*California Education Code (EC) Section 51210*

*California Education Code (EC) Section 51890*

### Goals for Student Learning

The ultimate goal of health education is to promote student awareness of the core health concepts and then be able to develop and apply that knowledge in their own daily behavior. Achievement of this can be assessed by the student’s skill development, behavior, and comprehensive strategies. Some examples of these are:

- Understand and demonstrate behaviors that prevent disease and can speed recovery based on self-management skills related to diet, physical activity, and safe food handling – including washing hands.
- Promote healthful food and beverage choices. The ability to recognize information, products, and services that can be helpful or harmful to their health.
- Understand and accept individual growth and development differences.

Available materials aligned with these nutrition education requirements include but are not limited to: Dairy Council of California, The University of California Cooperative Extension, United States Department of Agriculture Food and Nutrition Service.

*(cf. 6011 - Academic Standards)*

*(cf. 6142.8 - Comprehensive Health Education)*

*(cf. 6143 - Courses of Study)*

<b>9. MARKETING AND ADVERTISING</b>
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School-based marketing will be consistent with nutrition education and health promotion, therefore Three Rivers Union School District will:

- Prohibits the marketing and advertising of non-nutritious food and beverage items that do not meet the California Nutrition Standards. This includes posters, signs, logos, scoreboards, school supplies, advertisements in school publications, and coupon or incentive programs.
- Promote healthy food and beverage products such as fruits, vegetables, whole grains, low-fat dairy products, and water at all school-sponsored events.

- Examples of school-based marketing include but are not limited to: logos through signage, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

*(cf. 1325 - Advertising and Promotion)*

## 10. FUNDRAISING

Three Rivers Union School District shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. We shall also encourage school staff to avoid the use of non-nutritious foods as rewards for students' academic performance, accomplishments, or classroom behavior. References: Pursuant to 42 USC 1758(f)(1), 1766 (a) and 1779 (a)(b) as they apply to schools. (42 USC 1751 Note)

Three Rivers Union School District will:

- Encourage non-food fundraisers that promote physical activity (e.g., walking, hiking, kayaking, skiing, Community 5k or 10k walk/runs, etc.).
- Ensure the Child Nutrition Department in partnership with the Wellness Council will provide a list of approved foods and beverages.
- Incorporate practical and profitable healthy fundraisers that support nutrition education, physical activity, and other wellness related activities.

*(cf.1230 – School Connected Organizations)*

## 11. PHYSICAL EDUCATION (PE) AND MOVEMENT EDUCATION (ME) OPPORTUNITIES

The Physical Education and the Movement Education Programs (PE/ME) shall be an essential element of Three Rivers School's instructional program. The PE/ME program shall provide the opportunity for all students, regardless of ability (e.g. 504 and IEP), to develop skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity. The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The five standards state that students should:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles and strategies as they apply to learning and performing physical activities.
3. Assess, record, and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles and strategies as applied to learning and performing physical activities.

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to participate in regularly scheduled physical activity during school hours, as well as to take advantage of the various opportunities for physical activity offered after school by the district.

*(cf. 6142.7 - Physical Education and Activity)*

Three Rivers Union School District will:

- Provide a physical education program with specific learning goals and objectives for physical education which will build interest and proficiency in movement skills and encourage students' in lifelong fitness through physical activity.
- Adopt the Physical Education Model Content Standards for California Public Schools K-8 and implement the contents of the Physical Education Framework for California Public Schools K-8. Use an appropriate curriculum that will be designed, implemented, and evaluated to help students develop the knowledge, motor skills, attitude and confidence needed to become and remain physically active.
- Meet or exceed California State Physical Education standards of 200 minutes per 10 school days for Elementary School Grades 1-6, and not less than 400 minutes each 10 school days for students in grades 7 and 8. *(Education Code 51210, 51222)*. Engage students in moderate to vigorous physical activity for at least 50% of Physical Education class or session time.
- Ensure that Physical Education is taught by a credentialed teacher. During the month of February, April, or May – students in grades 5 & 7 shall undergo the physical performance designated by the State Board of Education, including students with a physical disability. *(Education Code 60800)*

- Ensure that physical education promotes a high level of personal achievement and a positive self-image, as well as teaching students how to cooperate in the achievement of common goals.

*(cf.5121 – Grades/Evaluation of Student Achievement)*

*(cf.6142.8 – Comprehensive Health Education)*

*(cf.6145.1 – Athletic Competition)*

### Classroom setting opportunities

- Give students breaks and encourage activity when in mandatory extended periods of inactivity (i.e., testing).
- Provide short physical activity breaks between lessons or classes, as appropriate.
- Integrate physical activity into the classroom by allowing students supervised 'stretch' breaks.
- Ensure that appropriate interventions, adaptive equipment, and/or alternative activity is provided for students with a physical disability or medically diagnosed health limitations, behavior disorders, or cognitive delays that may restrict excessive physical exertion.

### Training and other opportunities

- Provide annual training for all elementary school teachers that provide them with ideas/instructions for physical education activities in and outside of the classroom.
- Incorporate Nutrition Education into the Physical Education class curriculum.
- Encourage parents and staff to communicate and be engaged in order to build parents' capacity to help their children with: homework, healthy eating, and active living.

### Opportunities for physical activity before and after school

- Three Rivers School will create a culture of physical activity throughout the school day. School facilities are made available for monitored physical activity (Outdoors, as well as indoors depending on the weather) before and after every school day.
- School facilities will be available for community to be used after school hours.
- After school programs will provide a daily period of moderate to vigorous physical activity for all participants.
- Work with the community to create safe routes for active transportation to school (e.g., walk, bike, or otherwise “actively commute” safely to and from school).

### Physical Activity and Air Quality

District policy for air quality will be followed and accommodations will be made to physical education and athletic programs and activities communicated by the district athletic policy. Physical education staff shall appropriately limit the amount and/or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

*(cf.3516 – Emergencies and Disaster Preparedness Plan)*

## 12. OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE WELLNESS

Three Rivers Union School District will participate in activities that promote health such as:

- Healthier US School Challenge.
- Complete self-assessment process to assess the extent to which components of the local school wellness policy are being implemented. \* TV-turnoff week.
- Walk and bike to school days.

## 13. HEALTH EDUCATION

Health Education aims to teach, encourage, and support healthy lifestyles in students and the school community. Information about health education will be available to parents at each school's resource center, or at the school office. Health education will, at a minimum, cover all six health content areas in all grades as designated in the California Health Education Standards. The health education program will include nutrition and physical activity; growth, development and sexual health; injury prevention and safety; alcohol, tobacco, and other drugs; mental, emotional and social health; personal and community health.

### Other School-Based Activities

- Encourage schools to hold a local health fair in which, among other health related issues, nutrition and physical activity information will be given. Local community organizations will be invited to participate or attend.
- Our school will offer staff wellness activities and professional development opportunities related to health and nutrition that inspire schools staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.
- All staff will be trained and certified in CPR and First Aide.



#### 14. HEALTH SERVICES

The goal of Health Services is to ensure that students are healthy, in school, and ready to learn. This is done by:

- Providing care with professional assessment and interventions.
- Mandated health screenings with referral and follow-up.
- Health care case management.
- Health education for students, staff, and parents.
- Collaboration with community resources; such as physicians, behavioral/mental health-professionals, and community based organizations.

#### 15. COUNSELING, PSYCHOLOGICAL, AND SOCIAL SERVICES

The goal of Counseling, Psychological, and Social Services is to improve students' mental, emotional and social health so they may succeed to the best of their abilities by offering:

- A safe and effective school environment;
- Counseling and guidance services;
- Consultation;
- Interventions and referrals as needed; and
- An updated community resource list that supports student health and is accessible to community members. The resource list will be available on the district website.

#### 16. HEALTHY AND SAFE SCHOOL ENVIRONMENT

A healthy and safe school environment includes the physical and well-maintained surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school buildings and the areas surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychosocial environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

### Indoor Air Quality/Asthma

The Three Rivers Union School District recognizes that asthma is a manageable condition which if poorly controlled can be dangerous, impacting the student's health and ability to learn, and is a major cause of school absenteeism. The district also recognizes that poor indoor and outdoor air quality at school negatively impacts students with asthma and that such environmental triggers can be reduced or eliminated with collaborative efforts between students, teachers, and staff. Therefore, Three Rivers Union School District will:

- Educate staff, students, and parents/guardians about asthma;
- Encourage the establishment of individualized asthma action plans (with our nursing staff) for all students with asthma that work with plans established by their medical providers;
- Establish management and support systems for students with asthma, including approaches to ensure access to prescribed medications while at school when needed; ensure that school buildings, grounds, structures, equipment and vehicles meet all current health and safety standards, including environmental air quality and are kept clean and in good repair; not allow diesel engines to idle; where feasible, adhere to best practices to reduce indoor and outdoor environmental asthma triggers.

### Reducing Environmental Hazards and Waste

Three Rivers Union School District will:

- Establish policies and practices to prevent and/or reduce environmental hazards. Areas of concern shall include but not be limited to heating, ventilation, building materials, cleaning materials, equipment, vehicles, and outdoor pollutants.
- Three Rivers Union School District will encourage recycling district-wide by providing recycling points through-out facilities and will explore ways to reduce waste and recycle as often as possible. Recycling cans have been placed in various areas on the campus.
- Three Rivers Union School District recognizes that education requires healthy students and a healthy environment, therefore establishing management and support systems for students with chronic diseases; and coordinating school, family, and community efforts to better manage chronic disease symptoms and reduce related school absences.

### Immunization

Three Rivers Union School District will work with community partners, providers, and parents to educate families and encourage full vaccination of all students.

### Positive School Climate

Three Rivers Union School District recognizes that students and staff have the right to a safe and supportive school environment free from physical and psychological harm. Therefore, the district shall identify and address potential risks to social, emotional, and mental well-being of its students and staff and shall provide resources as available to foster a positive school climate. In addition, Three Rivers Union School District is fully committed to creating a positive learning environment that teaches strategies for violence and bully prevention, and emphasizes high expectations for student and employee conduct, responsible behavior, and mutual respect for others.

## 17. HEALTH PROMOTION FOR STAFF

Three Rivers Union School District appreciates and values all staff and supports their well-being. In addition, the Superintendent or designee shall encourage staff to serve as positive role models. The school shall promote and may provide opportunities for regular physical activity among employees such as encouraging them to use their break time to take a walk around the campus. To support employee wellness, Three Rivers Union School District will:

- Host annual health assessments/screenings for all staff, which includes TB testing and Flu vaccines being made available by the County Office of Education. Offer annual Health Screenings related to blood pressure, heart rate, weight, and diabetes awareness made available through our Anthem Blue Cross insurance health plan.
- Seek to develop programs to encourage physical activity among the staff, support a “no use” tobacco program, and encourage healthy eating. Invite staff to have lunch with students to serve as role models for healthy eating.
- Establish a wellness program for staff that constantly promotes wellness activities through fliers, brochures, yearly calendar of wellness activities, and incentives for participation. In addition, offer the use of supplemental programs offered through our group insurance plan such as *Expert Second Opinions* ([www.advance-medical.net/sisc](http://www.advance-medical.net/sisc)) and *MD Live* ([mdlive.com/sisc](http://mdlive.com/sisc))
- Offer professional development which may include instructional strategies assessing knowledge and skills that promote healthy behaviors; Provide health education focusing on skill development and lifestyle change.

- Encourage staff to be active participants during recess and PE time. Encourage and support the use of school facilities for staff physical activity opportunities such as exercise classes, running clubs, etc. since heart disease, cancer, stroke, and diabetes are major risk factors related to unhealthy eating habits, physical inactivity, and obesity.
- Assure safety is a top priority.

*(cf.4131 – Staff Development)*

*(cf.4331 – Staff Development)*

## 18. FAMILY/COMMUNITY INVOLVEMENT

### Parenting Support

- Offer parent education and physical fitness awareness classes in collaboration with community organizations such as our TRUS Recreation Program which offers after school sport involvement and outside activities for students and the community.
- Provide workshops and trainings that relate to the components of coordinated school health found in the wellness policy (i.e., nutrition, physical activity, counseling, etc.).

### Communicate with Parents

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through the school newsletter, handouts, parent/guardian meetings, the school web site, as well as verbally.

- Establish regular verbal and print communication methods in the appropriate languages to encourage parent, student, and community member participation. Provide information that pertains to the components of coordinated school health found in the district wellness policy.
- Volunteer Opportunities
- Engage parents to participate in Student Advisory Councils, School site council meetings, School District Wellness Committee, Eagle Booster Club, and other group gatherings.
- Involve parents, community members, and local organizations in the decision making when making policies and programs in order to be able to prioritize issues, institutionalize parent representation, and choose curriculum for students.
- Provide trainings to staff to develop family and community based education strategies.
- Encourage community stakeholders to collaborate by offering their services and create agreements to develop and support school activities programs. Three Rivers Union School has

incorporated this option for additional volunteer support in our art program. Volunteers from our community bring in varying artistic projects once every week to the students.

- Develop a system that links families to community services, resources, and events.
- School facilities will be available for use by community organizations that host school related activities for students and community; applicable fees may apply. See BP 1330 for more information.

*(cf.1113 – District and School Web Site)*

*(cf.6020 – Parent Involvement)*

## 19. IMPLEMENTATION, ASSESSMENT, UPDATES, AND COMMUNICATION

### Implementation

The superintendent will ensure compliance and is responsible for ensuring that the implementation of the established district nutrition and physical activity wellness policies are followed. The Superintendent shall recommend for Board approval the specific quality indicators that will be used to measure the implementation of the wellness policy. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fund-raisers or other venues outside the district’s meal programs; and any additional feedback from food service personnel, school site council, parents/guardians, community stakeholders, and students.

*(42 USC 1751 Note) (cf.0500 – Accountability)*

Child Nutrition 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. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

### Assessments and Annual Progress Reports

The Superintendent shall designate one or more staff to produce an annual assessment and progress report that should be discussed and approved by the wellness committee, that will be made readily available to the public, and that will include:

- Progress made in implementing the Wellness Policy goals
- A summary of the school's local school wellness actions, events or activities
- Compliance with the Policy

- A report to the School Board on these findings and recommendations, including any recommendations for inclusion in the LCAP
- The web site address for the Policy and/or information on how the public can access a copy at [www.3rusd.org](http://www.3rusd.org)
- Contact information for the members of the wellness policy team; and
- Information on how individuals and the public can get involved.

Assessments will review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the district will review 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.

Designated Wellness Staff shall establish indicators that will be used to measure the implementation and effectiveness of the policy. Such indicators might include: student participation rates in all school meal including classroom parties, events, fundraisers, etc.; programs comply with nutrition guidelines; results of the state's physical fitness test and monitoring of body mass index, at applicable grade levels; number of minutes of PE offered at each grade span; a description of other district wide wellness activities offered; student health behaviors assessed using student surveys (e.g., the California Healthy Kids Survey, and/or the Youth Risk Behavior Survey).

#### Triennial Assessments

The Three Rivers School Board recognizes that there is a required assessment of the wellness policy to be conducted every three years. This assessment would determine:

- Compliance with the wellness policy and how it compares to model policies
- Progress made in attaining the established and projected goals of the wellness policy.

#### Revisions and Updating the Policy

At least every three years, the School District Wellness Committee will recommend updates or modifications of the wellness policy based on the results of the annual progress reports and triennial review, 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. In addition, the Superintendent shall report to the Board at least every three years on the implementation of this policy related to nutrition and physical activity.

### Public Notifications

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information and/or the District's student wellness policy to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, District and school web sites, and other communications. To the extent possible and in partnership with community based organizations, the District will provide parent seminars, workshops, and trainings related the components of Coordinated School Health. Three Rivers Union School District shall inform parents and the public each school year of basic information about the local school wellness policy, the progress of Three Rivers School towards meeting the goals of the policy, and any activity related to the policy the school conducts. Information to be shared includes:

- Website address for LSWP;
- Description of our school's progress in meeting LSWP goals;
- Summary of our school's events/activities related to LSWP implementation;
- Any proposed updates or modifications to the Policy;
- Information on how individuals and the public can get involved with the School District Wellness Committee.

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.

## Additional References and Resources of Information

*Healthy, Hunger-Free Kids Act of 2010*

Food and Nutrition Service <http://www.fns.usda.gov/th/local-school-wellness-policy>

The Dairy Council of California <http://www.dairycouncilofca.gov>

Wellness Policy Template by California Project LEAN, a program of the Public Health Institute.

<http://www.CaliforniaProjectLEAN.org>

First 5 Tulare County [www.first5tc.org](http://www.first5tc.org)

CA Action for Healthy Kids [EveryKidHealthy@actionforhealthykids.org](mailto:EveryKidHealthy@actionforhealthykids.org)

Action for Healthy Kids [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

USDA Foods [fns.usda.gov](http://fns.usda.gov)

<http://healthymeals.nal.usda.gov/school-wellness-resources>

CSBA <http://www.csba.org>

California Department of Education, Nutrition Services <http://www.cde.ca.gov/ls/nu>

California Department of Health Services <http://www.dhs.ca.gov>

California Healthy Kids Resource Center <http://www.californiahealthykids.org>

California Project Lean <http://www.californiaprojectlean.org>

Center for Disease Control and Prevention (CDC) <http://www.cdc.gov>

National Alliance for Nutrition and Activity <http://www.cspinet.org/nutritionpolicy>

School Nutrition Association <http://www.schoolnutrition.org>

U.S. Department of Agriculture <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy>

### *Management Resources:*

CSBA Policy Briefs and Publications

USDA Food and Nutrition Services Guidelines (Feb 26, 2014)

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide Rev.2005

California Department of Education Publications

Healthy Children Ready to Learn, January 2005

Centers for Disease Control Publications

U.S. Department of Agriculture Publications



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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410



**THREE RIVERS UNION SCHOOL DISTRICT  
Three Rivers Union Elementary School**

Policy Adopted: June 2017 Three Rivers, California