Local Wellness Policy

SY: 2023-2024

Board Approved on: 05-24-2023
PUC Schools Wellness Policy

Due to children’s need to access healthy foods and opportunities to be physically active to grow, learn, and thrive; Partnerships to Uplift Communities Los Angeles, Partnerships to Uplift Communities Valley, Partnerships to Uplift Communities Lakeview Terrace (“PUC Schools”) and their SCHOOLS members are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of PUC SCHOOLS that:

- The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing PUC Schools-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* \(^1\)

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, all schools in PUC Schools will participate in available federal school meal programs (including the School Breakfast Program, and the National School Lunch Program [including after-school snacks]).

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.

- A comprehensive committee, consisting of all PUC Schools stakeholders, will participate in the development, monitoring, and revision of PUC Schools Wellness Policy.

- A comprehensive committee, consisting of all PUC Schools stakeholders will assist in menu ordering, reporting survey results and data to FSMC or Food Vendor once a year, recording meetings (sign in sheets) and documenting feedback at our meetings.

*(FOR A FULL COPY OF THE WELLNESS POLICY, PLEASE VISIT THE SCHOOL OFFICE)*

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\(^1\) As recommended by the *Dietary Guidelines for Americans* 2005.
Creation of Wellness Committee
PUC Schools will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Wellness Committee will serve as resources to school sites for implementing those policies. A school Wellness Committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

In addition, PUC Schools will encourage consistent nutrition communication between the home and school environment, and shall disseminate nutrition information to students, parents, guardians, staff, and the community. Outreach should emphasize the relationship between student health and academic performance.

Nutritional Guidelines
PUC Schools believes that access to high quality, nutritious meals has been shown to improve eating habits and overall health status. Therefore, PUC Schools shall adopt nutrition guidelines for the food available on each campus during the school day, with the objective of promoting student health.

PUC Schools will offer healthy foods for sale on campus and school meals will meet the standards set by the National School Lunch Program. All food and beverages served or sold outside the federal meal program will also meet or exceed Senate Bill 19 Guidelines:

- Have no more than 35% of its calories from fat.
- Have no more than 10% of its calories from saturated fat.
- Be no more than 35% sugar by weight.
- The only beverages that may be sold to students are milk, water, or juice that is at least 50% fruit juice with no added sweeteners.
- In middle schools, carbonated beverages may be sold only after the end of the last lunch period.

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

- All foods available on school premises must provide for the nutritional well-being of children and serve as a model for healthy eating.
- Food and beverages provided through federally funded reimbursable school meal programs shall meet or exceed federal guidelines and regulations, as they apply to schools. These foods will be prepared in ways that ensure optimal student acceptance.
- School Leaders are responsible for all food and beverages sold on school campus, including outside of the cafeteria (“competitive foods”), e.g., in student stores, school events and fundraisers. Food will be carefully selected to contribute to the student’s nutritional wellbeing.
**Water Access in Schools**
PUC Schools will make potable water accessible to schools during the school day and during service meals. Each school site has designated a water station where students may access filtered drinking water.

**Nutrition Promotion**
Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

PUC Schools will host a Family Night once a month with two family nights dedicated to Health and Wellness. Communication regarding family night dates and times to families will be sent via email and other forms of communication, listed below.

- Flyers
- Class Dojo
- Poster in display case at school site
- Social media such as Instagram, Facebook, etc.

**Free Meals for all PUC Students**
All PUC Schools are eligible for the Community Eligibility Provision, which allows schools to provide meals to students at NO cost. The Community Eligibility Provision (**CEP**) is a non-pricing meal service option for schools and school districts in low-income areas. PUC School will serve free meals to all students, these include Breakfast, Lunch, Snack, and Supper. PUC School will notify parents and students of the availability of Free Breakfast twice a year and will notify families of the availability of all meals served throughout the school year.

**Summer Food Service**
PUC Schools will send reminders to families regarding the availability of Universal Breakfast (free of cost to all students. In addition, PUC Schools will provide families with a listing of locations, to inform them of the availability of free Summer Food Service Program meals for students when school is not in session7 CFR 210.12(d) Student, parent, and community involvement - Outreach activities (1) To the maximum extent practicable, school food authorities must inform families about the availability of breakfasts for students. Information about the School Breakfast Program must be distributed just prior to or at the beginning of the school year.

In addition, schools are encouraged to send reminders regarding the availability of the School Breakfast Program multiple times throughout the school year. (2) School food authorities must cooperate with Summer Food Service Program sponsors to distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.

Revised: 05/22/2023
Mealtimes and Scheduling

PUC 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.; breakfast should never be scheduled after 11am.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- will 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 (middle schools and high schools have a 3-7 mins transition time to allow time for washing hands.
- 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). Students with braces or special needs are allowed time to brush or rinse before and after meal service.

Qualifications of School Food Service Staff

Qualified nutrition professionals will manage the school meal programs. It is PUC Schools’ responsibility to operate a food service program and 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.²

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 be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.³

Competitive Foods in Schools

Competitive Foods refers to any food or beverage sold to students outside of the federally reimbursable meal program. The following are restrictions on ALL foods AND beverages sold to students by any entity. These restrictions are effective from midnight to one-half hour after school. Non-compliant foods AND beverages may be sold from one-half hour after school to midnight. Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance, and make them available to school directors, upon request.

² School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

³ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

Revised: 05/22/2023
## ELEMENTARY SCHOOLS

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<thead>
<tr>
<th>COMPLIANT FOODS</th>
<th>COMPLIANT BEVERAGES</th>
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<tbody>
<tr>
<td><strong>1. MUST meet the following:</strong></td>
<td><strong>1. Fruit or Vegetable juice:</strong></td>
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<td>≤ 35% calories from fat (except nuts/seeds, nut/seed butters, reduced-fat cheese/part skim mozzarella, dried fruit + nut/seed combo with no added fat/sugar, seafood with no added fat), <strong>and</strong></td>
<td>100% juice (can be diluted with water, no dilution limit) <strong>and</strong></td>
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<tr>
<td>&lt; 10% calories from saturated fat (except reduced-fat cheese/part skim mozzarella, nuts/seeds, nut/seed butters, dried fruit + nut/seed combo with no added fat/sugar), <strong>and</strong></td>
<td>No added sweeteners</td>
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<tr>
<td>≤ 35% sugar by weight (except dried fruit*/veggies, dried fruit + nut/seed combo with no added fat/sugar), <strong>and</strong></td>
<td>≤ 8 fl. oz. serving size.</td>
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<tr>
<td>&lt; 0.5 grams trans-fat per serving (no exceptions), <strong>and</strong></td>
<td><strong>2. Milk:</strong></td>
</tr>
<tr>
<td>≤ 230 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), <strong>and</strong></td>
<td>1% (unflavored), nonfat (flavored, unflavored), <strong>and</strong></td>
</tr>
<tr>
<td>≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)</td>
<td>≤ 8 fl. oz. serving size.</td>
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All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (canned can contain small amount of sugar) are EXEMPT from all nutrient standards.

Entrees served as part of the NSLP/SBP are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is:
- Meat/meat alternate and whole grain rich item
- Meat/meat alternate and fruit/vegetable
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”)

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are EXEMPT from the sugar standards.

**AND**

| **2. MUST meet ONE of the following:** | **4. Water:** |
| a. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or | a. No added sweeteners, flavors, etc. |
| b. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or | b. No serving size |
| c. Be a combination food containing at least ¼ cup fruit or vegetable. | *All beverages must be caffeine-free (trace amounts allowable) |

**A whole grain item contains:**
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 50% of the total grain weight.

*All foods must be caffeine-free (trace amounts are allowable)
MIDDLE and HIGH SCHOOLS

**COMPLIANT FOODS**

1. **MUST meet the following:**
   - ≤ 35% calories from fat (except nuts/seeds, nut/seed butters, reduced-fat cheese/part skim mozzarella, dried fruit + nut/seed combo with no added fat/sugar, seafood with no added fat), and
   - < 10% calories from saturated fat (except reduced-fat cheese/part skim mozzarella, nuts/seeds, nut/seed butters, dried fruit + nut/seed combo with no added fat/sugar), and
   - ≤ 35% sugar by weight (except dried fruit*/veggies, dried fruit + nut/seed combo with no added fat/sugar), and
   - < 0.5 grams trans-fat per serving (no exceptions), and
   - ≤ 230 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions),
   - ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions)

All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (canned can contain small amount of sugar) are exempt from ALL nutrient standards.

Entrees served as part of the NSLP/SBP are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu.

A competitive entrée (non NSLP/SBP) is:
- Meat/meat alternate and whole grain rich item
- Meat/meat alternate and fruit/vegetable
- Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”)

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.

**AND**

2. **MUST meet ONE of the following:**
   - d. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or
   - e. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or
   - f. Be a combination food containing at least ¼ cup fruit or vegetable.

**A whole grain item contains:**
   - c. A whole grain as the first ingredient, or
   - d. A combination of whole grain ingredients comprising at least 50% of the total grain weight.

*Foods containing caffeine are **NOT** allowed in middle school.
*Foods containing caffeine **ARE** allowed in high school.

**COMPLIANT BEVERAGES**

1. **Fruit or Vegetable juice:**
   - a. 100% juice (can be diluted with water, no dilution limit) and
   - b. No added sweeteners
   - c. ≤ 8 fl. oz. serving size.

2. **Milk:**
   - a. 1% (unflavored), nonfat (flavored, unflavored), and
   - b. ≤ 8 fl. oz. serving size.

3. **Non-dairy milk:**
   - a. Nutritionally equivalent to milk, must contain per 8 fl. oz.:
     - ≥ 276 mg calcium
     - ≥ 8 g protein
     - ≥ 500 IU Vit A
     - ≥ 100 IU Vit D
     - ≥ 24 mg magnesium
     - ≥ 222 mg phosphorus
     - ≥ 349 mg potassium
     - ≥ 0.44 mg riboflavin
     - ≥ 1.1 mcg Vit B12, and
   - b. ≤ 8 fl. oz. serving size.

4. **Water:**
   - No added sweeteners, flavors, etc.
   - No serving size.

5. **Other flavored beverages (“no calorie”)**
   - **(NOT ALLOWED IN MIDDLE SCHOOLS)**
   - ≤ 5 calories/8 fl. oz. (or ≤ 10 Cal/20 fl. oz.)
   - ≤ 20 fl. oz. serving size.

6. **Other flavored beverages (“low calorie”)**
   - **(NOT ALLOWED IN MIDDLE SCHOOLS)**
   - ≤ 40 calories/8 fl. oz.
   - ≤ 12 fl. oz. serving size.

*Caffeinated beverages are **NOT** allowed in middle school.
*Caffeinated beverages **ARE** allowed in high schools.

Revised: 05/22/2023
Fundraising Activities
To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. PUC SCHOOLS will make available a list of ideas for acceptable fundraising activities. The Smart-Snack list is updated annually and provided to all school staff.

PUC Schools will limit the number of fundraising events to 2 fundraiser events per year and per school site, that involve the sales of competitive foods, such as: In N Out burgers. Fundraiser events will need to be approved by the PUC Schools Principal or designee. Fundraising events may be held after school, weekends, and during non-school hours. Fundraising events must not interfere with the breakfast and school lunch programs.

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/when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. PUC SCHOOLS 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.

In addition, PUC Schools will monitor the sale of competitive foods and beverages by completing a “Competitive Food and Beverage Log” once a year. Attachment A

Rewards
Schools will not use 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 and will not withhold food or beverages (including food served through school meals) as a punishment.

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. PUC SCHOOLS will disseminate a list of healthy party ideas to parents and teachers. Examples are attached. 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.
**Nutrition and Physical Activity Promotion and Food Marketing**

PUC SCHOOLS 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.
- is part of not only health education classes, but also classroom instruction in 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.
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.4
- 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.
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Physical Education Requirements**

PUC Schools will allocate at least 120 minutes of physical and health education and 180 minutes of arts per week during regular instructional time, with additional opportunities for physical activities and arts engagement in the extended day program.

**Communications with Parents**

PUC Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. 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. PUC Schools will provide parents with a list of foods that meet the PUC Schools snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, PUC Schools will provide opportunities for parents to share their healthy food practices with others in the school community.

PUC Schools 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.

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4 A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

Revised: 05/22/2023
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).5

School-based marketing of brands promoting predominantly low-nutrition foods and beverages6 is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logo, brand names, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward. Marketing activities that promote healthful behaviors (and are therefore allowable) include sales of healthy food for fundraisers.

Staff Wellness
PUC Schools 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. PUC Schools should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, dietitian, teacher, administrator, food service manager/director, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health 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.

PUC Schools Counseling Program sponsors Mental Health Monday to encourages employees to maintain a healthy lifestyle through informative sessions related to mental health and activities focused on reducing stress, anxiety, self-care, and the importance of mental health. Invitations are sent monthly to PUC School employees. See attachment.

Daily Recess
All elementary school students will have at least 20 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.

5 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.
6 Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

Revised: 05/22/2023
Physical Activity Opportunities Before and After School
All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or internal programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. 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 childcare 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 Schools
PUC Schools 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, PUC Schools will work together with local public works, public safety, and/or police departments in those efforts. PUC Schools will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. PUC Schools will encourage students to use public transportation when available and appropriate for travel to school and will work with the local transit agency to provide transit passes for students.

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 will apply at all times.

Monitor and Policy Review
The Wellness Committee will ensure compliance with established PUC school-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 PUC Schools Wellness Committee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, PUC Schools will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If PUC Schools has not received a SMI review from the state agency within the past five years, PUC Schools will request from the state agency that a SMI review be requested.7

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7 School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food
Revised: 05/22/2023
The Wellness Committee will develop a summary report every three years on PUC Schools school-wide compliance with PUC Schools established nutrition and physical activity wellness policies, based on input from schools within PUC Schools. That report will be provided to the school board and distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in PUC Schools.

**Policy Review**

To help with the initial development of the PUC Schools wellness policies, each school in PUC Schools will conduct an annual survey to gather data regarding the school's existing nutrition and physical activity environments and policies. The results of those school-by-school surveys will be compiled by the Wellness Committee level to identify and prioritize needs.

Every three years, PUC Schools will complete a Well-Sat Assessment (see attachment) to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, PUC Schools 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. PUC Schools, and individual schools within PUC Schools, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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8 Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

Revised: 05/22/2023
Legal References:

EDUCATION CODE
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Childcare Food Program
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act

51222 Physical education
51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5
10060- Criteria for Physical Education Program

15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program, especially:
1751 Note Local wellness Policy.
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 6142.7 - Physical Education)
(7 CFR 210.12(d) Student, parent, and community involvement)

ADDITIONAL ATTACHMENTS:
- Well-Sat Assessment
- LWP Newsletter (quarterly)
- Parent Notification Examples from Schools
- Annual Timeline of Events
- Competitive Foods and Beverage Log
- PUC Schools Mental Mondays Session invitation

Revised: 05/22/2023
Attachment A:
Competitive Foods and Beverage Log

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Office Use ONLY Approved by USDA</th>
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<tbody>
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*All competitive food and beverage must comply with PUC’s School Wellness Policy.*
PUC Schools will take incremental steps to achieve the full implementation of the revised School Local Wellness Policy. Below is a tentative schedule for the implementation of PUC Schools Local Wellness Policy:

(REVISED: MUST BE REVIEWED BY LWP COMMITTEE)

<table>
<thead>
<tr>
<th>Annual Local Wellness Policy Goals</th>
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<tbody>
<tr>
<td><strong>August- September</strong></td>
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<tr>
<td>• The Food Services Department will facilitate trainings for new employees, in regards to Wellness Policy to School Leaders, Office Managers, and Food Service staff for all PUC Schools.</td>
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<td>• PUC Schools will implement new marketing strategies.</td>
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<td>• PUC Schools will promote the use of Water Stations (access to water).</td>
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<tr>
<td>• PUC Schools will promote all other areas of the school food programs: menu, free meals, after-school supper meals.</td>
</tr>
<tr>
<td>• PUC Schools will send a quarterly report to PUC Families – that will consist of one-page newsprint, which provides food and health program highlights. (See attachment for sample)</td>
</tr>
<tr>
<td><strong>September-October</strong></td>
</tr>
<tr>
<td>• PUC Schools will submit a Competitive Foods &amp; Beverage Log to the Food Services Department (Attachment A) for review/approval.</td>
</tr>
<tr>
<td>• PUC Schools will work with FSMC to provide food tasting opportunities.</td>
</tr>
<tr>
<td>• PUC Schools will work with PUC National and FSMC to plan for Family Night – nutrition promotion.</td>
</tr>
<tr>
<td><strong>December</strong></td>
</tr>
<tr>
<td>• Students will take a survey assessing the Breakfast and Lunch meals.</td>
</tr>
<tr>
<td>• Students will take a survey assessing their eating choices, including the consumption of fruits and vegetables.</td>
</tr>
<tr>
<td>• PUC Schools will work with Food Vendor, to provide feedback and survey results; menu planning.</td>
</tr>
<tr>
<td><strong>January – February</strong></td>
</tr>
<tr>
<td>• Health and Safety Event (fundraiser for schools). A collaboration between PUC National and PUC Schools. Each School will create one annual event per year, that promotes Health and Safety.</td>
</tr>
<tr>
<td><strong>March – April</strong></td>
</tr>
<tr>
<td>• PUC Schools will promote and organize annual health and wellness presentations for family night events.</td>
</tr>
<tr>
<td><strong>May – June</strong></td>
</tr>
<tr>
<td>• Evaluation of LWP implementation to ensure PUC Schools has met the annual LWP goals.</td>
</tr>
</tbody>
</table>
School Local Wellness Committee

**PUC Schools Local Wellness Policy Committee**

**School Leads:**
- Teacher, Principal
- Assistant Principals
- Food Service Staff
- Counseling Team Member
- Compliance Officer

**PUC National Support:**
- Rosa Arrington, Director of Food Services
- Andrea Figueroa, Support Services Coordinator
- Karren Jackson, Health Compliance Manager

**School Community:**
- PUC Parents
- After School Program Lead
- Board Member
- Community Agencies
- Dietician
- Food Vendors

Revised: 05/22/2023
As a Leader at PUC Schools, I have read through the Local Wellness Policy and have provided any additional feedback, if necessary, to the Wellness Policy committee prior to final PUC Schools Board approval

<table>
<thead>
<tr>
<th>SCHOOL</th>
<th>LEADER</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUC CCES</td>
<td>Jocelyn Velez</td>
</tr>
<tr>
<td>PUC CCMS</td>
<td>Claudio Estrada Jr.</td>
</tr>
<tr>
<td>PUC CCECHS</td>
<td>Dr. Monique Hernandez</td>
</tr>
<tr>
<td>PUC LCA</td>
<td>Max Valadez</td>
</tr>
<tr>
<td>PUC LCHS</td>
<td>Jorge Beas</td>
</tr>
<tr>
<td>PUC TCA</td>
<td>Mariesa Earl</td>
</tr>
<tr>
<td>PUC TCHS</td>
<td>Jennifer Dobson</td>
</tr>
<tr>
<td>PUC CALS MS</td>
<td>Antonio Sanchez</td>
</tr>
<tr>
<td>PUC CALS HS</td>
<td>Anthony Ventura</td>
</tr>
<tr>
<td>PUC eCALS HS</td>
<td>Peter Markovics</td>
</tr>
<tr>
<td>PUC NECA</td>
<td>Monica Wagner</td>
</tr>
<tr>
<td>PUC EXCEL</td>
<td>Dr. Gloria Gasca</td>
</tr>
<tr>
<td>PUC MIL</td>
<td>Sascha Robinett</td>
</tr>
<tr>
<td>PUC ICA</td>
<td>Omar Urquieta</td>
</tr>
</tbody>
</table>
Creating a culture of wellness

**How do we cultivate?**

By implementing the policy in 4 key areas:
- School Environment
- Nutrition Education
- Physical Education/Activity
- Community/Staff involvement

**Why do we have a wellness policy?**

Our schools deserve the best! PUC Schools believe in promoting and protecting children’s health and well-being and ability to learn by supporting health eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish wellness policy.

**Collaborating with community partners**

- Pathwater - for purified drinking water and sustainable water bottles.
- Our Little Helpers INC - to provide free healthy meals to our students and community members 18 and over.
- Food Vendors (Unity Meals and School Nutrition Plus) - provide healthy, compliant Breakfasts and Lunches to every PUC student.

**Wellness policy in action**

- Annual Wellness Fair and K Run
- Nutritional Workshop for parents and Students
- Healthy alternatives provided at all school events during the school day
- Annual survey to students and teachers

**Smart snacks at PUC schools**

A food and beverages served or sold on campus during the school day must meet strict federal and state standards.

- School lunch provides lean protein, whole grains, fruits, vegetables and milk.

**JOIN US TO SUPPORT A HEALTHY SCHOOL ENVIRONMENT BY...**

- Modeling healthy behavior!
- Celebrating with healthy treats!
- Eating plenty of fruits and veggies!

...Exercise Daily | Dance More | Eat Healthy | Stay Strong
## Healthy Eating Policy

It is our goal at PUC Inspire to support the healthy development of our students, both body and mind. We are committed to serving our students healthy food and modeling healthy habits as much as they can. Next you will find guidelines that we will use as a school when determining what food will be provided to your student. We ask your support in following the guidelines in the right to be united in helping our students of PUC Inspire to create healthy eating habits.

<table>
<thead>
<tr>
<th>Drinks</th>
<th>What the school will provide / sell</th>
<th>What you are allowed to bring to the students</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Water</td>
<td>• Water</td>
</tr>
<tr>
<td></td>
<td>• 100% fruit juice</td>
<td>• 100% Fruit juice or CapriSuns</td>
</tr>
<tr>
<td></td>
<td>• Milk</td>
<td>• Gatorade</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NOT PERMITTED AT SCHOOL:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Coffee, soda, fruit juice with sugar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks</th>
<th>• Lunch bars with less than 12 grams of sugar</th>
<th>Small portions of healthy chips and cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• 100 calorie packs</td>
<td>NOT PERMITTED AT SCHOOL:</td>
</tr>
<tr>
<td></td>
<td>• Fruit bowls with 100% juice</td>
<td>• No whole containers of chips or cookies</td>
</tr>
<tr>
<td></td>
<td>• Nuts</td>
<td>• No Takis or Hot Cheetos</td>
</tr>
<tr>
<td></td>
<td>• Trail Mix Packages without Sweet</td>
<td>• No Sweets/Candy No Gun/ No Soda</td>
</tr>
<tr>
<td></td>
<td>• Sun Chips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 100% fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Pretzels</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
<td></td>
</tr>
</tbody>
</table>

### Special occasions (birthdays/holiday celebrations)

- Will not occur more than twice a month per classroom
- Please check with the office to be able to plan ahead at least once week in advance

Celebrations will be allowed inside classrooms only the last 10 minutes at the end of the school day

- All food must be store bought/ pre-packed food.
- Unfortunately, no home made/cooked food allowed.
- Plan to bring in healthy food for celebrations

Please note that if students bring forbidden food they will be taken away. Alternative snacks will be distributed to the student when available. If parents want to pick up the food, it will be available in the office for one day. After this period it will be thrown away to prevent pesticides on the school site.

Thank you for your support of this policy. If you have questions please contact the office at 818-492-1880.

Revised: 05/22/2023
MENTAL HEALTH MONDAYS
A WELLNESS SERIES ON YOUTUBE
SPONSORED BY THE PUC CLINICAL COUNSELING PROGRAM
DESIGNED FOR PUC EMPLOYEES

APRIL 2023
4/17: Positive Affirmations & Journaling
4/24: Guided Imagery

MAY 2023
5/01: Calming Jars
5/08: Creating Collages
5/15: Finding Your Support System
5/22: Finding Your Passion

JUNE 2023
6/05: How to Reset
6/12: Looking at How You Communicate

Premiering every Monday at 5 PM - only on PUC’s YouTube Channel. Please subscribe today!

For more information, contact:
Dr. Christine Sartiaguda,
Director of Clinical Counseling, PUC Schools
c.sartiaguda@pucschools.org | (818) 795-5069