

**Superintendent Policies and Regulations Manual
Sutter County Superintendent of Schools**

Series 5000 – Student

STUDENT WELLNESS AT SHADY CREEK

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expands upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction.

Shady Creek Outdoor School Program is the Outdoor Education program, operated under Sutter County Superintendent of Schools. Shady Creek will include nutrition, nutrition education, physical activity and school wellness, pertinent to the Shady Creek program.

The Shady Creek Outdoor School Program Wellness policy will consist of these 5 components:

- I. Include nutrition and physical activity that promote student wellness
- II. Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available at Shady Creek, via the MyPlate© guidelines
- III. Permit parents, students, school food authorities, school administrators, and the general public to contribute to the development, implementation, and review and update of the Shady Creek Outdoor School Program Wellness Policy
- IV. Have the Shady Creek Outdoor School wellness policy accessible to the general public
- V. Measure, periodically, the extent to which Shady Creek Outdoor School is in compliance with the school wellness policy.

Approved: April 29, 2020; Revised: April 17, 2024

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School Wellness Policy

Shady Creek Outdoor School Program Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for 2/3's of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2-19) eat a healthy diet consistent with the 5 main recommendations from the U.S. Department of Health and Human Services Dietary Guidelines for Americans

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Shady Creek Outdoor School Program is committed to providing an environment 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 Shady Creek Outdoor School Program that:

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- Shady Creek Outdoor School Program will engage food service staff, the Shady Creek Outdoor School Program Administrator, Shady Creek Outdoor School Program visiting nurse, Shady Creek Outdoor School Program staff (interns and naturalists), students, cabin leaders, teachers and parents in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students attending Shady Creek Outdoor School Program (grades 5 - 12) will have opportunities, support, and encouragement to be physically active on a regular basis. Shady Creek staff will ensure that all physical activities will:
 - Are accessible and culturally relevant.
 - Incorporate movement learning, arts integration, and mindfulness.
 - Promote high levels of personal achievement and a positive self-image.
 - Incorporate the achievement of common goals.
 - Provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.
 - Meet or exceed California Education Code standards for required minutes, instruction, course of study, exemptions and physical fitness testing.
 - Avoid the use of gender or sex to divide students for activities to avoid gender-based stereotypes about physical activity prowess and to avoid stigmatizing non-binary students.
- Foods and beverages served at Shady Creek Outdoor School Program will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Shady Creek Outdoor School Program food service staff will provide 5th and 6th grade students and high school cabin leaders with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students and cabin leaders: and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Shady Creek Outdoor School Program will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program)
- Shady Creek Outdoor School Program will provide nutrition information and recreational activities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

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- On May 15, 2006, the Governor signed into law SB 144 which enacted the California Retail Food Code (CalCode). With the enactment of CalCode, local enforcement agencies are refocusing their food facility inspections with emphasis on the Centers for Disease Control and Prevention’s (CDC) identified foodborne illness risk factors and public health interventions. CalCode is intended to create uniformity and consistency throughout California. We are required, by the USDA, to have 2 food inspections each school year.
- Shady Creek will maintain a sustainability and waste reduction plan that is mutually agreeable with the schools needs and SCOS. Some key components of this plan include:
 - Shady Creek Outdoor students have access to healthy, organic, locally grown and sustainably sourced food
 - Maximizing the reduction of waste by composting, recycling, reusing, and purchasing recycled products.
 - Training of staff on how to reduce, reuse, and recycle.
 - Preparing proper bins for waste management in the cafeteria and school site
 - Reduce consumption of meat by including more meatless menu options with a goal of four meatless meals per week.
 - Will implement best practices to reduce packaging, other landfill disposable products, and food waste in the kitchen.
 - Reduce, reuse or/and recycle boxes, cardboard, plastics.
 -

TO ACHIEVE THESE POLICY GOALS:

I. Shady Creek Outdoor School Program Wellness Policy Committee

The Shady Creek Outdoor School Program Wellness Policy Committee (as provided in Federal Legislation) will assist in developing, implementing, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as the resource for implementing those policies. (A school wellness policy committee consists of a group of individuals representing Shady Creek Outdoor School Program [administrator, lead naturalist, food service, nurse, naturalist, and interns], students and parents, high school students and teachers.)

II. Nutrition Quality of Foods and Beverages Served on Campus

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School Meals

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

- Offer reimbursable school meals (breakfast, lunch and one snack) that meet USDA nutrition standards.
- Shady Creek Outdoor School is responsible for ensuring compliance with nutrition standards for breakfast, lunch and afternoon snacks.
- SCOS shall develop, maintain, and update Nutrition Guidelines for food and beverages that promote good health and meet or exceed all State and Federal requirements, including but not limited to 7 CFR 210,220.8, and 220.23.
- School meal programs ensure that an economically sustainable, healthy lunch and breakfast is available to all students
- No nuts served during meals and snacks
- Contain mostly fruits, vegetables, whole grains.
- Provide fat-free and low-fat milk; that are low in sodium, low in saturated fat.
- Have zero grams’ trans-fat per serving (nutrition label or manufacturer’s specification);
- Ensure that the food served shall be organic to the maximum extent possible, while maintaining fiscal responsibility as defined by the California Certified Organic Farmers.
- Continue to eliminate potentially harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
- Maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.
- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Contain no more than 10% saturated fat.
- Contain no trans fats.
- Contain only whole grain (defined as 51% or more).
- Meet standards for sodium, beyond updated USDA regulations for sodium.
- Meet USDA regulations for calories (Minimum and maximum per age/grade group).
- Contain no more than 35% sugar by weight in total sugars and no more than 10% of calories from added sugar (fruits and vegetables with naturally occurring sugars are exempt). ▪
- Also, limit the use of additives and eliminate use of high fructose corn syrup.
- Offer a vegetarian meal option with adequate protein every day that meets CDE guidelines for calorie and protein intake per age group.
- Will accommodate students and staff with special dietary needs with an allergy action plan for identified students, during all meals and snack.

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Shady Creek Outdoor School Program should engage the SCSOS, Program Director and the Food Service Supervisor, in selecting foods in order to identify new, healthful, and appealing food choices. In addition, Shady Creek Outdoor School Program should share information about the nutritional content of meals with those interested. Such information could be made available on menus, a website, on lodge menu boards, or posters.

Farm-to-School Focus

- Shady Creek Outdoor School will strive to ensure that at least 50% of produce comes from within a 250-mile radius of Nevada/Yuba City with an increasing percentage coming from local farms during times of seasonal harvest.
- Strive to expand and track its purchases of produce from small family farms (under 500 acres).
- Strive to expand and track its purchases of organic and pesticide-free produce.

Free and Reduced-priced Meals

Shady Creek Outdoor School Program will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals¹.

Meal Times and Scheduling

Shady Creek Outdoor School Program, to the extent possible:

- Will provide students with a 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 10 am and 2 pm;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risks).

Accommodations for Children with Disabilities in the Child Nutrition Programs

The Food and Nutrition Service (FNS) is committed to ensuring that all children have access to healthy meals that meet their dietary needs. FNS has facilitated access for children with special dietary needs through the Child Nutrition Programs (National School Lunch Program (NSPL), School Breakfast Program (SBP), Special Milk Program, Child and Adult Care Food Program and Summer Food Service Program regulations, (NSPL 210.10(m), SBP 220.8(d)CACFP 226.20(m) and SFSP 225.16(f)(4)) and

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guidance, which include FNS Instruction 783.2 Meal substitutions for medical or other special dietary needs and accommodating children with special dietary needs in the school nutrition programs

Guidance on prohibition of Separation by gender during Child Nutrition Program Meal Service

School food authorities (SFA's), organizations, and institutions impacted by this guidance are those participating in any of the following Child Nutrition Programs: NSP, SBP, Fresh Fruit and Vegetable Program, SMP, CACFP and SFSP. These include any schools, child or adult care institutions and facilities, camps (including residential facilities, and other sites, as defined in 7 CFR §§ 210.2, 215.2, 225.2, and 226.2, that are providing meal service as a Program activity. In general, SFA's, institution, and organizations participating in the Child Nutrition Programs are not permitted to separate children on any protected basis during the serve of Program meals or snacks, in keeping with Federal non-discrimination laws and policies outlined for the Department of Agriculture (USDA) programs in 7 CFR Parts 15, 15a, and 15b. Federal law prohibits discrimination based on gender at any education institution Federal assistance.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water will be available in the Shady Creek Outdoor School Program Holland Hall Dining Room at all meal times.
- Shady Creek Outdoor School Program staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure the hygiene standards for drinking fountains, and other methods for delivering drinking water maintained.

Qualifications of School Food Service Staff

Qualified Food Service Management will administer the school meal programs. As part of Shady Creek's responsibility to operate a food service program, Shady Creek will provide the avenues for continuing professional development for all food service personnel². Shady Creek recognizes the cultural diversity within the student population and will include as a part of staff development to reflect the diversity of healthy food traditions in the student population. Staff development programs should include appropriate certification and/or training programs for cafeteria workers according to their levels of responsibility.

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

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Sharing of Foods and Beverages

Shady Creek does not allow the students to bring food/snacks from home. When students are given snacks, for health reasons, they are told not to “share” their snacks.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Shady Creek aims to encourage and support healthy eating by students. Shady Creek should to the extent possible, provide nutrition information, through signage and by meals served, in MyPlate© (i.e. fruits, vegetables and whole grains).

Communications with Parents

Shady Creek will keep the communication lines open to parents, concerned with the dietary needs of their child, while they are at Shady Creek. If needed, with follow-up. The Shady Creek web-site is also a good resource³.

IV. Physical Activity Opportunities

Daily Physical Activity

All students in attendance at Shady Creek Outdoor School will receive daily instructional trails (walking/hiking) towards their physical exercise. 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students. Shady Creek will provide adequate space/equipment and conform to all safety standards.

Supervised Recreation

All elementary school students will have at least 20 minutes a day of supervised recreation, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Shady Creek 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.

Students attend Shady Creek during their 5th or 6th grade year of school. While students are attending Shady Creek, they are active on trails for 60 minutes per class, during evening activities (night hikes and fun night dance); they will also receive 30 – 40 minutes of ‘recreation/teacher time’ times a week.

Physical Activity and Punishment

³ Shadycreek.org

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Teachers and Shady Creek staff will not use activity or withhold opportunities for physical activity as a punishment.

- Outdoor School staff adapt services and supports based on current needs of students
- Immediate responses to bullying incidents
- Positive adult relationships.
- Clear policies around behavior
- Clear discipline policies that emphasize restoration over punishment
- Culturally relevant curricula
- Prioritize safety in all realms (physical, emotional, social, and academic).

Safe routes to school

Once the students arrive to Shady Creek, via school bus or car from their own schools, there is no a need to transport students. This area is not applicable.

Use of school facilities outside of school hours

Not applicable

V. Monitoring and policy review

Monitoring

The Shady Creek Director will ensure compliance with the nutrition and physical activity wellness policy. The Shady Creek Director and the Food Service Manager will ensure compliance with those policies at Shady Creek.

School food service staff, at Shady Creek, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Food Service Manager and the Director.

Policy review

To help with the ongoing development of Shady Creek’s wellness policy, Shady Creek will conduct periodic reviews and identify and prioritize any needs, to ensure that policies and procedures are met.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Shady Creek will review eating and physical activity; and program elements. Shady Creek will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

The following information will be included in this assessment:

- the extent to which Shady Creek is in compliance with the wellness policy
- a comparison of the Shady Creek policy to model other school wellness policies
- the progress made in attaining the goals of the policy

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- any recommendations to change the policy
- detailed action plan for the following school year to achieve annual goals and objectives
- any additional information required by the USDA

This assessment shall be posted along with the Shady Creek Outdoor School Program Wellness Policy.

- (cf. 3552 - Summer Meal Program)
- (cf. 3554 - Other Food Sales)
- (cf. 5030 - Student Wellness)
- (cf. 5148 - Child Care and Development)
- (cf. 5148.2 - Before/After School Programs)
- (cf. 5148.3 - Preschool/Early Childhood Education)
- (cf. 1312.4 - Williams Uniform Complaint Procedures)
- (cf. 3517- Facilities Inspection)
- (cf. 7110 - Facilities Master Plan)
- (cf. 0500 - Accountability)
- (cf. 3555 - Nutrition Program Compliance)

Legal Reference:

EDUCATION CODE

- 35182.5 Contracts, non-nutritious beverages
- 38080-38103 Cafeteria, establishment and use
- 45103.5 Contracts for management consulting services; restrictions
- 49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001
- 49490-49494 School breakfast and lunch programs
- 49500-49505 School meals
- 49510-49520 Nutrition
- 49530-49536 Child Nutrition Act
- 49540-49546 Child care food program
- 49547-49548.3 Comprehensive nutrition services
- 49550-49562 Meals for needy students
- 49570 National School Lunch Act
- 51795-51797 School gardens

HEALTH AND SAFETY CODE

- 113700-114437 California Retail Food Code

CODE OF REGULATIONS, TITLE 5

- 15510 Mandatory meals for needy students
- 15530-15535 Nutrition education
- 15550-15565 School lunch and breakfast programs
- 15575-15578 Requirements for foods and beverages outside federal meal programs

UNITED STATES CODE, TITLE 42

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1751-1769j National School Lunch Program, including:
1758b Local wellness policy
1761 Summer Food Service Program and Seamless Summer Feeding Option
1769a Fresh Fruit and Vegetable Program
1771-1793 Child nutrition, especially:
1772 Special Milk Program
1773 National School Breakfast Program
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
215.1-215.18 Special Milk Program
220.2-220.23 National School Breakfast Program
245.1-245.13 Eligibility for free and reduced-price meals and free milk

Management Resources:

CSBA PUBLICATIONS

Building Healthy Communities: A School Leader's Guide to Collaboration and
Community Engagement, 2009

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev.
October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and
Guide, 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev.
April 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

School Meals Initiative Summary

Healthy Children Ready to Learn, January 2005

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October
2006

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

School Breakfast Toolkit

Fresh Fruit and Vegetable Program: Handbook for Schools, December 2010

Food Buying Guide for Child Nutrition Programs, December 2007

Civil Rights Compliance and Enforcement - Nutrition Programs and Activities, FNS
Instruction 113-1, November 2005

Guidance for School Food Authorities: Developing a School Food Safety Program Based
on the Process Approach to HACCP Principles, June 2005

Dietary Guidelines for Americans, 2005

WEB SITES

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

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

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California Department of Public Health: <http://www.cdph.ca.gov>

California Farm Bureau Federation: <http://www.cfbf.com>

California Food Policy Advocates: <http://www.cfpa.net>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

National Alliance for Nutrition and Activity:

<http://www.cspinet.org/nutritionpolicy/nana.html>

U.S. Department of Agriculture, Food and Nutrition Service: <http://www.fns.usda.gov/fns>