

Junction City School



Wellness Plan & Policies

Junction City School Wellness Plan

Goals for Nutrition Education

Junction City Elementary School District's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

Knowledge of USDA "My Plate"
Sources and variety of foods
Diet and disease
Healthy snacks
Healthy diet
Major nutrients
Proper food safety/sanitation
Limiting foods of low nutrient density

Healthy heart choices
Dietary Guidelines for Americans
Understanding calories
Healthy breakfast
Food labels
Serving sizes

Nutrition Education

The overall goal for nutrition education for Junction City Elementary School District is to promote the integration of nutrition education into all curriculum areas. We will:

1. Integrate nutrition education into the respective subject areas with the help of nutrition professionals from CalFresh and other sources.
2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach.
3. Promote and disseminate resource information related to integration of nutrition education into curriculum.
4. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed, (i.e. posters in cafeteria, middle room, gymnasiums, classrooms, etc...). The point of sale posters can assist students to make healthy food choices.
5. Promote nutrition awareness to parents and communities through any of the following methods: sending nutrition information home, posting nutrition tips in newsletter, and providing healthy recipes.
6. Incorporate nutrition education into before and after school programming that

services our students.

7. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

To promote a Healthy Nutritional paradigm at Junction City Elementary School, the nutrition program incorporates the following into its curriculum:

1. Analysis of food nutrition labels.
2. Student research referencing the benefits of nutrients, minerals and vitamins.
3. Food Guide Research: Includes USDA resources, such as “My Plate”, food intake patterns and patterns of caloric intake and expenditures.
4. Develop healthy eating habits.
5. Brainstorming about nutrition and making healthy choices with food consumption in relation to physical needs and body requirements a while emphasizing the results poor long term nutritional decision.

Goals for Nutrition Standards

Schools play a powerful role in influencing students’ dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students which will contribute to their learning achievement and lifelong good health.

The Junction City Elementary School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. During school hours in an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition guidelines governing the sale of food, beverage and candy. The school district is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school district will work toward expanding awareness about this policy among students, parents, teachers and the community.

Nutrition Guidelines

All reimbursable meals will meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a

school week, and portions should be appropriate for each age group. In addition, the Junction City Elementary School District will:

1. Provide students with healthy and nutritious foods.
2. Foods offered over the course of a school week should emphasize nutrient dense foods and beverages including whole grain products, fiber rich vegetables and fruits.
3. Support healthy eating through nutrition education
4. Encourage students to select and consume all components of the school meal
5. All snacks and beverage items sold or served between the hours of 7 a.m. and 3:30 p.m. on a school day, including fundraising events, served in the reimbursable, Before and After School Snack Programs, shall meet the standards outlined policy. (BP 3550, AR 3550, BP 3554, AR 3554)

Goals for Physical Activity

Schools share a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well-being.

The Junction City Elementary School District can and will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes, and providing unique opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education teaches the knowledge and skills to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as schoolwork, intramural activities, sports, free play, as well as, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education and Physical Activity

1. Students in the Junction City Elementary School District will receive a quality physical education program that is age-appropriate and taught by a highly qualified physical education instructor. Physical education instructors should monitor the fitness level of all students while using the results to guide instruction.
2. The Junction City Elementary School District's physical education programs will:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity.
 - Create a positive atmosphere for all students to participate in physical activities.
 - Enhance skills in leadership, teamwork and self-confidence.
3. The national recommendations of sixty (60) minutes of moderate to vigorous physical activity per day should be the goal for all students in the Junction City Elementary School District. This includes opportunities in various settings such as:
 - Physical education
 - Classroom
 - Recess
 - After-school programs
 - At home opportunities
4. All schools in the Junction City Elementary School District will provide adequate space and the appropriate equipment to meet the state standards for physical education.
5. Students in the Junction City Elementary School District should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure.
6. The Junction City Elementary School District's before and after-school programs will include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants.
7. Nutrition education should be integrated into various curricula throughout the Junction City Elementary School District to educate students on the benefits of proper nutrition and overall health.
8. The benefits associated with healthy eating and physical activity will be shared with community groups and parents.

9. Staff wellness opportunities should be available to all employees in the Junction City Elementary School District.

Goals
Adopted: December 12, 2013
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Reviewed: April 11, 2019

Junction City School District
Junction City, California

Wellness Policies List

3260 BP/AR Fees & Charges
3311 BP/AR Bids
3312 BP Contracts
3460 BP/AR Financial Reports & Accountability
3550 BP/AR Food Service/Child Nutrition Programs
3551 BP/AR Food Service Operations/Cafeteria Fund
3553 BP/AR Free & Reduced Priced Meals
3554 BP/AR Other Food Sales
3555 BP/E Nutrition Program Compliance
4231 BP Staff Development
5030 BP Student Wellness
5141.27 BP/AR Food Allergies/Special Dietary Needs
5148.2 BP/AR Before/After School Programs
6142.7 BP/AR Physical Education & Activity
6173 BP Education for Homeless Children