



Jurupa Unified School District Wellness Procedures

The goal of the Jurupa Unified School District (JUSD) Wellness Committee is to support a healthy school community, create an environment for children to be physically active in order to grow, learn, and thrive. Students will have access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs.

JUSD Wellness Committee shall encourage community participation, enlist students, parents, teachers, food service professionals, health professionals and other interested community members. JUSD Wellness Committee & the community will work together providing physical education, nutritional education, and school meal programs in order to foster lifelong habits of healthy eating and physical activity among our children.

Rationale:

	% Grade 5 Students in HFZ 2010-11	% Grade 5 Students in HFZ 2011-12	% Grade 5 Students in HFZ 12-13	% Grade 5 Students in HFZ 13-14	% Grade 5 Students in HFZ 14-15
Aerobic Capacity	58.4	56.6	57.8	62.8	58.7
Body Composition	43.5	46.3	44.5	53.4	52.5
Abdominal Strength	81.3	72.4	75.4	75	72.6
Trunk Extension	88.3	88.1	85.3	89.5	89.1
Upper Body Strength	74.5	69.4	63.6	63.2	60.2
Flexibility	65.9	63.1	64.9	68.9	67.1
	% Grade 7 Students in HFZ 2010-11	% Grade 7 Students in HFZ 2011-12	% Grade 7 Students in HFZ 12-13	% Grade 7 Students in HFZ 13-14	% Grade 7 Students in HFZ 14-15
Aerobic Capacity	48.5	54.1	59.3	51.2	56.1
Body Composition	45	48.8	51.9	54.9	52.9
Abdominal Strength	88.3	84.3	80.1	84.6	80.3
Trunk Extension	89.7	88.2	86.4	78.5	83.5
Upper Body Strength	71.1	76	74.5	56.3	87.2
Flexibility	75.9	81.5	74.7	74.7	76.7
	% Grade 9 Students in HFZ 2010-11	% Grade 9 Students in HFZ 2011-12	% Grade 9 Students in HFZ 12-13	% Grade 9 Students in HFZ 13-14	% Grade 9 Students in HFZ 14-15
Aerobic Capacity	54	53.8	49.3	57.7	60.4
Body Composition	52.1	52.6	47.2	58.5	58.5
Abdominal Strength	84.1	84.2	86.1	87.4	82.8
Trunk Extension	89.9	89.1	89.5	93.3	91.5
Upper Body Strength	77.9	80.4	77.3	77.8	77.9
Flexibility	79.8	79.2	80.2	82.9	81.8

*Additional data available at <http://data1.cde.ca.gov/dataquest/>



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<p>1. School District Wellness Committee</p>	<p>Jurupa Unified School District shall:</p> <ul style="list-style-type: none"> • Designate one or more School District official(s), as appropriate, to 1) ensure that each school complies with the local school wellness policy, 2) who will facilitate the development and updates of the local school wellness policy, and 3) who has the authority and responsibility to ensure that each school complies with the policy (section 9A(b)(5)(B) of the NSLA). <p>The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:</p> <ul style="list-style-type: none"> ○ Mike Bynum, Director of Food Service, mbynum@jUSD.k12.ca.us ○ Jose Campos, Director of Parent Involvement and Community Outreach, jose_campos@jUSD.k12.ca.us <ul style="list-style-type: none"> • Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, students, food services staff, Physical Education, school site Principal or Vice Principal, member of the school board, health professionals, and members of the public at large. <table border="1" data-bbox="467 932 1409 1724"> <thead> <tr> <th>Name</th> <th>Title</th> </tr> </thead> <tbody> <tr> <td>Alyson Foote</td> <td>Dairy Council</td> </tr> <tr> <td>Anthony Gomez</td> <td>Wellness Coordinator, Pedley</td> </tr> <tr> <td>Carol Palacios-Araiza</td> <td>West Riverside</td> </tr> <tr> <td>Carolyn Dodd</td> <td>Food Services Supervisor, Jurupa Unified School District</td> </tr> <tr> <td>Cecilia Arias</td> <td>Kaiser Permanente, Community Benefits</td> </tr> <tr> <td>Debbie Burdick</td> <td>Nurse, Jurupa Unified School District</td> </tr> <tr> <td>Esther Garcia</td> <td>Food Services Supervisor, Jurupa Unified School District</td> </tr> <tr> <td>Jackie Cornett</td> <td>Wellness Coordinator, West Riverside Elementary</td> </tr> <tr> <td>Jose Campos</td> <td>District Office</td> </tr> <tr> <td>Laura Roughton</td> <td>Mayor, City of Jurupa Valley</td> </tr> <tr> <td>Michael Paalani</td> <td>Riverside County Department of Public Health</td> </tr> <tr> <td>Mike Bynum</td> <td>Food Services Supervisor, Jurupa Unified School District</td> </tr> <tr> <td>Norma Fenner</td> <td>Parent / Community Member</td> </tr> <tr> <td>Sandra Allen</td> <td>Wellness Coordinator, MB</td> </tr> <tr> <td>Sandra Rodriguez</td> <td>Parent Involvement & Community Outreach</td> </tr> <tr> <td>Susan Goodwine</td> <td>Mission Bell</td> </tr> <tr> <td>Teresa Ramirez</td> <td>Reach Out / NEOP</td> </tr> <tr> <td>Valerie Mickey</td> <td>School Nurse</td> </tr> </tbody> </table>	Name	Title	Alyson Foote	Dairy Council	Anthony Gomez	Wellness Coordinator, Pedley	Carol Palacios-Araiza	West Riverside	Carolyn Dodd	Food Services Supervisor, Jurupa Unified School District	Cecilia Arias	Kaiser Permanente, Community Benefits	Debbie Burdick	Nurse, Jurupa Unified School District	Esther Garcia	Food Services Supervisor, Jurupa Unified School District	Jackie Cornett	Wellness Coordinator, West Riverside Elementary	Jose Campos	District Office	Laura Roughton	Mayor, City of Jurupa Valley	Michael Paalani	Riverside County Department of Public Health	Mike Bynum	Food Services Supervisor, Jurupa Unified School District	Norma Fenner	Parent / Community Member	Sandra Allen	Wellness Coordinator, MB	Sandra Rodriguez	Parent Involvement & Community Outreach	Susan Goodwine	Mission Bell	Teresa Ramirez	Reach Out / NEOP	Valerie Mickey	School Nurse
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	<ul style="list-style-type: none">• 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, and on an annual basis or as requested, and provide policy recommendations to the Board of Education.• Charge the School District Wellness Committee, District Superintendent and site administrators with annually ensuring that the Local School Wellness Policy is implemented, monitored, revised, shared with the public, and when appropriate, modified and updated to meet newly identify district needs and/or federal requirements.• Ensure that each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the School District Wellness Committee. Local School Site Councils may function as the local wellness committee.
<p>2. Foods and Beverages Served and Sold on Campus JUSD shall:</p>	<ul style="list-style-type: none">• Ensure that foods and beverages served and sold on campus are nutritious, appealing and attractive to students.• Offer students the opportunity to provide input on local, cultural, and ethnic favorites.• Provide periodic food promotions to encourage taste testing of healthy new food being introduced on the menu.• Ensure that foods and beverages served and sold on campus meet, at a minimum, 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. <p>3a. School Meals, After School Snacks, Supper JUSD shall:</p> <ul style="list-style-type: none">• Participate in the National School Lunch and School Breakfast Programs, including Breakfast in the Classroom, Second Chance Breakfast, “Grab-and-Go” Breakfast, breakfast during morning break or recess, afterschool snack and supper programs, as well as during the summer months and extended school breaks, such as the Summer Food Service Program, to the extent possible.• Ensure that all qualified children become eligible for the Free and Reduced priced school meals. The JUSD will make every effort to eliminate any social stigma attached to, and prevent overt identification of students who are eligible for Free and Reduced priced school meals. Toward this end, schools may utilize electronic identification and payment systems and promote availability of school meals to all the students.• Increase the availability of fresh fruits and vegetables by adding a salad bar as part of the school food service program.• Ensure the Food Service Manager has appropriate degree and certification.• Require that food service staff are properly qualified according to current professional standards administer the Child Nutrition Programs.



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- Ensure that professional development in the area of food and nutrition is provided for food service staff.
- 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.

These standards (federal and state) can be found at the following web site: <http://www.fns.usda.gov/school-meals/child-nutrition-programs>. The most up to date standards can also be found by contacting the District Food Service Program.

JUSD shall provide weekly menus via:

- <http://www.schoolnutritionandfitness.com/index.php?page=menus&sid=1804082335128438>
- Student weekly packets (Elementary School)

3b. Farm to School Procurement

JUSD shall buy as much local, regional, and California-grown produce as possible with the goal of procuring at least 15% from local sources using the following definitions:

- Local: Grown/raised within 25 miles
- Regional: Grown/raised within a 250 mile radius of the JUSD Food Services distribution center
- California-Grown: Grown/raised within the State of California

3c. Meal Times

JUSD shall:

- Provide sufficient time for students to eat and socialize with classmates.
- Assist all students in developing the healthy practice of washing hands before eating as well as provide convenient access to hand-washing facilities.

3d. Meal Environment

[Name of School District] shall:

- Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.
- Solicit student preferences in planning menus and snacks 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.
- Develop outdoor eating areas suitable for all seasons.

3e. Sharing of Foods and Beverages



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	<p>JUSD shall 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.</p> <p>3f. Competitive Foods and beverages (e.g., those items individually sold outside the school meal programs through vending machines, in the cafeteria a la carte lines, fundraisers, school stores)</p> <p>JUSD shall ensure that competitive foods and beverages sold individually through vending machines, a la carte, fundraisers, school stores, etc. must meet or exceed local, state and federal regulations.</p> <p>3g. Water</p> <p>JUSD shall:</p> <ul style="list-style-type: none">• Require that there is access to free, safe, palatable drinking water wherever beverages are served and sold on campus beyond during meal times in food service areas. It is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large bottles and/or jugs of water are utilized. (Appendix D).• 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.• Encourage all school administrators, teachers, and building staff to model drinking water• Perform maintenance on all water fountains regularly [or as scheduled]. Set and maintain hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.• Promote the consumption of water as an essential nutrient that plays a role in overall health.• Promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports drinks and flavored milk.
<p>3. Parties/Celebrations</p>	<p>Jurupa Unified School District shall:</p> <ul style="list-style-type: none">• Encourage and support the use of non-food celebratory activities and provide a list of suggestions to schools and parents (Appendix C)• Ensure that parties/celebrations involving food are held after the lunch period.• Encourage school staff and parents/guardians or other volunteers to support the District’s Nutrition program by considering nutritional quality when selecting any food or beverage they may donate.• To ensure food safety, all food must be store bought and pre-wrapped with a label listing ingredient so students with food allergies are protected from accidental exposure.



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4. Rewards	Jurupa Unified School District encourages foods or beverages not be used as rewards for academic performance or good behavior. Food or beverages will not be withheld (including food served through school meals) as a punishment. <ul style="list-style-type: none">• Non-food items are recommended as incentives and rewards.• Ideas for non-food rewards and incentives will be provided (Appendix B).
5. School Events	Jurupa Unified School District shall: <ul style="list-style-type: none">• Encourage any event hosted on school campuses including but not limited to: back to school night, parent meetings, carnivals that provide a healthy option.
6. Fundraising	Jurupa Unified School District shall: <ul style="list-style-type: none">• Encourage only non-food fundraisers, and encourage those that promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).• Encourage incorporation of practical and profitable healthy fundraisers that support nutrition education, physical activity, and other wellness related activities.• Provide list of fundraising activities to district staff and parents (Appendix A).
7. Nutrition Promotion and Education	The primary goal of nutrition promotion and education is to influence lifelong eating behaviors in a positive manner that includes evidence-based techniques and scientifically-based nutrition messages that encourage healthy nutrition choices, as well as enhance and encourage participation in school meal programs. Therefore, Jurupa Unified School District shall: <ul style="list-style-type: none">• Encourage nutrition education for all grade levels, including curricula that promote skill development, such as meal planning, recognizing food groups within a meal, understanding health information and food labels to evaluate the nutrient quality and contribution of foods (Appendix E).• Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health-enhancing nutrition practices, and hand washing.• Encourage caloric balance between food intake and energy expenditure (physical activity/exercise)• Link with school meal programs, other school foods, and nutrition-related community services.• Encourage an emphasis on food marketing when teaching media literacy (propaganda).• Encourage nutrition and health posters, signage, or displays in the cafeteria food service and dining areas, classrooms, hallways,



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	<p>gymnasium, and/or bulletin boards that are frequently rotated, updated, or changed.</p> <ul style="list-style-type: none">• Discourage the use of sponsor-based promotions.• Encourage training for teachers and other staff.• Offer information to families via handouts, newsletters, Parent Teacher Association/Organization (PTA/PTO) updates, website postings, and/or presentations that encourage parents / guardians to teach their children about health and nutrition, and assists in planning nutritious meals for their families (Appendix E)
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Appendix A: Ideas for Health Fundraising for Schools, Sports and Clubs

Appendix B: Alternative to Food as a Reward

Appendix C: Healthy Classroom Celebrations

Appendix D: Water in Schools: Access and Promotion

Appendix E: Nutrition Promotion & Education