

School Name: **LOS ALTOS SCHOOL DISTRICT**

Date: **July 1, 2022**

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy				Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	
<p><i>These are the strategies that you will be working to write into policy.</i></p>	<p><i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i></p>								<p><i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i></p>
<p>Provide healthy choices for snacks and celebrations; limit unhealthy choices.</p>	<p>Wellness Policy: Section III under Nutrition-Competitive Foods & Beverages (p.6)</p> <p><i>Competitive Foods and Beverages. The SFA is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” 7 foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: http://www.fns.usda.gov/healthierschoolday/toolsschools-smart-snacks.</i></p>	X			X				
<p>Provide water and low-fat milk; limit or eliminate sugary beverages.</p>	<p>Wellness Policy: Section III. Nutrition-School Meals (p.6)</p> <p><i>III. Nutrition School Meals 6 Our school SFA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while</i></p>	X			X				

	<p><i>accommodating cultural food preferences and special dietary needs. All schools within the SFA participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional programs the school may elect. All schools within the SFA are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:</i></p> <ul style="list-style-type: none"> <i>♣ Are accessible to all students;</i> <i>♣ Are appealing and attractive to children;</i> <i>♣ Are served in clean and pleasant settings;</i> <i>♣ Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The SFA offers reimbursable school meals that meet USDA nutrition standards.)</i> <p>Wellness Policy: Section III. Nutrition-Water (p.6) <i>Water To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The SFA will make drinking water available where school meals are served during mealtimes.</i></p>	X			X					
Provide non-food rewards.	<p>Wellness Policy: Section III. Nutrition-Nutrition Promotion (p.7)</p> <p><i>Nutrition Promotion Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community. The SFA will promote healthy food and beverage choices for all</i></p>	X			X					

	<p>students throughout the school campus, as well as encourage participation in school meal programs.</p> <p>Wellness Policy: Section III. Nutrition-Celebration & Rewards (p.7)</p> <p><i>Celebrations and Rewards All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through: 1. Celebrations and parties. The SFA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. 2. Classroom snacks brought by parents. 3. Rewards and incentives. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.</i></p>	X			X					
Primarily non-food items should be sold through school fundraising activities.	<p>Wellness Policy: Section III. Nutrition-Fund Raising (p.7)</p> <p><i>Fundraising Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The SFA will make available to parents and teachers a list of healthy fundraising ideas</i></p>	X			X					
Provide opportunities for children to get physical activity every day.	<p>Wellness Policy: Section IV. Physical Activity (p.8-9)</p> <p><i>Physical Education The SFA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 9 All students will be provided equal opportunity to participate in physical education classes. The SFA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.</i></p>	X			X					
The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment.	<p>Wellness Policy: Section IV. Physical Activity (p.8-9)</p> <p><i>IV. Physical Activity Physical activity during the school day</i></p>	X			X					

	<p><i>(including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. To the extent practicable, the SFA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The SFA will conduct necessary inspections and repairs.</i></p>								
<p>Limit recreational screen time. (School-based screen time)</p>	<p>Wellness Policy: Section IV. Physical Activity- Outdoor Recess (p.9)</p> <p><i>Outdoor recess will be offered when the weather is feasible for outdoor play. In the event that the school or SFA must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.</i></p>	X			X				