



**PLEASANT VIEW
ELEMENTARY**


**WELLNESS
POLICY**

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Wellness Policy Committee

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INTRODUCTION

The mission of Pleasant View Elementary School District is to help transform public education so all students graduate prepared for college, leadership, and life. Pleasant View believes that for students to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting throughout the school year.

This policy outlines Pleasant View’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day, which will promote a healthy lifestyle. Specifically, this policy establishes goals and procedures to ensure:

- Students at Pleasant View have access to a variety of healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus - in accordance with federal and state nutrition standards;
- To the maximum extent possible, all Pleasant View schools participate in available federally reimbursable school meal programs, including the National School Lunch Program, School Breakfast Program, Afterschool Snack Program.
- Students have opportunities to be physically active throughout the school day;
- All schools promote nutrition, physical activity, and other activities that encourage student wellness;
- All schools’ nutrition education and physical education programs are consistent with the expectations established in the state’s curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects such as advisory and/or seminar;
- Stakeholders including but not limited to students, parents, teachers, school administrators, home office staff and other interested community members are engaged in supporting the work of Pleasant View in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits; and
- Pleasant View will establish and maintain an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the Pleasant View Elementary School District network.

WELLNESS POLICY COMMITTEE

Committee Role and Membership

As a result of the new regulations, Pleasant View began the process of updating its existing wellness policy and formed a Wellness Policy Committee (hereto referred to as the “Committee”) in the 2016-2017 school year. The Committee is composed of various stakeholders from diverse roles and backgrounds within Pleasant View (see [Appendix A](#) for a list of current wellness committee members for the 2020-2021 school year).

The task of this Committee is to review and update the existing wellness policy by incorporating the new federal and state objectives. In addition, the Committee will oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy.

The Committee provided input on different policy sections. After input from various stakeholders, the committee produced an updated wellness policy that outlines the goals of Pleasant View and provides helpful tools and resources.

The overarching goal of the Committee is to promote health and wellness, and to convey positive, consistent messages to all Pleasant View students, stakeholders, and community members in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

Leadership

The **Superintendent** will convene the Committee and facilitate development of and updates to the wellness policy at the Pleasant View level. **School Managers and Principals** will ensure compliance with the policy at the school level.

We welcome feedback on our plan and if you are interested in providing input into our wellness plan please contact Jose Miranda at 559-784-6769 or at [jmiranda @pleasant-view.k12.ca.us](mailto:jmiranda@pleasant-view.k12.ca.us)

PLEASANT VIEW WELLNESS POLICY

Pleasant View believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Pleasant View believes there is a direct link between student health and learning and aims to provide a comprehensive program promoting healthy eating and physical activity for Pleasant View students.

I. School Health, Safety, and Environment

a. *Physical Environment, Health & Safety*

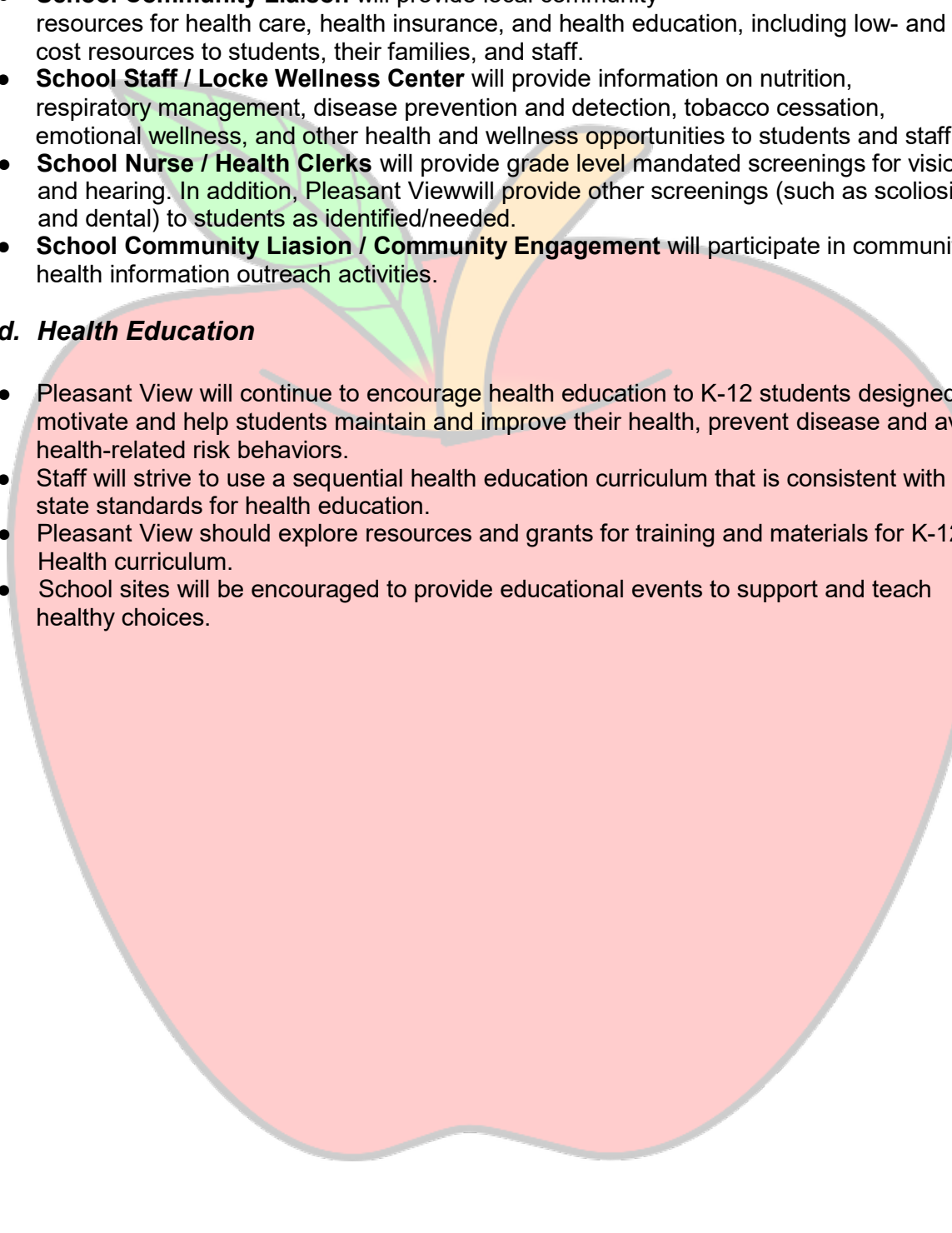
- Students will be taught campus safety rules. Infractions will be referred to the appropriate school employee promptly.
- School sites will monitor equipment/grounds and refer potential hazards for repair promptly.
- Staff will be informed of and follow safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy choices at home and at school.
- School sites will promote healthy, respectful relationships between students and their peers
 - School sites will establish practices designed to create an environment free from discrimination, intimidation, and harassment
 - School sites will develop relevant opportunities (e.g. events, programs, partnerships) geared towards students and/or parents promoting awareness and providing education on dating violence prevention, domestic violence awareness, and social tolerance and respect for others

b. *Social/Psychological Health*

- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, Pleasant View will provide access or referrals to health services and mental health services at or near Pleasant View schools and/or may provide referrals to community resources.

c. *Health Services*

- The Health Services program is a critical means to improving both educational performance and the well-being of the students.
- **Health Services staff** shall be fully supportive of wellness policy regulations and promotion of health and wellness activities.

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- **School Staff** will promote attendance by communicable disease (e.g. chicken pox, common cold, pink eye, diphtheria, food poisoning, etc.) surveillance, encouraging healthy habits and injury prevention.
 - **School Community Liaison** will provide local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
 - **School Staff / Locke Wellness Center** will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff.
 - **School Nurse / Health Clerks** will provide grade level mandated screenings for vision and hearing. In addition, Pleasant View will provide other screenings (such as scoliosis and dental) to students as identified/needed.
 - **School Community Liaison / Community Engagement** will participate in community health information outreach activities.

d. Health Education

- Pleasant View will continue to encourage health education to K-12 students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.
- Staff will strive to use a sequential health education curriculum that is consistent with state standards for health education.
- Pleasant View should explore resources and grants for training and materials for K-12 Health curriculum.
- School sites will be encouraged to provide educational events to support and teach healthy choices.

II. Nutrition

a. School Meals

Pleasant View 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 accommodating cultural food preferences and special dietary needs.

Pleasant View participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Seamless Summer Feeding Option (SSFO), Afterschool Snack. All Pleasant View schools are committed to offering school meals through these Federal child nutrition programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Pleasant View offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using [Smarter Lunchroom techniques](#) such as:
 - Whole fruit options are displayed in bowls or baskets
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork promoting healthy food and beverage choices is displayed in the service and/or dining areas
 - Daily announcements and/or signage are used to promote and market menu options

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

b. Staff Qualifications and Professional Development

The acting school nutrition program director, managers (School Staff / Managers), and staff (Parent Coordinators and Office Assistants) will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

c. Water

All students shall have access to free, safe, fresh drinking water during meal times.

d. Competitive Foods and Beverages

Pleasant View is committed to ensuring that all foods and beverages available to students on the school campus during the school day (midnight to 30 minutes after the last period) support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day³ (i.e. “competitive” foods or beverages) will meet or exceed the USDA Smart Snacks nutrition standards (see [Appendix C](#)).

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

e. Food Sales during Breakfast and Lunch

Staff and students are prohibited from selling food during the designated school breakfast and school lunch period so as not to compete with the School Breakfast Program and National School Lunch Program and maximize student participation in those programs.

f. Celebrations and Rewards

All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. **Celebrations and parties.** School sites will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
 - Examples: Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#)
2. **Classroom snacks brought by parents.** School sites will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. **Rewards and incentives.** School sites will provide to teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.
4. **Vending machines.** All vending machines at Pleasant View schools shall adhere to USDA Smart Snacks in School nutrition standards. School sites are responsible for maintaining the necessary documentation verifying that foods sold in the vending machines are compliant with nutrition guidelines.

g. 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. Pending approval from Administration and Cafeteria Manager.

h. Nutrition Promotion

Pleasant View will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through:

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards through appealing, creative, or educational visual aids and displays such as school posters and signage
- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques, www.smarterlunchrooms.org.

i. Nutrition Education

Pleasant View aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.

j. Food and Beverage Marketing in Schools

Pleasant View is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Pleasant View strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Pleasant View property that contains messages inconsistent with the health information Pleasant View is imparting through nutrition education and health promotion efforts. It is the intent of Pleasant View to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Pleasant View's wellness policy.

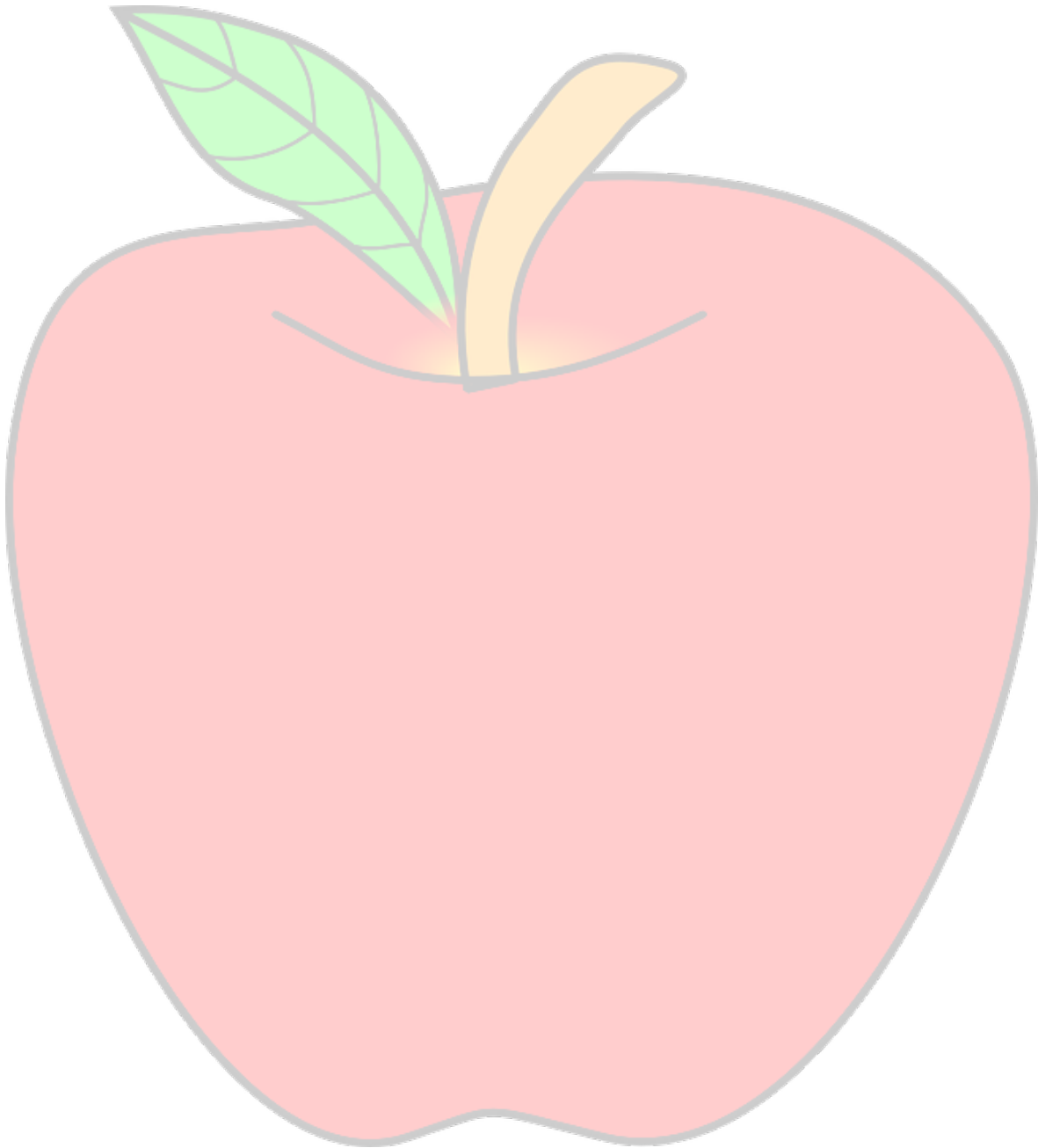
Any foods and beverages marketed or promoted to students on the school campus during the school day (between midnight and 30 minutes after the last period ends) will meet or exceed the USDA Smart Snacks in School nutrition standards.

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Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.

- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.



III. Family, Staff, and Community Involvement

Pleasant Views shall implement strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.
- Staff shall model healthy behaviors.

a. Community Partnerships

Pleasant View will develop and continue relationships with community partners (i.e. health organizations, hospitals, local non-profits, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and Sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

b. Community Health Promotion and Engagement

Pleasant View will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Pleasant View will use electronic mechanisms (such as email or displaying notices on school websites), as well as non-electronic mechanisms (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Community Liaison / Health Clerks / Parent Coordinators / Community Health Representative will be encouraged to design and offer parent workshops to educate parents and families about nutrition and physical activity.

c. Staff Wellness and Health Promotion

Pleasant View School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies we will use, as well as specific actions staff members can take, include:

- Staff eating lunch regularly with students
- Student vs. staff or staff vs. staff team-building activities, games, or sporting events (e.g. soccer, kickball, basketball game, tournament)
- "Steps" contests
- Dodgeball (or some other sport) intramural teams

IV. Physical Activity and Physical Education

Pleasant View's physical activity and physical education ("PE") program goals are to:

- Expose all students to a variety of activities that instills the importance of being lifelong learners
- Create a safe environment where all students can learn and be successful
- Develop physically active learners who have mastered leadership, teamwork, and cooperative skills

a. Physical Education

Pleasant View's PE curriculum will meet or exceed requirements outlined in California's curriculum frameworks and content standards, shall be based on the most current research and content, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Mirroring other subject areas, Pleasant View's PE curriculum will employ high quality instruction and academic discourse. The purpose of using these strategies is to encourage students to push their critical thinking skills and promote in-depth learning. Ongoing professional development will be provided to physical education teachers, coaches, and other staff as appropriate to enhance their health knowledge and skills.

b. Physical Activity

Students will be provided with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs will meet the 200 minute requirement every ten days. Schools will provide a variety of opportunities for students to maximize physical activity, including but not limited to:

- PE, recess, health education that includes physical activity as a main component, student clubs, and intramural or interscholastic activities . Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill levels.
- Afterschool programming encompassing a variety of physical activities and non-traditional sports and activities.
- Afterschool program providers, such as CHOICES, will conduct needs assessments based on community demographics, school population, obesity rates, etc. to inform programming provided
- Afterschool program providers will seek out partnerships with community-based organizations that promote health and wellness to students (e.g. Family Healthcare Network)

Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information sent home regarding physical activity opportunities. Forms which will assess the extent to which individual Pleasant View school sites are in compliance with this policy. The forms are to be submitted online and turned into the Operations Department as outlined below

V. Implementation, Evaluation, and Monitoring of the Wellness Policy

a. Implementation

The Pleasant View Wellness Policy is effective beginning in the 2017-2018 school year. The Superintendent, the School Managers and/or Principal at each school site will ensure that each school site complies with this policy. Training on this policy will be provided by members of the Committee tailored towards various stakeholder groups. The Committee shall assess the implementation and effectiveness of this policy every year.

Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the wellness policy.

b. Evaluation

Evaluation will be formally comprised of two annual sets of Data.

Form	Submitter	Deadline
Appendix D: School Site Annual Evaluation Form	School Managers and/or Principal	March 1
Appendix E: Annual Student Survey	Pleasant View students	May 1

The purpose of the annual evaluations are to determine if Pleasant View is meeting the wellness goals set forth in this policy, determine particular areas of strength or weakness, identify areas for improvement, and make policy adjustments as needed to focus Pleasant View resources and efforts on actions that are most likely to make a positive impact on student health and achievement. The Operations Analyst will prepare an annual report summarizing evaluation results across schools to be shared with the public.

c. Monitoring

The Committee will reconvene each year and as requested by the Superintendent to review and update the wellness policy to meet the organization's needs and to ensure compliance with current laws.

d. Public Notification

Pleasant View shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results. Evaluation results will be posted online on the main Pleasant View website. Information will also be shared through multiple channels which may include school websites, parent newsletters, School Advisory Council meetings, School Board Meetings, and social media.

Appendix A - Wellness Committee Members

Mark Odsather, Superintendent

Kim Parrish, Principal

Jose Miranda, Cafeteria Manager

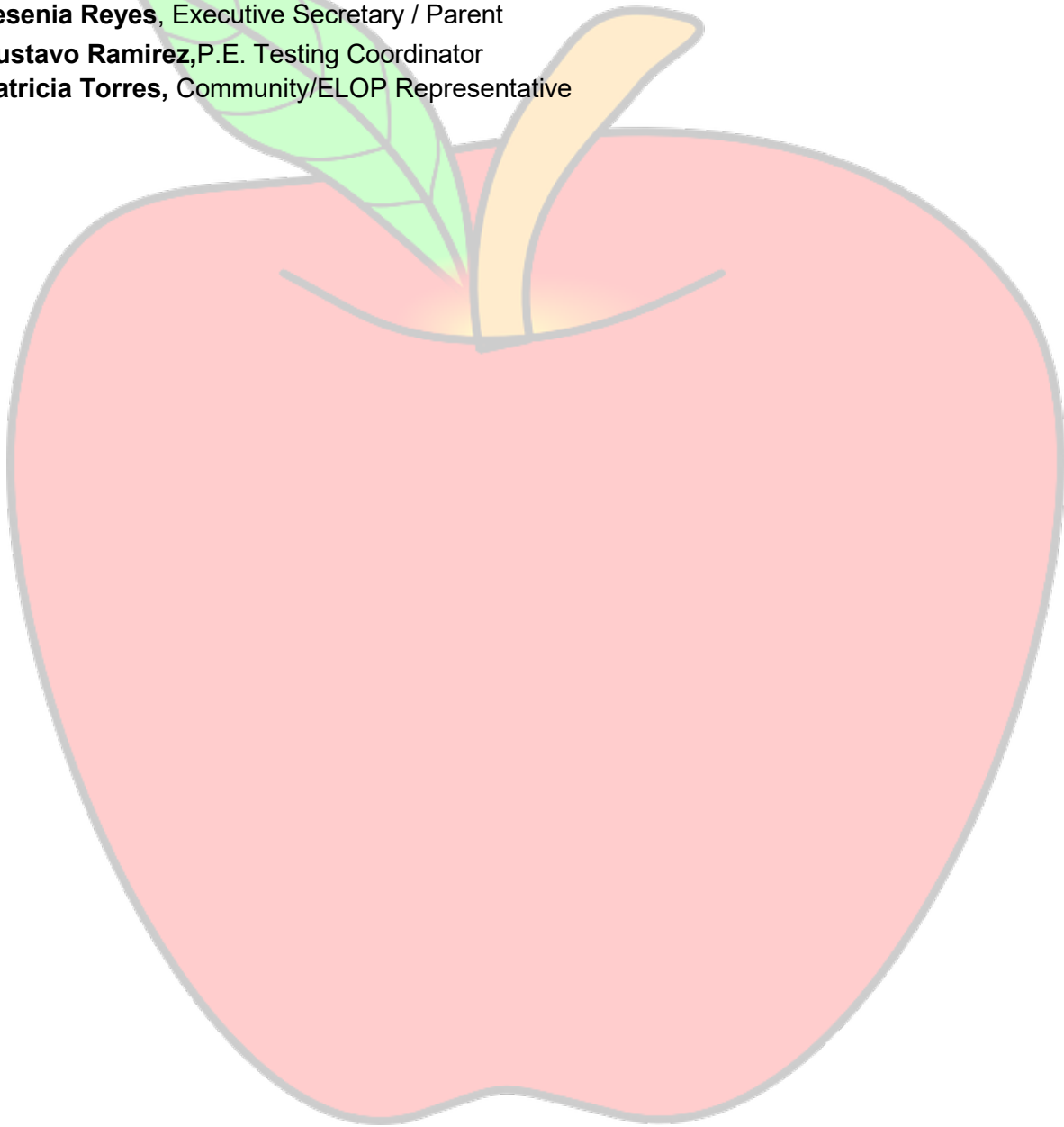
Yessie Gonzalez, School Psychologist

Tamara Cochran, School Nurse, Tulare County Office of Education

Yesenia Reyes, Executive Secretary / Parent

Gustavo Ramirez, P.E. Testing Coordinator

Patricia Torres, Community/ELOP Representative



Appendix B: California Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the wellness policy development to include more members from the community. The HHFKA now requires that the local school wellness policy, at a minimum, include:

- Goals for nutrition promotion* and education, physical activity, and other school based-activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation*, and periodic review and update* of the wellness policy.
- A plan for measuring effectiveness, that is measured periodically and that the assessment is made available to the public.*
- Public notification informing and updating the public (parents, students, and others in the community) periodically about the content and implementation of the local school wellness policy.*
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies* with the local school wellness policies.

*These are new requirements.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Appendix C - Snacks in School Standards

Pleasant View School District's Guide to Food on Campus

In an effort to have a healthy start to our 2023-2024 school year, the following handout includes information on food that is allowed at school. This guide was created using laws and regulations passed by federal, state, and local agencies. These regulations apply from midnight to ½ hour after school ends. The percentage of overweight and obese children has more than doubled in the last 30 years. Children who are overweight and obese are more likely to be overweight and obese as adults and are at a higher risk for chronic diseases such as heart disease, type II diabetes, stroke, and several cancers. It is essential that we all work together to teach our kids healthy habits now by encouraging healthy food at school, so they have a healthier future.

Snacks:

*Snacks must be store bought

- 175 calories or less (elementary) or 250 calories or less (middle)
- Contain no trans fat
- May not be deep fried
- May not contain more than 35% total calories from fat
- May not contain more than 10% total calories from saturated fat
- May not contain more than 35 % of its total weight from sugar

Parties:

- Only 3 parties are permitted throughout the year.
- All food items must be store bought.
- Only one “non-nutritious” food, such as cakes, cupcakes, cookies, ice cream, etc., is allowed per party, so please coordinate with other parents.
- Juice should be greater than 50% fruit juice and have no added sweeteners (No Soda)
- Healthy snack ideas might include: fruit or vegetable trays with dip, granola bars, sugar free gelatin, baked snacks, etc.
- Foods of minimal nutritional value such as chewing gum, candy, candy coated popcorn, etc. are not permitted to be served or sold at school. These regulations apply from midnight to ½ hour after school ends.

Pleasant View School District Approved Snack List

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014 and merges the previous California Nutrition Standards.

The following list is of foods and beverages that meet the standards for all grade levels. This list is ***not all inclusive***. Alternative items may be available at different stores. Manufactures' ingredients and distribution change frequently.

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)		
Brother's	All Natural Fruit Crisps	1 bag	X	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X	
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X	
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X	
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X	
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X	
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X	
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X	
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)		
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X	
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X	
Dole	Fruit Squish'ems	1 pouch	X	
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	X	
Earth's Best	Organic Applesauce- Original	1 cup (113g)	X	
Earthbound Farm	Organic Raisins	1 box (43g)		
Go Go Squeeze	Go Go Squeeze Applesauce Pouches	1 pouch (90g)		
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X	
Great Value	Unsweetened Applesauce	½ cup	X	
Great Value	Dried Apricots	7 pieces	X	
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)	X	
Kirkland	Sunsweet Dried Apricots	About 6		X
Kirkland	Sunsweet Dried Plums	About 6		X
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		
Motts	Natural Apple Sauce	1 cup (111g)	X	

Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)		
Stater Bros	Unsweetened apple sauce	1 cup		
Sunmaid	Raisins	1 box (42.5g)	X	X
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X
Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	
Corn Nuts	Variety Pack	1 package (1/3 cup)		X
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup	X	
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X	
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz		
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)		
Smart Balance	Smart N' Healthy Popcorn	4 cups popped		
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup		
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz	X	
Quaker	Rice Cakes- All Flavors	1 Cake	X	
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips		

Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Blue Diamond	Almonds Whole Natural- Grab & Go Bags	1 bag (1oz)	X	
Blue Diamond	Almonds Whole Natural	1 oz (24 nuts)		
David	Original Sunflower Seeds	1 bag (1.75oz)	X	X
David	Pumpkin Seeds	1/3 cup	X	
Diamond	Shelled Walnuts	¼ cup (1oz)		
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)	X	
Hoody's	Dry Roasted Peanuts	40 pieces		X
Kirkland	Dry Roasted Almonds	¼ cup		X
Kirkland	Pistachios	½ cup with shells		X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Orchard Fresh	Walnuts Halves & Pieces	1oz	X	
Orchard Fresh	Pecan Halves	1oz	X	
Orchard Fresh	Whole Natural Almonds	1oz	X	
Planters	Single Serve Salted Cashews	1 bag (1oz)		X
Planters	Single Serve Salted Peanuts	1 bag (1oz)		X
Planters	Cashew Halves & Pieces	50 pieces	X	X
Planters	Dry Roasted Peanuts	39 pieces (28g)	X	X
Wonderful	Pistachios	1 bag (1.5oz)	X	X
Wonderful	Pistachios- Roasted, Salted, Shelled	¼ cup		X
Wonderful	Pistachios- While With Shell	½ cup		X

Cakes, Cookies and Crackers

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X	
Crunchmaster	Multi-seed- Five Seed	14 crackers		X
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X	
Homekist	Honey graham Crackers	2 full cracker sheets	X	
Kashi	Snack Crackers- Not Cheddar	15 crackers		
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)		
Kellogg's	Special K Cracker Chips- Individuakl Bags	1 package	X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X	
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X	
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X	
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X	
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X	
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	X	
Nabisco	Triscuit- All Flavors	About 6 crackers	X	
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X	
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X	

Pastries/Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Kellogg's	Pop Tarts Low Fat- Brown Sugar or Strawberry	1 pastry (50g)		
Kellogg's	Pop Tarts Oatmeal Delights- All Flavors	1 pastry (50g)	X	
Kellogg's	Pop Tarts Whole Grain- Strawberry, Brown Sugar, Cinnamon	1 pastry (50g)		
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X	
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Drinks

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Costco
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion Refreshers	≤ 8 fl oz.	≤ 12 fl oz.	X	
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X	
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)		
Dole	100% Pineapple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Great Value	100% Juice (Apple, Cranberry, Grape)	≤ 8 fl oz.	≤ 12 fl oz.	X	
Great Value	Vegetable Juice from Concentrate (100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	
Horizon	Organic Milk- Lowfat- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X	
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.		
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X
Langer's	100% Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Martinellis	100% Pure Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.		X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Motts	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	≤ 8 fl oz.	≤ 12 fl oz.	X	
Silk	Pure Almond Milk- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X	
Simply Orange	100% Juice- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Seneca	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sunsweet	100% Prune Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Tummy Ticker	100% Juice- Apple	≤ 8 fl oz.	≤ 12 fl oz.	X	

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Costco
Treetop	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Treetop	100% Juice Assorted	≤ 8 fl oz.	≤ 12 fl oz.		X
Treetop	Fresh Pressed Juice	≤ 8 fl oz.	≤ 12 fl oz.		
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.	X	
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	X
All Brands	Milk- Lowfat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.	X	X
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)		
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X	
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X	
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X	
Dannon	Light & Fit	6oz (170g)	X	
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X
Frigo	Light String Cheese	1 stick (28 g)	X	
Great Value	Lowfat Yogurt- All Flavors	6 oz	X	
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X	
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X	
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)	X	
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X	
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X	
Precious	String Cheese	1 stick (28g)	X	X
Precious	Stringsters Reduced Fat String Cheese	1 stick		
Sargento	String Cheese	1 stick	X	
Sargento	Light String Cheese	1 stick		
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	
Stater Bros	Light String Cheese	1 stick		
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)		
Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X	
The Laughing Cow	Babybel Light	1 piece		X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X
Yoplait	Original Yogurt- All Flavors	6oz	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)		
Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X	
Yoplait	Light Yogurt- All Flavors	6oz	X	X
Yoplait	Greek 100- All Flavors	5.3oz (150g)		
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X	
Weight Watchers	String Cheese	1 stick	X	

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Fiber One	Streusel Bar- Strawberry or Blueberry			
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)		
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X	

Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X	
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X
CLIF	LUNA fiber- All Flavors	1 bar (40g)		
Great Value	Crunch Oats & Honey	2 bars (42g)	X	
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X
Nature Valley	Crunch Granola Bar- Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Ice Cream/Frozen Novelties

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)	X	
Blue Bell	Fruit Bars- All Flavors	1 bar	X	
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X	
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar		
Fruttare	Fruit Bars- All Flavors			
Fudgsicle	Fat Free- No Sugar Added	1 bar (65g)	X	
Fudgsicle	100 Calorie Bar	1 bar (65g)	X	
Healthy Choice	Premium Fudge Bars	1 bar (64g)		X
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar		
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich	X	
Skinny Cow	Cones- All Flavors	1 cone	X	
Skinny Cow	Bars- All Flavors	1 bar		
Weight Watchers	Fudge Bars- Giant Latte	1 bar	X	
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X

Appendix D: School Site Annual Evaluation Form

Overview: The purpose of the School Site Annual Evaluation Form is to determine if each Pleasant Views School is meeting the goals and requirements set forth in the wellness policy and to determine particular areas of strength or weakness. Each school must submit one form to the Operations Department for review.

Instructions: This evaluation must be completed annually by the School Staff Managers and/or Principal for each school site by April 1 of each year.

Please include as many additional comments as possible, as the Committee and the Operations Department would like to take note of best practices among the schools.

For items marked “Does Not Meet Requirements (1) or Partially Meets Requirements,” you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.

If you have any questions regarding filling out this survey, please contact Jamie Gentry, at jgentry@pleasant-view.org.

School Site: _____

Date: _____

School Staff / Manager and/or Principal completing this form:

Rating Scale	Explanation
Does Not Meet Requirements (1)	School site does not meet requirement
Partially Meets Requirements (2)	School site partially met requirement
Meets Requirements (3)	School site met the requirement
Exceeds Requirements (4)	School site not only met the requirement, but took additional steps or actions beyond what was required

School Health, Safety, and Environment	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. Your school site is monitored for potential safety hazards.				
2. Students are taught campus safety rules.				
3. A drug and substance-free environment is promoted.				
4. Your school holds events that promote and support a healthy lifestyle.				
5. Your school has a protocol in place for detection and referral of students who have potential for harm to self or others to health services and/or mental health services at or near Pleasant View schools.				

Additional comments on your school site's school health, safety and environment:

Nutrition	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
Nutrition Services				
1. Food vendor staff are well-prepared and efficiently serve meals to your students.				
2. Fresh, safe, free drinking water is available to students on campus.				

Food and Nutrition Standards				
3. All foods and beverages sold and served on school campus, including fundraisers, from midnight and up to one half hour after the school day comply with competitive food and beverage requirements for charter schools per the Code of Federal Regulations. (See Appendix C)				
4. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc).				
5. Marketing and advertising of non-compliant foods and beverages is not permitted on school campus.				
6. Non-food rewards and incentives are encouraged for student achievement. If food rewards/celebrations <i>are</i> used, healthy foods are provided and promoted.				
Nutrition Education				
7. Nutrition education is provided to students at a minimum of once per trimester or integrated into other academic subjects.				

Additional comments on foods and beverages available on campus and nutrition education:

Family, Staff, and Community Involvement	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.				
2. Teachers and staff role model healthy behaviors.				
3. The school has developed or sought relationships with community partners in support of promoting wellness.				
4. School staff at your school site promote healthy, respectful relationships between students and their peers.				

Additional comments on how your school site involves community, staff and teachers in student wellness:

Physical Activity and Physical Education	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.				
2. The physical education curriculum at your school employs high quality instruction and academic discourse.				

3. Physical education is delivered by well-prepared and well-supported staff.				
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Additional comments on your school site's physical activity and physical education:

Overview	Does Not Meet (1)	Partially Meets (2)	Meets (3)	Exceeds (4)
1. The programs and/or activities provided by your school set your school at or above the standards of the Wellness Policy.				

Additional comments on how your school site promotes health and wellness:

Appendix E: Annual Student Survey

Overview: The purpose of this student survey is for schools to obtain student feedback on how well their school is meeting wellness goals and assess student satisfaction with the School Nutrition Program. Results from the student survey can also assist each Principal and School Staff / Manager when completing their Annual School Site Evaluation Form as well as identify both areas of strength and areas for improvement. (The survey will consist of a variety of these potential questions)

Instructions: This evaluation must be administered annually to students by May 1 each school year. The survey will be administered and shared.

If you have any questions regarding this survey, contact Jamie Gentry. jgentry@pleasant-view.org

Wellness & Health

Please indicate how strongly you agree with each of the following statements (Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree).

1. I feel safe at school.

Strongly Agree *Agree* *Neutral* *Disagree* *Strongly Disagree*

2. My school promotes a drug and substance-free environment.

Strongly Agree *Agree* *Neutral* *Disagree* *Strongly Disagree*

3. My school promotes a healthy lifestyle (healthy eating, physical activity, etc.)

Strongly Agree *Agree* *Neutral* *Disagree* *Strongly Disagree*

4. Food and beverages sold and served on my school's campus during the school day are healthy.

Strongly Agree *Agree* *Neutral* *Disagree* *Strongly Disagree*

5. This school year, I received nutrition education (instruction on the importance of health and wellness, healthy eating habits, physical activity, etc.).

Strongly Agree Agree Neutral Disagree Strongly Disagree

6. My school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.

Strongly Agree Agree Neutral Disagree Strongly Disagree

7. Teachers and staff at my school model healthy nutrition and physical activity behaviors while at school.

Strongly Agree Agree Neutral Disagree Strongly Disagree

8. On a scale from 1-5, how would you rate your school on health and wellness?

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

9. Please list any events or programs that your school has hosted to promote healthy behaviors this year (related to nutrition, physical activity, etc.)

Open Response

10. What ideas do you have for further promoting healthy behavior and wellness at your school?

Open Response

11. Please provide any overall comments explaining your answers to the health and wellness portion of this survey.

Open Response

Meals

12. How would you rate the **taste** of the meals offered at your school?

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

13. How would you rate the **variety** of the meals offered at your school? Variety refers to the number of different meal options offered throughout the month. (For example, if your school only served chicken nuggets every single day for a month straight, variety would be very low).

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

14. How would you rate the **appearance** of the meals offered at your school? Appearance refers to what the meals look like (are they presented / packaged in a way that makes you want to eat it?).

5 (Excellent) 4 (Good) 3 (Average) 2 (Needs Improvement) 1 (Poor or Inadequate)

15. If you decide not to eat school **breakfast**, what is the **most common reason** that you don't eat?

- 1 - I don't like what is being served that day.
- 2 - The time to wait in line is too long.
- 3 - I eat breakfast at home.
- 4 - I arrive at school right before classes start and don't have enough time to eat the school breakfast.
- 5 - I buy breakfast from on my way to school.
- 6 - Other _____

16. If you decide not to eat school **lunch**, what is the **most common reason** that you don't eat?

- 1 - I don't like what is being served that day.
- 2 - The time to wait in line is too long.
- 3 - I bring lunch from home.
- 4 - Other _____

17. How long do you have to wait in line to receive a school **lunch**?

- 1 - I wait in line for more than 15 minutes.
- 2 - I wait in line for 10-15 minutes.
- 3 - I wait in line for less than 10 minutes.

18. (Optional) What ideas do you have for making the breakfast/lunch area and how meals are displayed more appealing (e.g. posters, tablecloths, etc.)?

Open Response

19. Rank the following changes (1 = most important, 4 = least important) that you would most like to see to improve the meals at your school:

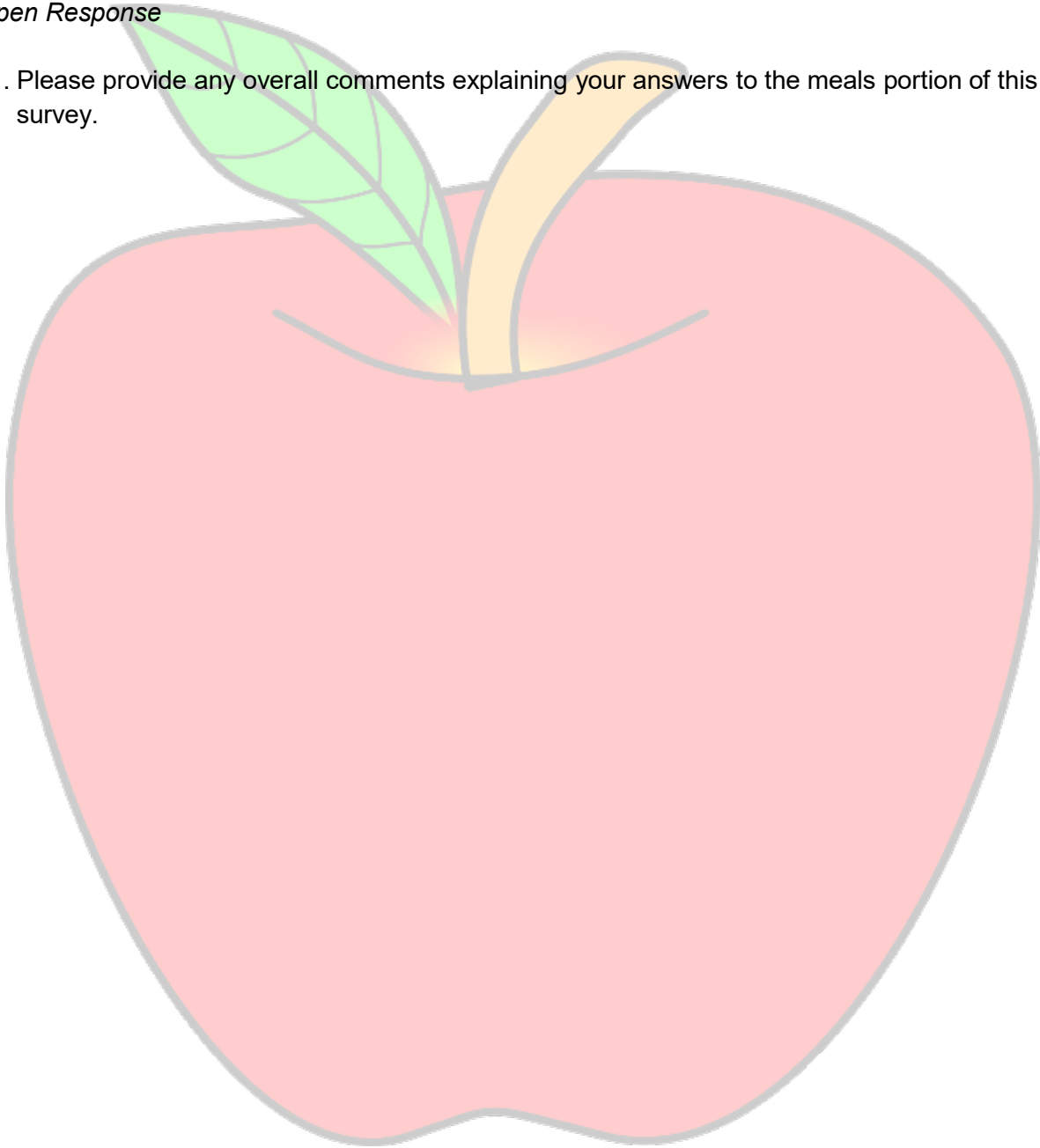
- Better tasting meals
- Better variety of meals

- Better appearance of meals
- Reduced time spent waiting in line

20. What ideas do you have to improve the breakfast meals (if provided) and lunch meals at your school?

Open Response

21. Please provide any overall comments explaining your answers to the meals portion of this survey.



Summary of Evaluation Results 2023-2024

Surveys:

School Health , Safety, and Environment Rating: **Meets**

Nutritional Survey Rating: **Meets**

Family , Staff, Community Involvement Rating: **Meets**

Physical Activity and Physical Education: **Meets**

Overview: **Meets**

Student Surveys:

- 44% of all students surveyed reported the reason they don't eat breakfast at school is due to eating breakfast at home.
- 85% of students surveyed reported feeling like their school promotes a healthy lifestyle.
- 61% of all students surveyed reported food and beverages at school are healthy.
- 61% of all students surveyed reported the variety of food served on campus was Excellent or Good.
- 54% of all students surveyed reported that their average wait time to get lunch is less than 10 minutes.

Recommendations:

- Continue to provide the mental health supports for students in the upcoming and add additional programs like CAST and RY as well as extra Triage Social Worker Days in the 24-25 school year.
- Focus on social emotional health in the classroom daily.
- Create student focus groups to work with Cafeteria Manager to find menu items students like.

Other:

- Cafeteria has seen an increase in meals served by allowing students more choice into what they eat daily and will continue to track the meals students are enjoying and then customize menus.
- Added a Barbeque to the Cafeteria Equipment.
- Mobile Health and Dental Clinic

Appendix F:

Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

The Governing Board is committed to providing equal opportunity for all individuals in district programs and activities. District programs, activities, and practices shall be free from unlawful discrimination, including discrimination against an individual or group based on race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

(cf. [1240](#) - Volunteer Assistance)

(cf. [4030](#) - Nondiscrimination in Employment)

(cf. [4032](#) - Reasonable Accommodation)

(cf. 4033 - Lactation Accommodation)

(cf. [4119.11/4219.11/4319.11](#) - Sexual Harassment)

(cf. [4161.8/4261.8/4361.8](#) - Family Care and Medical Leave)

(cf. [5131.2](#) - Bullying)

(cf. [5145.3](#) - Nondiscrimination/Harassment)

(cf. [5145.7](#) - Sexual Harassment)

(cf. [5145.9](#) - Hate-Motivated Behavior)

(cf. [5146](#) - Married/Pregnant/Parenting Students)

(cf. [6145](#) - Extracurricular and Cocurricular Activities)

(cf. [6145.2](#) - Athletic Competition)

(cf. [6164.4](#) - Identification and Evaluation of Individuals for Special Education)

(cf. [6164.6](#) - Identification and Education Under Section 504)

(cf. 6178 - Career Technical Education)

(cf. 6200 - Adult Education)

All individuals shall be treated equitably in the receipt of district and school services. Personally identifiable information collected in the implementation of any district program, including, but not limited to, student and family information for the free and reduced-price lunch program, transportation, or any other educational program, shall be used only for the purposes of the program, except when the Superintendent or designee authorizes its use for another purpose in accordance with law. Resources and data collected by the district shall not be used, directly or by others, to compile a list, registry, or database of individuals based on

race, gender, sexual orientation, religion, ethnicity, national origin, or immigration status or any other category identified above.

(cf. [3540](#) - Transportation)

(cf. [3553](#) - Free and Reduced Price Meals)

(cf. [5145.13](#) - Response to Immigration Enforcement)

District programs and activities shall be free of any racially derogatory or discriminatory school or athletic team names, mascots, or nicknames.

The Superintendent or designee shall annually review district programs and activities to ensure the removal of any derogatory or discriminatory name, image, practice, or other barrier that may unlawfully prevent an individual or group in any of the protected categories stated above from accessing district programs and activities. He/she shall take prompt, reasonable actions to remove any identified barrier. The Superintendent or designee shall report his/her findings and recommendations to the Board after each review.

(cf. [1330](#) - Use of Facilities)

All allegations of unlawful discrimination in district programs and activities shall be investigated and resolved in accordance with the procedures specified in AR 1312.3 - Uniform Complaint Procedures.

(cf. [1312.3](#) - Uniform Complaint Procedures)

Pursuant to 34 CFR [104.8](#) and 34 CFR [106.9](#), the Superintendent or designee shall notify students, parents/guardians, employees, employee organizations, applicants for admission and employment, and sources of referral for applicants about the district's policy on nondiscrimination and related complaint procedures. Such notification shall be included in the annual parental notification distributed pursuant to Education Code [48980](#) and, as applicable, in announcements, bulletins, catalogs, handbooks, application forms, or other materials distributed by the district. The notification shall also be posted on the district's web site and social media and in district schools and offices, including staff lounges, student government meeting rooms, and other prominent locations as appropriate.

(cf. [1113](#) - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. [4112.9/4212.9/4312.9](#) - Employee Notifications)

(cf. [5145.6](#) - Parental Notifications)

In addition, the annual parental notification shall inform parents/guardians of their children's right to a free public education regardless of immigration status or religious beliefs, including information on educational rights issued by the California Attorney General. Alternatively, such information may be provided through any other cost-effective means determined by the Superintendent or designee. (Education Code [234.7](#))

The district's nondiscrimination policy and related informational materials shall be published in a format that parents/guardians can understand. In addition, when 15 percent or more of a school's students speak a single primary language other than English, those materials shall be translated into that other language.

Access for Individuals with Disabilities

District programs and facilities, viewed in their entirety, shall be in compliance with the Americans with Disabilities Act (ADA) and any implementing standards and/or regulations. When structural changes to existing district facilities are needed to provide individuals with disabilities access to programs, services, activities, or facilities, the Superintendent or designee shall develop a transition plan that sets forth the steps for completing the changes.

(cf. [6163.2](#) - Animals at School)

(cf. [7110](#) - Facilities Master Plan)

(cf. [7111](#) - Evaluating Existing Buildings)

The Superintendent or designee shall ensure that the district provides appropriate auxiliary aids and services when necessary to afford individuals with disabilities equal opportunity to participate in or enjoy the benefits of a service, program, or activity. These aids and services may include, but are not limited to, qualified interpreters or readers, assistive listening devices, assistive technologies or other modifications to increase accessibility to district and school web sites, notetakers, written materials, taped text, and Braille or large-print materials. Individuals with disabilities shall notify the Superintendent or principal if they have a disability that requires special assistance or services. Reasonable notification should be given prior to a school-sponsored function, program, or meeting.

(cf. [6020](#) - Parent Involvement)

(cf. [9320](#) - Meetings and Notices)

(cf. [9322](#) - Agenda/Meeting Materials)

The individual identified in AR 1312.3 - Uniform Complaint Procedures as the employee responsible for coordinating the district's response to complaints and for complying with state federal civil rights laws is hereby designated as the district's ADA coordinator. He/she shall receive and address requests for accommodation submitted by individuals with disabilities, and shall investigate and resolve complaints regarding their access to district programs, services, activities, or facilities.

Superintendent

14004 Road 184

Porterville CA, 93257

(559) 784-6769

marko@pleasant-view.k12.ca.us

Legal Reference:

EDUCATION CODE

200-262.4 Prohibition of discrimination

48980 Parental notifications

48985 Notices to parents in language other than English

51007 Legislative intent: state policy

GOVERNMENT CODE

8310.3 California Religious Freedom Act

11000 Definitions

11135 Nondiscrimination in programs or activities funded by state

12900-12996 Fair Employment and Housing Act

54953.2 Brown Act compliance with Americans with Disabilities Act

PENAL CODE

422.55 Definition of hate crime

422.6 Interference with constitutional right or privilege

CODE OF REGULATIONS, TITLE 5

4600-4670 Uniform complaint procedures

4900-4965 Nondiscrimination in elementary and secondary education programs

UNITED STATES CODE, TITLE 20

1400-1482 Individuals with Disabilities in Education Act

1681-1688 Discrimination based on sex or blindness, Title IX

2301-2415 Carl D. Perkins Vocational and Applied Technology Act

6311 State plans

6312 Local education agency plans

UNITED STATES CODE, TITLE 29

794 Section 504 of the Rehabilitation Act of 1973

UNITED STATES CODE, TITLE 42

2000d-2000d-7 Title VI, Civil Rights Act of 1964

2000e-2000e-17 Title VII, Civil Rights Act of 1964 as amended

2000h-2000h-6 Title IX

12101-12213 Americans with Disabilities Act

CODE OF FEDERAL REGULATIONS, TITLE 28

35.101-35.190 Americans with Disabilities Act

36.303 Auxiliary aids and services

CODE OF FEDERAL REGULATIONS, TITLE 34

100.1-100.13 Nondiscrimination in federal programs, effectuating Title VI

104.1-104.39 Section 504 of the Rehabilitation Act of 1973

106.1-106.61 Discrimination on the basis of sex, effectuating Title IX, especially:

106.9 Dissemination of policy

Management Resources:

CSBA PUBLICATIONS

Updated Legal Guidance: Protecting Transgender and Gender Nonconforming Students Against Sex Discrimination, July 2016

CALIFORNIA OFFICE OF THE ATTORNEY GENERAL PUBLICATIONS

Promoting a Safe and Secure Learning Environment for All: Guidance and Model Policies to Assist California's K-12 Schools in Responding to Immigration Issues, April 2018

CALIFORNIA DEPARTMENT OF FAIR EMPLOYMENT AND HOUSING PUBLICATIONS

California Law Prohibits Workplace Discrimination and Harassment

U.S. DEPARTMENT OF EDUCATION, OFFICE FOR CIVIL RIGHTS PUBLICATIONS

Examples of Policies and Emerging Practices for Supporting Transgender Students, May 2016

Dear Colleague Letter: Title IX Coordinators, April 2015

Dear Colleague Letter, May 26, 2011

Dear Colleague Letter: Harassment and Bullying, October 2010

Notice of Non-Discrimination, Fact Sheet, August 2010

Dear Colleague Letter: Electronic Book Readers, June 29, 2010

Nondiscrimination in Employment Practices in Education, August 1991

U.S. DEPARTMENT OF JUSTICE PUBLICATIONS

2010 ADA Standards for Accessible Design, September 2010

Accessibility of State and Local Government Websites to People with Disabilities, June 2003

WORLD WIDE WEB CONSORTIUM PUBLICATIONS

Web Content Accessibility Guidelines, December 2008

WEB SITES

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

California Office of the Attorney General: <http://oag.ca.gov>

California Department of Education: <http://www.cde.ca.gov>

California Department of Fair Employment and Housing: <http://www.dfeh.ca.gov>

Safe Schools Coalition: <http://www.casafeschools.org>

Pacific ADA Center: <http://www.adapacific.org>

U.S. Department of Education, Office for Civil Rights: <http://www.ed.gov/about/offices/list/ocr>

U.S. Department of Justice, Civil Rights Division, Americans with Disabilities Act: <http://www.ada.gov>

U.S. Equal Employment Opportunity Commission: <http://www.eeoc.gov>

World Wide Web Consortium, Web Accessibility Initiative: <http://www.w3.org/wai>

Policy PLEASANT VIEW ELEMENTARY SCHOOL DISTRICT

adopted: June 19, 2018 Porterville, California

