



## Wellness Policy

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## Preamble

Nevada County Food Service Agency (Community Roots) is committed to the optimal development of every student. The agency believes that to enable students' personal, academic, developmental, and social success, we must establish positive, safe, and health-promoting learning environments at every level throughout the school year.

Research shows that good nutrition and physical activity, both during and outside the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.<sup>11,12,13,14</sup>

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<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

<sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

<sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

<sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

<sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

<sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

<sup>12</sup> Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

<sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

<sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

<sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.

## Community Roots, Nevada County Food Services Agency Wellness Policy

This policy outlines Community Roots approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to 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.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of Community Roots in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Community Roots establishes and maintains 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 Nevada County Food Services Agency, Community Roots.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

Community Roots will convene a representative Nevada County Wellness Committee (hereinafter referred to as the NCWC) or work within an existing school health committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The NCWC will represent all school levels (elementary and secondary) and, to the extent possible, include a diverse group of members such as parents, caregivers, students, school nutrition representatives, physical education teachers, health educators, and school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the NCWC will include representatives from each Community Roots participating district and reflect the diversity of the community.

### ***Leadership***

Executive Director or designee(s) will convene the NCWC and facilitate development of and updates to the wellness policy and will ensure each district’s compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

| Name            | Title              | Email address                                                            | Role |
|-----------------|--------------------|--------------------------------------------------------------------------|------|
| Sam Koneffklatt | Executive Director | <a href="mailto:samk@communityrootsnc.org">samk@communityrootsnc.org</a> |      |
|                 |                    |                                                                          |      |
|                 |                    |                                                                          |      |
|                 |                    |                                                                          |      |

Each district will designate a district wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of district level wellness policy coordinators.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

Community Roots will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan outlines roles, responsibilities, actions, and timelines specific to each district, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports are available at *CommunityRootsNC.org*.

### ***Recordkeeping***

Community Roots will retain records to document compliance with the requirements of the wellness policy at [Community Roots Administrative Offices, and/or on [Community Roots central computer network]. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit NCWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy.
- Documentation of annual policy progress reports for each district under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each district under its jurisdiction.
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Annual Progress Reports***

Community Roots will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in January, and will include information from each district within Community Roots. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy.
- A description of each school's progress in meeting the wellness policy goals.
- A summary of each school's events or activities related to wellness policy implementation.

## Community Roots, Nevada County Food Services Agency Wellness Policy

- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the NCWC.

The annual report will be available in English and Spanish

Community Roots, Nevada Joint Union School District, Grass Valley School District, Nevada City School District, Clear Creek School District, Union Hill School District, Chicago Park School District, Pleasant Ridge Union School District, Penn Valley Union Elementary School District and Nevada County Superintendent of Schools will actively notify households/families of the availability of the annual report.

The NCWC will establish and monitor goals and objectives for Community Roots districts, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

### ***Triennial Progress Assessments***

At least once every three years, Community Roots will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which districts under the jurisdiction of Community Roots are in compliance with the wellness policy.
- The extent to which Community Roots' wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Community Roots' wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Executive Director of Community Roots(Samuel KoneffKlatt, [samuelkoneffklatt@nevco.org](mailto:samuelkoneffklatt@nevco.org))

The NCWC, in collaboration with individual districts, will monitor districts' compliance with this wellness policy.

The individual districts will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The NCWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as Community Roots priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach, and Communications***

Community Roots is committed to being responsive to community input, which begins with awareness of the wellness policy. Community Roots will actively communicate ways in which representatives of NCWC and others can participate in the development, implementation, and

periodic review and update of the wellness policy through a variety of means appropriate for that district. Community Roots with assistance from the individual districts will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Community Roots with assistance from the individual districts will use electronic mechanisms, such as email or displaying notices on the district's website, 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 the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Community Roots with assistance from the individual districts will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

Community Roots with assistance from the individual districts will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Community Roots with assistance from the individual districts will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### ***School Meals***

Our school district is committed to serving healthy meals to children, including ample fruits, vegetables, whole grains, and fat-free or 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.

All districts within Community Roots participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Child and Adult Food Care Program (CAFCP), Fresh Fruit & Vegetable Program (FFVP) and Summer Food Service Program (SFSP). Community Roots also operates either directly or in partnership additional nutrition-related programs and activities including, Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast. All schools within Community Roots are committed to offering school meals through the NSLP and SBP programs, and other applicable 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. (Community Roots offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices on all school sites using the following guidelines:
  - Whole fruit options are displayed daily
  - Sliced or cut fresh fruit & vegetables are available daily

## Community Roots, Nevada County Food Services Agency Wellness Policy

- Serving local and/or regional products with a priority on produce and animal proteins are incorporated into the school meal program
- School utilizes promotions or special events, such as tastings, that highlight the local/ regional products
- School sites host a school garden or field trips to local farms; and utilize promotions or special events, such as tastings, that highlight the local/ regional products.
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is the only milk available (no chocolate milk or other flavored milks)
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Menus will be posted on the individual district or Community Roots website or individual school websites and will include nutrient content and ingredients.
- Community Roots child nutrition program will accommodate students with special dietary needs.
- Students will have at least 10 minutes for breakfast and at least 20 minutes for lunch, beginning when they receive their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.

*Free and reduced-price meals:* We work to ensure that families of students who qualify for free or reduced-price meals complete the necessary state application so the students can receive these meals. We do this by sending the application home to all families at the beginning of the school year and providing the application on the district website. Students receive meals and snacks using an electronic ID at the Point Of Sale System. One benefit of this system is that it protects the privacy of students who are receiving a free or reduced-price meal.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). Community Roots will make drinking water available where school meals are served during mealtimes.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present within 50 feet of the dining area.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

### ***Competitive Foods and Beverages***

Community Roots 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” 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: [A Guide to Smart Snacks in School](#)

[| Food and Nutrition Service \(usda.gov\)](https://www.healthygeneration.org/smartsnacks) The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthygeneration.org/smartsnacks](https://www.healthygeneration.org/smartsnacks).

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 extended school day\* will meet or exceed state nutrition standards. These standards apply across all locations and 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.

Here's a provision to allow high schools to sell USDA Smart Snack non-compliant foods 30 minutes after dismissal but not before school:

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### **High School Food Sales Exception**

In alignment with Community Roots' commitment to promoting healthy eating habits while also supporting school programs and activities, high schools may sell foods and beverages that do not meet USDA Smart Snacks standards beginning 30 minutes after the official end of the school day.

#### **Sales Timing:**

- Non-compliant food sales may only occur starting 30 minutes after the school's dismissal time.
- No sales of non-compliant foods are permitted before or during school hours, including before the start of the school day.

#### **Sale Locations:**

- Non-compliant food sales must occur in designated areas that do not disrupt ongoing school activities or programs.

#### **Compliance and Communication:**

- All food sales must comply with local health and safety regulations.
- School administration is responsible for notifying students, staff, and families of these guidelines to ensure clear communication about when and where non-compliant food sales are permissible.

### ***Celebrations and Rewards***

All foods offered on the school campus must meet or exceed state nutrition standards, including:

- Celebrations and parties. Community Roots will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](https://www.healthygeneration.org) and from the [USDA](https://www.usda.gov).

- Classroom snacks brought by parents. Community Roots will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
- Rewards and incentives. Community Roots will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### ***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\*. Community Roots will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

- Fundraisers, both during and outside school hours, will involve either non-food items or foods and beverages that comply with Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

### ***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.

Community Roots 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 at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

### ***Nutrition Education***

Community Roots aims to model, encourage, and support healthy eating by students through:

- Providing students with knowledge and skills to promote and protect their health.
- Integrating health education into subjects like math, science, language arts, social sciences, and electives.
- Including enjoyable, culturally relevant, and participatory activities like cooking lessons, taste-testing, farm visits, and school gardens.
- Promoting fruits, vegetables, whole grains, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasizing caloric balance between food intake and physical activity.

- Linking with school meal programs, cafeteria nutrition promotions, school gardens, Farm to School programs, and community nutrition services.
- Teaching media literacy, focusing on food and beverage marketing.
- Providing nutrition education training for teachers and staff.

### **Essential Healthy Eating Topics in Health Education**

- Community Roots will cover the following essential topics in the health education curriculum:
- The relationship between healthy eating and personal health and disease prevention.
- Food guidance from MyPlate and reading USDA's food labels.
- Eating a variety of foods every day and balancing food intake with physical activity.
- Increasing intake of fruits, vegetables, whole grains, and calcium-rich foods.
- Choosing low-fat, low-saturated fat, low-cholesterol, and low-sugar foods and beverages.
- Preparing healthy meals and snacks.
- Understanding risks of unhealthy weight control practices and accepting body size differences.
- Ensuring food safety and the importance of water consumption.
- Emphasizing the importance of eating breakfast and making healthy choices at restaurants.
- Recognizing and addressing eating disorders.
- Following the Dietary Guidelines for Americans and reducing sodium intake.
- Understanding social influences on healthy eating, including media, family, peers, and culture.
- Finding valid information or services related to nutrition and dietary behavior.
- Developing a plan and tracking progress towards healthy eating goals.
- Resisting peer pressure related to unhealthy dietary behavior and advocating for healthy dietary behaviors in others.

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based curricula, lesson plans, posters, interactive games, and menu graphics.

### **Food and Beverage Marketing in Schools**

Community Roots is dedicated to fostering a school environment that promotes healthy eating and physical activity, minimizing commercial distractions. The aim is to help students make informed choices about nutrition and health. Advertising inconsistent with WNCFSJPA's health education undermines these efforts. Therefore, only foods and beverages that meet state nutrition standards are permitted for marketing on school campuses.

- Marketing includes any promotion of a food or beverage product by producers, manufacturers, or sellers. This encompasses:
- Brand names, trademarks, logos, or tags, except on the actual product or container.
- Displays on vending machines.
- Corporate branding on school equipment like marquees and scoreboards.
- Branding on food service equipment, posters, and school supplies.
- Advertisements in school publications or mailings.
- Free product samples, taste tests, or coupons.

The WNCFSJPA intends to phase out non-compliant marketing materials over time.

#### **IV. Physical Activity & Physical Education**

The primary goal of the district's physical activity program is to foster lifelong fitness by teaching the benefits of a healthy, active lifestyle. The program should include diverse activities like physical education, recess, fitness enrichment programs, before-and-after-school physical activity programs, and integrated classroom health education.

Key points include:

- Integrating physical activity throughout the school day and curricula.
- Ensuring dedicated physical education time: at least 200 minutes every 10 days for elementary students and 200 minutes per week for middle and high school students, excluding recess and lunch (per Education Codes 51210, 51222, 51223).
- Protecting recess from being used for disciplinary measures, as it contributes significantly to daily physical activity and improves classroom behavior.
- Basing instruction on state standards and frameworks.
- Providing ongoing professional development for teachers.
- Encouraging staff to model healthy physical activity behaviors.

These measures aim to promote a comprehensive and consistent approach to physical activity in schools.

#### **V. Other Activities that Promote Student Wellness**

Community Roots will integrate wellness activities throughout the entire school setting, including food venues and physical activity facilities. Efforts related to physical activity, physical education, nutrition, and other wellness components will be coordinated to ensure they are complementary and aimed at promoting student well-being, development, and educational outcomes.

Districts are encouraged to coordinate health-related content across curricular areas with consultation from curriculum experts. Efforts to obtain recognition or funding for healthy school environments will align with the wellness policy, involving the NCWC.

All district-sponsored events will adhere to the wellness policy and include physical activity opportunities.

##### **Community Partnerships**

Community Roots will develop and maintain relationships with community partners, such as hospitals, universities, non-profits and local businesses, to support the wellness policy's implementation. These partnerships will be evaluated to ensure consistency with wellness goals.

##### **Community Health Promotion and Engagement**

Community Roots will actively promote healthy eating and physical activity to parents, families, and the community throughout the school year. Families will be encouraged to join district-sponsored activities and will receive information on health promotion efforts. Communication will be conducted through electronic means (email, Community Roots website) and non-electronic means (newsletters, presentations, take-home information).

##### **Staff Wellness and Health Promotion**

Community Roots will encourage staff to actively participate in wellness policy initiatives by promoting and modeling healthy behaviors. Districts will implement strategies such as providing health promotion programs and supporting accessible, low-cost programs for healthy eating and weight management. Community Roots will also support efforts to maintain a healthy school environment and promote staff participation in health programs.

### **Professional Learning**

When feasible, Community Roots will offer annual professional learning opportunities and resources for staff to enhance their knowledge and skills in promoting healthy behaviors in the classroom and school. This includes using kinesthetic teaching approaches and incorporating nutrition lessons into other subjects. Professional learning will help staff understand the link between academics and health and integrate wellness into ongoing district reform or academic improvement efforts.

**Glossary:**

**Extended School Day** - Time dedicated to before-and-after-school activities, such as clubs, intramural sports, band, choir practice, and drama rehearsals.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

**Local** - food sourced within the Sacramento watershed, encompassing the region where water flows into the Sacramento River and its tributaries. This definition includes agricultural products grown, raised, or produced within this natural boundary, which stretches from the Sierra Nevada mountains to the Central Valley and the Delta. By focusing on the Sacramento watershed, this definition emphasizes the importance of regional ecosystems, water resources, and food systems that are inherently connected to the environmental and economic health of the surrounding communities.

**Regional** - food sourced within a 250-mile radius of Nevada County, with a priority on products grown, raised, or produced within California. This definition emphasizes sourcing from the broader geographic area that supports the local food system, ensuring access to a diverse range of fresh and sustainable products. While the focus is on California, this definition may also include neighboring regions that fall within the radius, fostering a resilient regional food network that supports the state's agricultural economy and environmental sustainability.

Appendix A: District Level Contacts

| School | Name | Title | Email Address | Role |
|--------|------|-------|---------------|------|
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## **USDA Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027 \(PDF\)](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider.