



Jezelle A. Fullwood, Ed.D.
Superintendent

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Introduction to the Eastside Union School District (EUSD) Wellness Policy

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized Child Nutrition Programs in school districts nationwide and included a section that specifically addresses local school wellness policies. The objectives of the HHFKA include enhancing existing local school wellness policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both local school wellness policy development and reporting.

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010:
Summary of the Final Rule - United States Department of Agriculture

Adapted from https://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf

What is a local school wellness policy? A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during the school year 2016-2017. LEAs were to fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy At a minimum, policies are required to include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.

- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards
 - Smart Snacks in school nutrition standards
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in school nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Wellness Leadership LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement At a minimum, LEAs must:

- Permit participation by the public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

Triennial Assessments The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years. LEAs must assess the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

Documentation The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy
- Documentation on how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, annually, at a minimum.
- The Triennial Assessment, including progress toward meeting the goals of the policy

Regulation The final rule was published on July 29, 2016, and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

Eastside USD Wellness Committee

School Year 2023-24

Eastside USD began the process of creating its Wellness Committee in 2020 but the meetings were postponed due to the COVID-19 pandemic. As with the previous policy, EUSD formed a 2023-24 Wellness Committee composed of community stakeholders from diverse backgrounds within the district and community, all of whom had not served on the previous committee. This committee created the Wellness Policy by incorporating federal, state and district objectives.

The wellness committee is scheduled to meet monthly to work on specific policy sections to produce an updated Wellness Policy outlining the district's goals and providing helpful tools and resources for all stakeholders.

Implementation, Evaluation, and Monitoring of the EUSD Wellness Policy

The Superintendent shall designate one person within the district (Wellness Committee Chair) and each school's principal to be charged with the operational responsibility to ensure each school site complies with this policy. The district will develop and maintain a plan for implementation to manage and coordinate the execution of this policy.

The district will engage stakeholders, including but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, the board of education, school administrators, physical education teachers, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, health, wellness, and physical activity policies. Stakeholders will be solicited through various electronic and traditional posting methods, including district website, parent square notifications, printed flyers at school sites and emails.

Annual training on this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the EUSD Wellness Policy. Each school campus must follow the Wellness Policy, at minimum. *Each school principal can increase restrictions beyond the minimum requirements of this policy.*

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Any curriculum used for instruction shall be board approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated.

The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluation process shall assess whether the issues identified in the policy are affecting student, parent, and staff awareness and identify successes and barriers to success.

EUSD Wellness Policy

EUSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. EUSD believes schools play a critical role in promoting beneficial and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness. EUSD is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

School Health, Safety, and Environment

Eastside USD will continue to provide and promote a safe environment during the school day and during all school related functions.

1. 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 to the safety technician 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 enforce an "anti-bullying" policy and encourage social tolerance and respect for others.

2. Social/Psychological Health

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

3. Health Services

The Health Services program is a critical means to improve educational performance and student well-being.

- Health Services staff shall be fully supportive of Wellness Policy regulations and promotion of health and wellness activities.
- Health Services will promote attendance by communicable disease surveillance, encouraging healthy habits and injury prevention.
- Health Services 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.
- The District Nurse 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, as requested.
- In addition to grade level mandated screenings (vision, hearing), the District Nurse will provide other screenings (Blood Pressure, BMI, dental, height, and weight) to students as identified/needed.
- The District Nurse will participate in community health information outreach activities.

4. Health Education

EUSD 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 consistent with state and federal standards for health education.
- EUSD should explore resources and grants for training and materials for K-12 health curriculum.
- Schools will be encouraged to provide educational events to support and teach healthy choices.

Nutrition

1. Support Services Department

Nutrition Services employs well-prepared staff that efficiently serve appealing choices of compliant, nutritious foods for breakfast, lunch, supper, and snack.

- To the maximum extent possible, all schools in our district will participate in available federal school meal programs.
- Qualified Child Nutrition professionals will provide students with access to a variety of free, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the cultural diversity of the student body in meal planning; and school sites will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.

- Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.
- A working link to the USDA website outlining the nutrition standards for school meals is provided here: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- The child nutrition department offers appealing fresh fruits, vegetables, whole grains, and low-fat dairy products in portion sizes that will meet the caloric needs of children.
 - Nutrition information for meals and a la carte items is made available on the district website under the Child Nutrition tab.
- The support services department will provide professional development for child nutrition staff throughout the school year on department and district policies and food safety.
- Students and staff will have access to free, safe, and fresh drinking water throughout the school day. Hydration stations are available to students and staff throughout the school campus.
- Water cups will be available in the cafeteria if a hydration station is not operational.
- Information for nutrition promotion will be provided to parents and students via the district website and in the multi-purpose room.
- The district will promote compliant, healthy food and beverage choices for all students throughout the school campus and encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques through school meal programs, such as the Smarter Lunchroom techniques outlined at <https://www.smarterlunchrooms.org>. This promotion will use low or no cost strategies to increase participation, improve consumption of healthy food, and reduce food waste.
- The support services department will conduct student surveys and taste testing opportunities and use that feedback during menu development.
- School sites will use daily announcements to promote and market menu options.

2. Food and Nutrition Standards

- Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day, including fundraisers, will promote optimal health and will meet or exceed state and federal guidelines.
- Information regarding nutrition standards will be provided to parents by the district through various means, including but not limited to, nutrition education articles and updates posted on the district's website, presentations that focus on healthy lifestyles, automated calls and through any other appropriate means available to reach parents. Nutrition services staff should be invited to speak or interact with parents during school events, as requested.
- Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars. (Appendix C: Non-food rewards fundraising ideas).
- Documentation of nutrition information for foods sold outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.

- Food safety and sanitation standards must be followed at all school-related events. Any person handling food or utensils will: (refer to www.foodsafety.gov for more details.)
 - Wash their hands properly
 - Properly hold foods at correct temperatures: cold foods at or below 41 degrees Fahrenheit and hot foods at or above 135 degrees Fahrenheit
 - Clean and sanitize utensils and work surfaces
 - Not handle food or utensils when sick
 - Not handle ready-to-eat food with bare hands
- To comply with state and federal regulations, each school prohibits the marketing and advertising of noncompliant foods and beverages through signage, posters, menu boards, coolers, trashcans, other foodservice equipment, as well as cups for beverage dispensing, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.
- Schools will encourage non-food rewards for recognition of classroom success and achievement. (Appendix A: Non-food celebration ideas)
- Foods and beverages will not be withheld as a punishment for any reason.
- Classroom celebrations involving food are limited to no more than four celebrations per year for K-12. Classroom celebrations involving food for kindergarten through 5th grade (K-5) must occur after the last lunch period. Classroom celebrations involving food may occur throughout the school day for grades 6 through 8. Foods and beverages provided for these classroom celebrations will at minimum meet the Smart Snack requirement (Appendix B: Smart Snacks).
- The district requires that all food and beverages served and offered on the school campus outside of the school meal programs during the school day and during the extended school day will, at a minimum, meet Smart Snacks.
- Staff must enter the item in the Smart Snack Calculator using the link below to determine if it is eligible to be offered during the school day:
<https://foodplanner.healthiergeneration.org/calculator/>
- The district will make available for caregivers and all school and school-based staff: A list of healthy and non-food celebration ideas, a list of foods and beverages that meet smart snacks, and a list of healthy non-food rewards and fundraising ideas. (Appendixes A-C)
- Homemade foods will not be allowed to be shared with other students during the school day. This does not apply to students' lunches and snacks brought from home for individual consumption.

3. Nutrition Education

- The district will teach, model, encourage and support healthy eating and physical activity among students. Schools will provide nutrition and physical activity education integrated into other subjects, as part of health education.
- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Nutrition and physical activity education include developmentally appropriate, culturally relevant, and participatory activities.
- The district's nutrition education program shall be evidence-based and consistent with the expectations established in the state and federal curriculum frameworks, learning objectives and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- Nutrition education shall be provided as part of a sequential health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may be offered through before- and after-school programs.

4. Nutrition Promotion

- The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and during the extended school day (including during out-of-school time and before and after school) and will encourage participation in school meal programs.
- The district will ensure the promotion of healthy food and beverage choices through school announcements, parent square, district website, and social media postings.

Physical Education and Physical Activity

Eastside USD requires that all students receive education on the benefits of physical activity. All students must receive education on the benefits of physical activity in conjunction with health education including nutrition education. The district prohibits the use or withholding of physical activity (including recess) as a punishment during the school day and during the extended school day (including during out-of-school time/and before and after school). The district will provide resources and training to school and OST staff on appropriate ways to discipline students.

EUSD requires that physical activity opportunities be adapted to make them accessible to students with disabilities. The district's goals for physical education and physical activity components are to provide opportunities for every student to develop the concepts, knowledge, and skills for age-appropriate physical activity; maintain physical fitness; regularly participate in physical activity; and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Physical Activity and Health Education

To be compliant with the USDA final rule, the district requires that a combination of physical activity opportunities from, but not limited to, the list below be offered to students.

- Physical education
- Classroom physical activity
- Active academics
- Daily recess
- Before and after school activities, including sports
- Support for and promotion of active transportation

1. Classroom Physical Activity

Classroom physical activity is defined as any physical activity done in the classroom. It can take place at any time and occur in one or several brief periods of time during the school day. It should be offered in addition to physical education at all levels. The two primary approaches for classroom physical activity are:

- Physical activity integrated into planned academic instruction
- Physical activity outside of planned academic instruction

Classroom physical activity can benefit students by:

- Improving their concentration and ability to stay on-task in the classroom.
- Reducing disruptive behavior, such as fidgeting, in the classroom
- Improving their motivation and engagement in the learning process
- Helping to improve their academic performance: higher grades and test scores

2. Health Education

- All students, K-8, receive comprehensive skill-based health education.
- Health education is taught by qualified and trained professionals.
- The health education learning standards and curriculum are regularly evaluated and revised.
- Schools utilize a planned, sequential, and comprehensive health education curriculum that:
 - Is culturally and developmentally appropriate
 - Addresses a clear set of behavior outcomes that promote healthy eating and physical activity behaviors
 - Provides opportunities for students to practice the following skills: analyzing influences, accessing information, interpersonal communications, decision making, goal setting, self-management, and advocacy.

Physical Education

1. Physical Education (PE) Standards

Below are the Education Code (EC) requirements for minutes of physical education for grades one through twelve (1-12).

- *Students in grades one through six, inclusive, must be provided with physical education instruction with an "emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each ten schooldays, exclusive of recesses and the lunch period" (EC Section 51210[g]).*
- *Middle School/High School Minutes: Notwithstanding EC Section 51223, "All pupils, except pupils excused or exempted pursuant to EC Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each ten schooldays" (EC Section 51222[a]).*

This information was extracted from the California Department of Education's FAQ page, which can be found at <http://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>

For more information on Physical Education and Health Education, please visit: PE Framework (2009): <http://www.cde.ca.gov/ci/cr/cf/documents/peframework2009.pdf>

OR Health Framework (2003): <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>

EUSD PE curriculum will follow the California State Physical Education K-12 Standards.

- Students in grades one through six (1-6) will participate in moderate to vigorous PE per Education Code.
- All students in middle school, including those with disabilities, will participate in moderate to vigorous PE or interscholastic activities per Education Code.
- The district's PE program shall be consistent with the expectations established in the state's curriculum frameworks and content standards and, as appropriate, shall be integrated into other academic subjects.
- The district's comprehensive, standards-based PE curriculum identifies the progression of skill development in grades K-8. PE curriculum revisions will follow a formally established periodic review cycle congruent to other academic subjects. *(Refer to BP 6142.7 for more details on the district's policy on physical education and activity.)*
- PE will enable students to acquire the knowledge and skills necessary to maintain physical fitness and participate in physical activities which result in healthy lifestyle choices.
- Physical Fitness Tests will be administered in fifth, seventh, and ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

2. PE and Physical Activity Goals

Schools should provide all students, K-8, with the opportunity, support, and encouragement to be physically active regularly through PE instruction and physical activity programs.

- All elementary students, including students with disabilities, received 150 minutes per week of PE instruction throughout the school year.
- PE classes are based upon age-appropriate, sequential physical education curricula that are consistent with national standards, promote the benefits of a physical active lifestyle and help students develop skills to engage in lifelong healthy habits.
- A comprehensive physical activity program encompasses 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, and special programs such as Track Meet, Relay for Life, Walk and Jog-a-thons.
- PE is delivered by well-prepared and well-supported staff.
- Current and scientifically accurate PE content is integrated into before- and after-school programs and classroom instruction.
- Professional preparation and/or ongoing professional development is provided for district teachers related to PE and physical activity.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill levels.
- PE/physical activity should not be used for disciplinary purposes. Alternative disciplinary measures are encouraged in lieu of withholding PE, physical activity, or recess.
- Schools will encourage family and community members to support programs outside of the school that promotes a healthy and active lifestyle. Signage will be posted, and information will be sent home regarding physical activity opportunities.
- The Board of Trustees also encourages EUSD administration, teachers, and staff to model healthy physical activity behaviors.
- PE teachers provide appropriate accommodation to ensure that all students, including students with disabilities, are provided with an equal opportunity to participate.
- PE teachers are provided with training and specialized equipment to support the inclusion of students with disabilities in PE.

Support for and Promotion of Active Transportation

Walking and bicycling to school can be an important part of enabling students to accumulate the physical activity they need each day. EUSD will provide dedicated support for walking, bicycling and other forms of active transportation for students and staff to and from school through education, encouragement, enforcement, and engineering activities. The district will encourage students, caregivers, and staff to walk and bicycle to and from school and is committed to putting in safeguards to provide safe walking and bicycling access in school vicinities.

- The district will, at minimum:
 - Communicate support for walking and cycling to school.

- Promote district-wide participation in International Walk to School Day and National Bike to School Day.
- Provide instruction on walking and biking safety to students and families.
- Improve safe access to school entrances for students and staff arriving on foot or by bicycle.
- Ensuring provision of one or more crossing guards at every school.
- Additionally, the district may support active transportation in the following ways:
 - Providing bicycling instruction and skills to students.
 - Promote safe routes to school for students and families.
 - Conduct walking and cycling safety audits of the routes to each school and sharing that information with local authorities.
 - Coordinate and promote walking school buses and bike trains.
 - Designate safe and preferred routes to school.
 - Track, evaluate, and report student travel methods and utilize data for continuous improvement.
 - Provide covered and secure storage facilities for bicycles and other modes of active transportation.

Social-Emotional Climate

Social-emotional climate refers to the aspects of students' experience in school which impact their social-emotional development. The social-emotional climate can impact student engagement in school activities, relationships with other students, staff, family and the community, and academic performance. A positive social-emotional school climate is conducive to effective teaching and learning.

Eastside USD is committed to creating a positive social-emotional climate across all school campuses during the school day. The district will promote a positive social-emotional climate by:

- Conducting and promoting participation in school climate surveys, sharing data with stakeholders, and utilizing data to improve school climate.
- Establishing anti-bullying policies, identifying, and implementing school-wide approaches to prevent and address harassment, bullying and cyber bullying.
- Establishing school safety and violence prevention policies and strategies.
- Connecting social and emotional learning standards and academic standards.
- Ensuring that school and school-based staff are promoting positive relationships between students and employees.
- Ensuring that school and school-based OST staff are trained in promoting the engagement of all students in activities through diversity and inclusion practices.
- Regularly assessing and reporting the district-and building-level implementation of these practices and providing appropriate resources for continuous improvement.

Counseling, Psychological and Social Services

Eastside USD is committed to supporting the social, emotional and/or behavioral (SEB) needs of students and promote success in the learning process. These services include individual assessments, direct interventions and referrals to school and community support services. The district ensures that the SEB needs of all students are met by:

- Ensuring that an evidence-based process for identifying students with SEB needs is in place.
- Students have access to highly qualified, mental health professionals in the school setting
- Coordinating with school and community-based mental health providers to address students' SEB needs.
- Implementing evidence-based programs and practices which support a positive social-emotional climate.

Health Services

Eastside USD ensures that the physical health needs of all students are met. The district will support students' physical health by:

- Conducting assessments and planning for meeting the individual chronic disease management needs of students
- Ensuring students have access to highly qualified nurses in the school setting.
- Coordinating with caregivers and community medical providers to address students' health needs.
- Providing student physical health screenings such as dental, vision, and hearing.
- Addressing management of acute health incidents (allergic reactions, asthma attacks and low blood sugar) in the school setting.
- Providing education regarding high-risk behaviors such as sexual activity and substance use.

Employee Wellness

The Superintendent or designee shall implement strategies for promoting staff wellness and for ensuring that school employees' physical, social-emotional, and mental health needs are met. Eastside USD is committed to supporting the physical, mental health and well-being of all district employees by:

- Engaging educators as stakeholders in all school improvement and planning processes.
- Designating employee wellness (both physical and mental) as a priority in the district organizational structure.
- Disseminating physical and mental health information resources to school and school-based OST staff.
- Conducting employee wellness/health promotion activities at least once per year.
- Promoting California's Valued Trust which offers employee assistance programs that support stress management, strengthening relationships, work/life balance, grief and loss, and more.

USDA Nondiscrimination Statement

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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 \(PDF\)](#), 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;
2. fax: 833-256-1665 or 202-690-7442; or
3. email: program.intake@usda.gov

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Appendix A: Nonfood Celebration Ideas

1. Bring in a favorite book for the teacher to read to the class
2. A "special guest" reads a favorite book to the class
3. Pajama or hat day just for the birthday kid
3. Special party napkins or hats for the normal "snack time" in the classroom
4. Decorate the child's locker or cubby
5. Bring in a special game everyone can play at the end of the day
6. Birthday kids share some special memories or toy with the class
7. Bring fun party napkins, plates, or party hats to use with the usual school snack.
8. Get a special "recess pass" and choose the main activity the class does at recess time.
10. Give a gift to the class, such as a book (write an inscription inside), a toy for the play area, or a game.
11. Be "VIP For the Week". Make a timeline of your life, have your parents read to the class one day, and have other students interview you about your favorite things.
12. Receive a class card. Get a card from the class. All the students sign it saying what they like most about you.
13. Get recognized. Have your name read over the morning announcements.
14. Wear it with pride. Get a special sticker or crown to wear at school all day.
15. Supply a craft. Have your parents provide a special craft for the class that day.
16. Pick a prize. Pick out of a birthday prize box that includes fun pencils, temporary tattoos, stickers, and small toys.
17. Snag a privilege. The birthday kid sits in a special chair or beanbag or do a coveted classroom duty.
18. Pass out goodies. Bring non-food treats for the class, like stickers, small toys, pencils, or temporary tattoos.
19. Show and tell. The birthday student gets to bring something in from home to share with the class.
20. Have a bubbly recess. Bring small bottles of bubbles and have the class blow bubbles at recess.
21. Dance! Play a song in the classroom and let everyone have a mini dance party.



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Appendix B: Smart Snacks

Eastside USD requires that all food and beverages served and offered on the school campus outside of the school meal programs during the school day and during the extended school day will, at a minimum, meet Smart Snacks. To determine if the item is eligible, you must enter the nutritional information in the Smart Snack Calculator using the following link:

<https://foodplanner.healthiergeneration.org/calculator/>

The items listed below are Smart Snack approved:

- | | |
|---------------------------------------|-------------------------------------|
| 1. 100% fruit juices | 17. Animal crackers |
| 2. Naked brand juices | 18. 100% frozen juice bars |
| 3. String Cheese | 19. Pretzels |
| 4. Low fat milk | 20. Baked tortilla chips with salsa |
| 5. Deli meat, cheese & crackers | 21. Peanut butter crackers |
| 6. Water | 22. Granola crackers |
| 7. Nuts – almonds, peanuts, walnuts | 23. Low-fat brownie |
| 8. Fresh fruits | 24. Baked chips |
| 9. Microwave popcorn (low-fat) | 25. Low-fat cookies |
| 10. Dried fruits | 26. Sun chips |
| 11. Fruit packaged in its own juice | 27. Low-fat ice cream |
| 12. Rice cakes | 28. Nutri-Grain soft baked bars |
| 13. Dried fruit snacks | 29. Cereal bars |
| 14. Yogurt with granola | 30. Chex mix |
| 15. Frozen yogurt | |
| 16. Fresh vegetables with low fat dip | |



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Appendix C: Non-food Rewards & Fundraising Ideas

- Outside Movie Night
- Summer Fall Festival
- Games (Bingo, Loteria)
- Staff Vs Student Days
- Family Portrait Day
- Family Dance
- Game Truck Fundraiser
- Family Picnic
- Car Wash
- Paint Night
- Hold a Talent Show
- Gift Wrapping for the Holidays
- Bowling Nights
- Recycling cans/bottles/paper
- 50/50 Fundraisers
- Silent Auctions
- Singing Telegrams
- Competition Night (fastest puzzle)
- Teach the Class
- Earn Extra Credit
- Receive Verbal Praise
- Play a Computer Game
- Read to a Younger Class
- Go on a Walking Field Trip
- Get a "No Homework" Pass
- Read Morning Announcements
- Eat Lunch Outdoors with the Class
- Receive Art Supplies
- Receive Fun Paper Supplies
- Be Recognized during Morning Announcements
- Make Deliveries to the Office