

## The Wellness Plan

### **VISION STATEMENT:**

**Offer a food service program and eating environment that exemplifies healthy relationships to food along with physical activities before, during and after school. Provide nourishment and social interaction to sustain focused learning. Collaborate with parents, community members and staff to teach our students that food and physical activity both directly affect their health, the health of the planet and offers an expression of culture. Teach students through example that physical activity improves your health and quality of your life, and food is both a gift and a right that should be savored, shared and enjoyed.**

The membership of the District Wellness Committee (DWC) shall include, but is not limited to, the following members: governing board members, school administrators, food service staff, students, teachers, parents/guardians, physical and health education teachers, dieticians, health care professionals, public health representatives and interested community members.

The school official who has the authority and responsibility for ensuring that each school complies with the Wellness Plan (WP) is the AVUSD Superintendent.

**The Wellness Committee, or subcommittee shall meet at least six times during the year and meetings shall be open to the public.**

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following:

1. Implementing the nutritional standards consistent with federal and state nutritional standards,
2. Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods,
3. Ensuring that no student is hungry,
4. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold,
5. Ensuring, to the extent possible, that the food served is fresh,
6. Encouraging eligible students to participate in the school lunch program,
7. Integrating nutrition and physical activity into the overall curriculum,
8. Ensuring regular annual professional development for food service staff,
9. Ensuring students a minimum of 20 minutes to eat lunch and 15 minutes to eat breakfast, when provided,
10. Ensuring students engage in healthful levels of vigorous physical activity,
11. Ensuring students receive nutrition education,
12. Improving the quality of physical education curricula and increasing training of physical education teachers,
13. Enforcing existing physical education requirements,
14. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy foods,
15. Developing a financing plan to implement the policies,
16. Increasing the availability of organic fruits and vegetable and school gardens,
17. Collaborating with the community through organizations, individuals i.e. local farms and farmers' markets, to create continuity between the school and community through the use of district facilities and other settings for students and staff to practice lifelong healthy habits at all schools,

## Anderson Valley Unified School District Wellness Plan

18. Providing oversight for the alcohol, tobacco and other drugs prevention, intervention and treatment opportunities as well as HIV/AIDS education available to our students,
19. Establishing and maintaining an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives, coordinating the wellness policy with other aspects of school management, including the LCAP.

In developing the policy(ies), the committee shall hold at least one public hearing. (Education Code 49433)

The Board authorizes designated employees to use individual records pertaining to student eligibility for any free and reduced-price meal program for the purpose of disaggregation of academic achievement data in accordance with federal and state law and regulation.

BP 3554(a)

### FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well-being. To reinforce the district's nutrition education program, foods provided on school premises during and after the school day shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
3. Served in age-appropriate quantities and at reasonable prices

Students shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Superintendent or designee shall ensure that the meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch, School Breakfast Programs and the Child and Adult Care Food Program (CACFP) including annual training for food and nutrition services staff in accordance with the USDA Professional Standards, as well as increasing and promoting the availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water during meals. The USDA National School Lunch Program and School Breakfast Program Standards are available at <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>. The after school snack or supper program standards through CACFP can be reviewed at <https://www.fns.usda.gov/cacfp/meals-and-snacks>

ALLOWABLE BEVERAGES for sale and offered during lunch, school hours and after school:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners and available from drinking fountains and rehydration stations.

## Anderson Valley Unified School District Wellness Plan

- Unflavored non-fat or 1% cow's or goat's milk with no added sweeteners.
  - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
- Unflavored non-dairy milk alternatives with no added sweeteners
  - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
  - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable-based drinks that are composed of = 50% fruit or vegetable juice and a maximum of 160 calories and 230 mg of sodium per container and no added sweetener.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality and attempt to choose foods with reduced fat and sugar when selecting any snacks following the Smart Snack standards that they may donate for the occasional/monthly class parties.

The Superintendent or designee shall encourage school organizations to use healthy food and beverage items or non-food items for fundraising purposes. He/she also shall encourage school staff to use non-food items and avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall request parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations held not more frequently than once a month shall be held after the lunch period when possible. AVJSH may provide a monthly sweet treat in the cafeteria which may include a nonfat sweetened beverage.

(cf. 1230 - School-Connected Organizations)

The Superintendent or designee shall establish and sustain a District Wellness Committee to discuss nutrition and physical activity related topics of concern in the school community, and to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board. (Education Code 49433)

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, including prevention, intervention and treatment of alcohol, drugs and tobacco, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment free of bullying, and parent/guardian and community involvement. The high school campus will be closed during the lunch period in order to encourage healthy food choices, unless students are checked out by parents, guardians or authorized parties.

## Anderson Valley Unified School District Wellness Plan

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

### Nutritional Standards

(Effective date determined by the Safe and Healthy School committee in coordination with Food Services, and the Superintendent), the Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period and during the after school program, will comply or exceed the reduction in fat and sugar calories following SB 19 standards:
  - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
  - b. No more than 10% of total calories from saturated fat.
  - c. No more than 10% of total calories from added sugar by weight (not including fruits, vegetables, and 100% juices)
2. (Effective August 2004), the District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance.
  - a. All vending machines located on school campuses may sell only water, 100% fruit juices, and/or reduced fat unsweetened milk.
3. Ensure more fresh produce, particularly California grown fruits and vegetables, is sold wherever food is sold on campus.
  - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California and locally grown produce when feasible, as part of the school food service program.
  - b. Salad bars and/or pre-packaged salads, as well as fresh fruit shall be available at each school site.
  - c. Breakfast will include fresh fruit daily.
  - d. The after-school snack or supper will include a fresh fruit or vegetable daily.
  - e. The Child Nutrition Services program will provide fresh fruits and vegetables daily, using California and locally grown produce when feasible, as part of the Fresh Fruit and Vegetable Program at AVES.
4. Ensure meals are served in a pleasant environment with sufficient time for eating.
  - a. Students shall have a minimum of 20 minutes to eat lunch and 15 minutes to eat breakfast.
  - b. School site leadership shall be involved to improve cafeteria décor and atmosphere.
  - c. Child Nutrition Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
  - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.
  - e. When possible and when offered, recess is scheduled before lunch.
5. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.

## Anderson Valley Unified School District Wellness Plan

- a. Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
  - b. Both schools are encouraged to develop School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.
  - c. On-site cooking equipment/facilities are available at both sites, and cooking in class nutrition lessons shall be encouraged.
6. Ensure that no student is hungry.
- a. The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
  - b. The district shall ensure that all eligible children are qualified for free and reduced meals.
7. Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
- a. Provide nutrition and physical activity information monthly through the district website and site newsletters, and family literacy events.
  - b. Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.

### FREE AND REDUCED-PRICE MEALS

The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced-price meals for students whose families meet federal eligibility criteria.

The Superintendent or designee shall recommend for Board approval a plan that ensures that students eligible to receive free or reduced-price meals and milk are not treated differently from other students or easily identified by their peers.

Upon approval of the Board, this plan shall be submitted to the California Department of Education for approval.

### OTHER FOOD SALES

The Governing Board shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

The Superintendent or designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations.

No foods of minimal nutritional value shall be sold on school premises during the school day (as defined as one half hour before the official school day begins until one half hour after the official school day ends, or during before and after-school programs).

## Anderson Valley Unified School District Wellness Plan

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale and meet the restrictions explained in the AVUSD Wellness Policy.

Food sales are prohibited during school hours, and within one-half hour before or after school hours, unless the organization is legally organized as a nonpartisan, charitable organization, the purpose of the solicitation has been approved in accordance with Governing Board policy.

The Superintendent or designee shall ensure that all food and beverages outside of the Child Nutrition Services program meets basic nutrition standards:

1. Non-nutritious foods or food containing caffeine, including but not limited to candy, sodas, donuts, beverages and chewing gum, cannot be sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends, or during the after-school programs).
2. The District should encourage fundraisers that reflect our commitment to student health. Fundraisers such as the sale of non-food items, nutritious food items, and physical activity events are strongly encouraged.

### Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program

In any school participating in the National School Lunch or Breakfast Program, student organizations may sell food items in accordance with 5 CCR 15500-15501. The specific nutritious food item shall be approved by the Superintendent or designee and, if sold during the regular school day, shall not be a food item prepared on school premises or sold in the food service program at school during that day.

## PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district.

The Board desires to provide a K- 12 physical education program, which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The Board shall approve the components of the K- 12 physical education program, aligned with the state physical education standards.

Physical education staff shall take special care to ensure that excessive physical exertion is not required of students who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these students.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, or other inclement conditions.

## Anderson Valley Unified School District Wellness Plan

Physical education staff shall have similar teacher-student ratios and meet the state requirements for teaching physical education.

With the consent of the student, the Superintendent or designee may grant temporary exemption from physical education under either of the following conditions:

1. A student is enrolled for one-half time or less,
2. A student is ill or injured and a modified program to meet his/her needs cannot be provided.

The Superintendent or designee may grant permanent exemptions from physical education for a student who is either:

1. Age 16 years or older and has been in grade 10 for one or more academic years,
2. Enrolled as a postgraduate student,
3. Enrolled in a juvenile home, ranch, camp or forestry camp school with recreation and exercise scheduled.

The Superintendent or designee may exempt students with their consent, from any two years of physical education courses during grades 10 through 12 pursuant to Education Code 51241, provided the student has passed the physical education performance test administered in grade 9 pursuant to Education Code 60800.

The Superintendent or designee may exempt a high school student from physical education if he/she is engaged in a regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours.

Instruction in physical education shall be provided for a total period of time of not less than 150 minutes each 10 school days for students in 1 through 6 and not less than 400 minutes each 10 school days for students in grades 7 through 12.

During the month of February, April or May, students in grades 5, 7, and 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit.

In order to ensure that students engage in healthful levels of vigorous physical activity:

1. Schools shall establish specific learning goals and objectives for physical education. A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to become and remain physically active throughout their lives.
2. As part of the district's health goals, students should be encouraged to dress-out for PE classes and shower prior to returning to their regular classes,
3. The existing physical education requirements should be monitored and enforced,
4. Professional development opportunities for physical education should be available to teachers and administrators,
5. Expanded opportunities for lunchtime, and daily after school physical activity for students shall be developed and encouraged for staff along with other strategies to support employee wellness when possible. Using the **Comprehensive School Physical Activity Program (CSPAP)**, the staff will strive to use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. This would include

## Anderson Valley Unified School District Wellness Plan

three recess opportunities offered to K-6<sup>th</sup> students, and a morning and lunch break available for 7 – 12<sup>th</sup> graders along with in-class physical activity breaks with staff modeling physical activity and using physical activity as a reward when possible.

6. Teachers and other school personnel **will not** use physical activity (e.g., running laps, push ups) as punishment.
7. Exemptions for high school PE classes must meet the specified criteria. Students participating in non-school programs in physical activity must demonstrate in their written application to the District that the program is:
  - a. in accordance with the stated goals in physical education
  - b. conducted for a minimum of 400 minutes for each 10-day period.

### Safe Routes to School Program

The Board of Trustees recognizes that walking, bicycling, and other forms of active transport to school promote students' and staffs' physical activity and reduce vehicle traffic and air pollution in the vicinity of schools. As part of the District's coordinated approach to supporting student wellness and safety and enhancing student learning, the Superintendent or designee shall develop and implement strategies to establish and promote safe routes to school program activities.

The Superintendent or designee may identify a program coordinator or establish district and/or school site committees to oversee and coordinate related activities.

The Superintendent or designee may collaborate with local public works and public safety departments, transportation agencies, other city and county agencies, school staff, students, parents/guardians and parent organizations, health organizations, community organizations, and/or businesses in the development, implementation, and evaluation of strategies.

Strategies shall be based on the grade levels of the students and an assessment of the conditions and needs of each school and the surrounding neighborhoods.

The Superintendent or designee shall explore the availability of grant funds and other sources of funding to support related projects and activities.

The Superintendent or designee shall periodically report to the Board on the implementation of program activities and progress toward program goals. Such reports may include, but not be limited to, levels of participation in promotional and educational activities, survey results of parent/guardian attitudes about allowing their child to walk or bicycle to school, tallies of the numbers of students and staff using various modes of travel to and from school and how these numbers have changed over time, records of student attendance and on-time arrival, and injury data within the school and/or district attendance boundaries.

### Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432) The district wellness policy and progress reports can be found at:  
<https://avpanthers.org/avusd/administrative/wellness-committee>

Each school may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)



## Anderson Valley Unified School District Wellness Plan

The nutritional information for school meals (e.g. calories, saturated fat, sodium, sugar, carbs) shall be available to students and parents at each site and online.

### Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District 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

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC 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. The District 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. The District 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. The District 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 important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## Wellness Committee Goals 2022-2023

### *Food Service:*

- *Support the Cafeteria Manager in her new position:*
- *Increase fresh foods and locally prepared foods:* Use the fresh food funds to purchase local produce for the salad bars and Harvest of the Month, write grants for additional salad bar,

## Anderson Valley Unified School District Wellness Plan

- *Increase the number of students participating in the food service program:* analyze which meals are most popular and offer more frequently, make the monthly menus easily accessible, advertising/publicizing the popular meals,
- *Operate a fiscally and ecologically responsible program:* analyzing the cost of each meal, reducing/composting food waste, and make an effort to recycle all possible waste.

### ***Activities and Healthy Living:***

- *Support for Mental/Emotional/Social Health:* The KeyStone Counseling program was used during the 2022 summer and will be offered during the 2022-23 school year offering activities and counseling support for students, along with two counselors at 7-12, PIP and 2<sup>nd</sup> Step for K-6, encourage students' volunteer options, offering additional clubs and activities before school, during lunch and afterschool;
- *Support for Physical Activity:* offer opportunities before, during and after school to students to participate in a variety of physical activities that include staff, parents and families and community members;
- *Improve AVUSD Garden-based Nutrition Education:* offer a nutrition program that includes the garden and the food service program;
- *Increase Communication to Parents, Students, Staff and Community:* Use a variety of means (Parent Square, the district webpage, AVES Yellow Folders, local papers and social media) to recruit parents and community members to participate in the district: support/tutor/teach crafts, hobbies, attend events/games, encourage intergenerational connections. Share and review the Wellness Plan and policies with staff and parents, including limiting birthday or other celebrations with food to once a month following Smart Snack standards;
- *Implement a Blue Zones Project Activity:* Get feedback from staff and parents on their desired activities;
- *Collect data on how healthy AVUSD students are:* Annually administer the California Healthy Kids Survey (CHKS) to 5<sup>th</sup> through 12<sup>th</sup> graders.

Complete the State Wellness Policy Compliance Review by 6/25 (Link to AVUSD Wellness Policy: [https://docs.google.com/document/d/1\\_EvzNyGF17O2iwEEQspIqSqsM90brtjP/edit?usp=sharing&oid=113282091756787477739&rtpof=true&sd=true](https://docs.google.com/document/d/1_EvzNyGF17O2iwEEQspIqSqsM90brtjP/edit?usp=sharing&oid=113282091756787477739&rtpof=true&sd=true))

**Anderson Valley Unified School District Wellness Plan**

| <b>Assessment of Wellness Policy Implementation 2021-2022</b> |  |                            |  |   |
|---|--|----------------------------|--|---|
| <b>GRADE</b>  | <b>Nutrition Education</b>   | <b>Physical Education</b>  | <b>Health/ATOD</b>                               | Results of the 2018-19 State Physical Fitness Test<br>HFZ=healthy fitness zone  |
| <b>Kindergarten</b>   | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 36 lessons                         |   |
| <b>First</b>  | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons                         |   |
| <b>Second</b>   | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons                         |   |
| <b>Third</b>  | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons Human body/skeleton     |   |
| <b>Fourth</b>   | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons                         |   |
| <b>Fifth</b>  | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons                         | 51.3% aerobic<br>61.5% body comp/flexibility<br>46.2% ab strength<br>100% trunk strength<br>23% upper body<br>53.8% flexibility |
| <b>Sixth</b>  | 30 min monthly Nutri/garden activity<br>- 5 min monthly fruit/veg tasting/nutritional info           | 150 minutes weekly         | Second Step – 18 lessons                         |   |
| <b>Seventh</b>  | Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info                        | 255 minutes weekly         |  | 95% aerobic<br>47.5%body comp<br>97.5% ab strength<br>92.5% trunk<br>57.5%upper body strength<br>87.5% flexibility              |
| <b>Eighth</b>   | Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info                        | 255 minutes weekly         | AV Health Clinic's Health educators<br>ATOD info |   |
| <b>Ninth</b>  | Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info                        | 3 periods of HS PE offered |  | 70% aerobic<br>66.7%body comp<br>86.7% ab strength<br>73.3% trunk strength<br>53.3% upper bod<br>96.7% flexibility              |
| <b>Tenth</b>  | 1 semester – Health<br>Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info | 3 periods of HS PE offered | Health Book                                      |   |
| <b>Eleventh</b>   | Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info                        | 3 periods of HS PE offered |  |   |
| <b>Twelfth</b>  | Ag class - Nutrition info<br>5 min monthly fruit/veg tasting/nutritional info                        | 3 periods of HS PE offered | AV Health Clinic's Health educators<br>ATOD info |   |

The daily meals are analyzed and posted with the nutritional content in the cafeteria and online on the district's web page. There were 0 exemptions for PE in the district last year.