



Wellness Committee Meeting Agenda

Date: Wednesday, October 4, 2017

Time: 1:45 p.m.-3:00 p.m.

Location: District Office Board Room

Wellness Committee Members:

WESD SFA Authority	Catherine Moura
WESD Board Members:	Carolyn Dixon Stan Greenberg
WESD District Office Staff:	Adam Schaible, Superintendent Janice Webb, Administrative Assistant
WESD Administrators:	Lori Pola Hoard, Robert L. Stevens School Principal Corina Rice, J.X. Wilson School Principal Michael Waters, Wright Charter School Principal
WESD Teachers:	Rochelle Anderson, Robert L.S. Stevens School Teacher Laura Drake, Robert L. Stevens School Teacher Kelly Schuetz, J.X. Wilson School Teacher Erin Gomez, Wright Charter School Teacher
WESD Physical Education:	Bailey Tucker
WESD School Nurse:	Geri Ott
WESD CSEA Representative:	Lori Olsen Oliver
WESD Cafeteria Staff:	Melanie Gabriel, Cook, Wright Charter School Teri Heskett, Cook, J.X. Wilson School Charity McFarland, Assistant Cook, J.X. Wilson School Katie Gomez, Cook, Wright Charter School
WESD Parent:	Anne-Marie Donegan, Parent Representative
WESD Student Representatives:	(TBD) J.X. Wilson School Kimberly Camacho, Student Council President, R.L. Stevens School Hy Ly, 8 th grade student, Wright Charter School Said Noriega, 8 th grade student, Wright Charter School
Community Members:	Sarah Hadler, Program Manager, Safe Routes to School Tina Panza, Director, Safe Routes to School Olivia Brown, CalSERVES Cool School Site Supervisor Melissa Moore, Expanded Learning Manager (Regional), CalSERVES Leslie Corral, CalSERVES Cool School Site Supervisor

1. Opening:

- a. Welcome and Introductions

2. Meeting Facilitation:

- a. Facilitator: Adam Schaible
- b. Secretary: Janice Webb
- c. Food Services Director: Cathy Moura



3. Reports and Discussion:

- a. Report on results of WellSAT:2.0 Wellness School Assessment Tool Adam Schaible
- b. Wellness Plan goals (LEAs must review and consider evidence-based strategies): Adam Schaible

4. Handouts:

- a. WESD's WellSAT Scorecard Results
- b. Revised pages from Wellness Plan on Physical Education and Nutrition:
 - Table of Contents
 - Restricting Food and Beverage Marketing in Schools (p. 10)
 - Revised Resources pages from Wellness Policy on Physical Education and Nutrition:
 - Food Marketing to Children
 - Final Rule for Local School Wellness Policies, Action Steps for School Year 2017-18
- c. Memorandum regarding advertising food related fundraisers

5. Next Meeting:

- a. Date: Wednesday, December 13, 2017
- Time: 1:45 pm – 3:00 pm
- Location: Wright Charter School Staff Room

6. Meeting Adjournment: 3:00 p.m.



Wellness Committee Meeting

Sign In Sheet

Date: Wednesday, October 4, 2017

Time: 1:45-3:00 p.m.

Location: District Office Board Room

- 1. Janice Webb
- 2. Adam Schraible
- 3. Quetzal Gomez
- 4. Teri Hestert
- 5. Laura Drake
- 6. RM Anderson
- 7. Melanne Gale
- 8. MELISSA MOORE, CalServes Prog. Mgr.
- 9. Leslie Corral Cisneros, CalServes
- 10. Olivia Brown, Cool School LCORRAL@NAPACOE.ORG
- 11. Cathy Morra
- 12. Teri Ott R.N.
- 13. Charity McFurber
- 14. Jan Stenberg
- 15. Kimberly Camacho
- 16. Jim Paul Hoard
- 17. Hy Ly
- 18. Said Noriega
- 19. Tina Panza / SCBC SRTS
- 20.
- 21.



Wellness Committee Meeting Minutes

Date: Wednesday, October 4, 2017
Time: 1:45 p.m.-3:00 p.m.
Location: District Office Board Room

Wellness Committee Members:

- WESD SFA Authority: Catherine Moura ✓
- WESD Board Members: Carolyn Dixon (absent)
Stan Greenberg ✓
- WESD District Office Staff: Adam Schaible, Superintendent ✓
Janice Webb, Administrative Assistant ✓
- WESD Administrators: Lori Pola Hoard, Robert L. Stevens School Principal ✓
Corina Rice, J.X. Wilson School Principal ✓
Michael Waters, Wright Charter School Principal ✓
- WESD Teachers: Rochelle Anderson, Robert L.S. Stevens School Teacher ✓
Laura Drake, Robert L. Stevens School Teacher ✓
Kelly Schuetz, J.X. Wilson School Teacher (absent)
Erin Gomez, Wright Charter School Teacher (absent)
- WESD Physical Education: Bailey Tucker (absent)
- WESD School Nurse: Geri Ott ✓
- WESD CSEA Representative: Lori Olsen Oliver (absent)
- WESD Cafeteria Staff: Melanie Gabriel, Cook, Wright Charter School ✓
Teri Heskett, Cook, J.X. Wilson School ✓
Charity McFarland, Assistant Cook, J.X. Wilson School ✓
Katie Gomez, Cook, Wright Charter School ✓
- WESD Parent: Anne-Marie Donegan, Parent Representative (absent)
- WESD Student Representatives: (TBD) J.X. Wilson School
Kimberly Camacho, Student Council President, R.L. Stevens ✓
Hy Ly, 8th grade student, Wright Charter School ✓
Said Noriega, 8th grade student, Wright Charter School ✓
- Community Members: Sarah Hadler, Program Manager, Safe Routes to School (absent)
Tina Panza, Director, Safe Routes to School ✓
Olivia Brown, CalSERVES Cool School Program Site Supervisor ✓
Melissa Moore, Expanded Learning Manager (Regional), CalSERVES ✓
Leslie Corral, CalSERVES Cool School Site Supervisor ✓

1. Opening:

- a. Welcome and Introductions

2. Meeting Facilitation:

- a. Facilitator: Adam Schaible
- b. Secretary: Janice Webb
- c. Food Services Director: Cathy Moura

3. Reports and Discussion:

- a. Report on results of WellSAT:2.0 Wellness School Assessment Tool Adam Schaible

The WellSAT:2.0 is an assessment tool to provide a standard method for the assessment of our district Wellness Policy that is required because our district participates in the National School Lunch Program. This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies. Superintendent Schaible completed the WellSAT:2.0 Wellness School Assessment Tool Scorecard in July 2017. This scorecard contains details of how our district scored on each item and section of the assessment and provides resources that will help us improve our district’s school wellness policy.



Superintendent Schaible explained that the school wellness policies are evaluated based on the degree to which they address 96 items, which are categorized into seven sections. The Wellness Policy statements are rated as follows: “0” are items not addressed in the policy; “1” equals weak statement; and “2” equals meets/exceeds expectations. Committee members brainstormed ideas to improve the “0” items that are not being addressed so they can become incorporated into the revised Wellness Policy.

Listed below are committee members’ suggested comments to improve the “0” rated items for implementation into our current Wellness Policy. Zero “0” rated items were found in Sections 2, 3, 4, 5 and 6.

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Item No.	Statement	Committee Recommendations
SM6	Specifies strategies to increase participation in school meal programs	<ul style="list-style-type: none"> • Develop specific strategies to increase participation in school meal programs • Develop strategies to increase participation – make a list of what kids don’t like • Student interests/likes needs to be added into the policy • Create student survey on interests • Communicate about the nutritional value of the food • Ideas to promote menus (e.g., Poster Contests - use examples such as alternative birthday party ideas/snacks) • Increase participation in meal program. How do we promote participation in the food program (e.g. purchasing and maximizing the eating of it)? Look at participation in a wider sense (portion control). Are kids eating it; return table – are kids putting things back) • Need more education • Provide meal program packets during orientation • Provide opportunity for activity as a reward
SM12	Specifies how families are provided information about determining eligibility for free/reduced priced meals	<ul style="list-style-type: none"> • How are parents informed about free meals?

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Item No.	Statement	Committee Recommendations
NS6	Addresses nutrition standards for all BEVERAGES sold to student during the EXTENDED school day (includes regular school day plus after school programming and clubs)	<ul style="list-style-type: none"> • Substitute the word “distribute” for “sold” • “Sold” vs. “Free” • Cool School; school dances; PTC events; Movie Night • Nutrition standards of drinks



Section 4. Physical Education and Physical Activity

Item No.	Statement	Committee Recommendations
PEPA 8,9,10, 11,*12, *20		
PEPA9/A11	Addresses Physical Education waiver requirements for K-12 (e.g., substituting physical education requirement with other activities)	<ul style="list-style-type: none"> All/Exemptions (e.g., cheer class/traveling volleyball waiver) Does NOT need to be in Wellness Policy
PEPA11	Addresses Physical Education substitution requirements for K-12 (e.g., substituting physical education requirement with other activities)	<ul style="list-style-type: none"> Addresses P.E. education substitution (for hurt kids) Does NOT need to be in Wellness Policy
PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) Policy at each school.	<ul style="list-style-type: none"> Comprehensive school physical activity program
PEPA19	District provides physical activity training for all teachers.	<ul style="list-style-type: none"> Physical activity training for all teachers
PEPA20	Joint or shared-use agreements for physical activity participation at all schools	<ul style="list-style-type: none"> Joint Agreement (does NOT apply to us) Bike events at school (outside organizations do not have space to do this) Add this into policy

Section 5. Wellness Promotion and Marketing

Item No.	Statement	Committee Recommendations
WPM1	Encourages staff to model healthy eating/drinking behaviors	<ul style="list-style-type: none"> Add to policy. Encourage staff to model healthy eating/drinking behaviors
WPM2	Addresses staff not modeling unhealthy eating/drinking behaviors	<ul style="list-style-type: none"> Add to policy to discourage staff from modeling unhealthy food/drink in class or in front of students Advise staff modeling in personal practice Add “encourage” good and “discourage” bad
WPM5	Addresses using physical activity as reward	<ul style="list-style-type: none"> Opportunity for activity as reward Special treats for P.E. (e.g., teach them a fun new game such as Chinese Jump rope; walking breaks)
WPM10	Specifies that family wellness activities will be planned and will include nutrition and physical activity components	<ul style="list-style-type: none"> Connectivity school/home Use Math Night/Parent Night to promote healthy foods for family wellness activities at home. Serve healthy snacks; provide extra food as well and food for families to take home; have cake walks Have ‘Safe Routes to School’ staff come and talk

Section 6. Implementation, Evaluation & Communication

Item No.	Statement	Committee Recommendations
IEC5	Addresses annual assessment of school wellness policy implementation/progress toward wellness goals.	<ul style="list-style-type: none"> Not previously addressed in Wellness Policy



Other follow-up items for incorporation into revised Wellness Policy:

- Chocolate milk day is currently once per week. Students take/eat more on chocolate milk day. We serve fat free/cane sugar chocolate milk. Possibly offer more than one chocolate milk day.
- Juice (resume giving juice; sugar in absence of fiber)
- Donate uneaten food that students leave on their trays but don't eat (new California law allows schools to donate leftovers)
- Student Survey
- Breakfast food items
- Active Recess with Sonoma State (address this in our policy)
- Center for Well Being – address this in our policy
- Harvest of the Month (education goes along with monthly food items). We currently do not have a grant for Harvest of the Month (Wright Charter purchased this in SY 2016-17)
- Taste testing
- Students are tired of eating pizza
- Students loved the fettuccini alfredo
- Fundraisers
 - Gift wrap fundraiser
 - Take page out that addresses food

b. Wellness Policy goals (LEAs must review and consider evidence-based strategies):

Adam Schaible

After committee members provided input for improving the “0” rated scoreboard items, Superintendent Schaible said that he will revise the specific committee comments and bring them back to December 13th Wellness Committee meeting for implementation of the updates to the District Wellness Policy.

4. Handouts:

- a. WESD's WellSAT Scorecard Results
- b. Revised pages from Wellness Policy on Physical Education and Nutrition:
 - Table of Contents
 - Restricting Food and Beverage Marketing in Schools (p. 10)
 - Revised Resources pages from Wellness Policy on Physical Education and Nutrition:
 - Food Marketing to Children
 - Final Rule for Local School Wellness Policies, Action Steps for School Year 2017-18
- c. Memorandum regarding advertising food related fundraisers. AS sent memo to principals in August. We addressed this. Students can't carry home cookie dough flyer (JXW lost \$6,000 last year). This greatly reduced fundraiser. Big impact school-wide on sales revenue.

5. Next Meeting:

- a. Date: Dec. 13, 2017
- b. Time: 1:45 pm-3:00 pm
Location: Wright Charter School Staff Room

6. Agenda topics for next meeting:

- a. Superintendent Schaible's follow-up from committee members comments.
- b. Student Survey – get student feedback (provide students with a list of the foods we serve for their response. Cathy Moura will request the assistance of the three site student councils in the development and execution of the survey.
- c. Maas Anderson's math class can score surveys to tally up percentages.
- d. Cathy to provide entrée list.
- e. Cathy to provide update about how the breakfast program is looking.

7. Meeting Adjournment: 3:00 p.m.

Wright Elementary School District

WELLNESS PLAN ON PHYSICAL EDUCATION AND NUTRITION



Board Approved: April 16, 2015

Revised October 4, 2017

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- On school grounds, if sales occur 30 minutes after the end of school day.

Schools will also encourage fundraising activities that promote physical activity:

- All fundraising involving food on campus MUST meet strict state and federal laws. Check with the Food Services Manager prior to selling food during the school day; and
- All fundraising involving the direct solicitation by students regardless of where or when, such as catalogue sales, must be non-food items or if food, it must meet the same guidelines as food sold on campus, with one annual exception per school site.

Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included. The district will allow one cookie dough fundraiser per year at each site.

Restricting Food and Beverage Marketing in Schools

Under the USDA's final rule on wellness policies, only foods and beverages that meet the Smart Snacks standards may be marketed on school campuses. Wright Elementary School District prohibits on-campus marketing during the school day of foods and beverages that fail to meet the Smart Snacks standards.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

Timeframe When Compliant Foods and beverages are Allowed to be Sold

California Education Code §49430[l] now includes the stricter federal requirement when only compliant items can be sold. Only compliant items can be sold to students, on school campus, from midnight before to 30 minutes after the end of the official school day.

Elementary School - Student Organizations (Reference: California Code of Regulations Section 15500)

Student organization sales must meet all of the following:

- Only one food or beverage item per sale.
- The food or beverage item must be pre-approved by the governing board of the school district.
- The sale must occur after the lunch period has ended.
- The food or beverage item cannot be prepared on campus.
- Each school is allowed four sales per year.

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, www.emc.cmich.edu/brainbreaks; and
- *Energizers*, East Carolina University, www.ncpe4me.com/energizers.html.

Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, www.cspinet.org/pesteringparents; and
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, www.foodstandards.gov.uk/multimedia/pctfs/foodpromotiontochildren.pdf;
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <http://whglibdoc.who.int/publications/2004/9241591579.pdf>;
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>; and
- *Commercial Activities in Schools*, U.S. General Accounting Office, www.gao.gov/new.items/d04810.pdf.
- ***California Education Code §49430(l)***
- ***U.S. Department of Agriculture Food and Nutrition Service. Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010. Regulatory Impact Analysis. Alexandria, CA; 2016 at <https://www.regulations.gov/docket?D=FNS-2014-0010>***
- ***Board Policy 5030: Student Wellness, Wright Elementary School District, revised 02/16/17***
- ***Local School Wellness Policy Final Rule, Nutrition Services Division Management Bulletin, SNP-20-2016, November 2016 at <http://www.fns.usda.gov/school-meals/fr-072916c>***

Eating Disorders

- Academy for Eating Disorders, www.aedweb.org;
- National Eating Disorders Association, www.nationaleatingdisorders.org; and
- Eating Disorders Coalition, www.eatingdisorderscoalition.org.

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>;
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productid=726§ion=5>; and
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=S>.

Final Rule for Local School Wellness Policies, Action Steps for School Year 2017-18

- ***Review the FR and summary of the rule on the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) School Meals FR under the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) Web page at <http://www.fns.usda.gov/school-meals/fr-072916c>;***
- ***School Wellness Committee Guide developed by the California LSWP Collaborative located on the Dairy Council of California School Wellness Committee Guide, Dairy Council of California School Wellness LSWP Web page at <http://www.healthyeating.org/Schools/School-Wellness/School-Wellness-Policies.aspx>***
- ***Model LSWP policy template from the Alliance for a Healthier Generation, which is located on the Alliance for a Healthier Generation Take Action Schools Wellness Committees Policies Web page at <https://healthiergeneration.org/take-action/schools/wellness-committees-policies/>;***
- ***San Diego County Obesity Prevention Initiative Resources Policy Clearinghouse Web page for useful examples of policy language at <http://ourcommunityourkids.org/resources/policy-clearinghouse.aspx>;***
- ***School Health Index (SHI) as an assessment tool, Center for Disease Control and Prevention Web page at https://nccd.cdc.gov/DASH_SHI/default/Login.aspx;***
- ***USDA FNS Implementation Tools and Resources Web page at <http://www.fns.usda.gov/tn/implementation-tools-and-resources>;***
- ***CDE LSWP Web page at <http://www.cde.ca.gov/ls/nu/he/wellness.asp>;***
- ***California LSWP Collaborative Web page located on the Dairy Council of California School Wellness Web page at <http://www.healthyeating.org/Schools/School-Wellness.aspx>;***

- *School Wellness Policy Evaluation Tool – Rudd Center developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1 at www.uconnruddcenter.org/files/Pdfs/SchoolWellnessPolicyEvaluationTool.pdf;*
- *Wellness School Assessment Tool (WellSAT:2.0), Rudd Center at www.wellsat.org;*
- *Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule, USDA Food and Nutrition Service, United States Department of Agriculture (USDA) at <https://www.fns.usda.gov/tn/local-school-wellness-policy>.*



WRIGHT ELEMENTARY SCHOOL DISTRICT

4385 Price Avenue, Santa Rosa, CA 95407
Ph: (707) 542-0550 Fx: (707) 577-7962
www.wrightesd.org

Adam Schaible
Superintendent
aschaible@wrightesd.org

MEMO

To: Principals, Food Service Manager
From: Adam Schaible
Re: Advertising of After-Hours Fundraisers
Date: August 7, 2017

At the last District Wellness Committee (May 17, 2017) we reviewed the USDA's "Final Rule" regarding local Wellness Policies. One of the items that did not correspond with current Wright School District practice had to do with advertising (usually in the form of fliers or posters on campus) for fundraisers occurring after school.

In order to be in compliance with the USDA "Final Rule," each school is directed to seek alternative forms of communication, other than backpacks, when informing families of after-school fundraising activities that do not comply with our District Wellness Policy.

Examples of afterschool fundraisers this policy change may affect include Dine and Donates, Cookie Dough sales and other food-related fundraisers.

The bottom line as far as the "Final Rule" is concerned: If it's not allowed during the school day, it can't be advertised on campus – including fliers, posters and backpack deliveries.

Alternative forms of communication could include email, text-message, school websites or direct mail.