

## **STUDENT WELLNESS**

### **Policy of the Board of Education**

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, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

- (cf. BP 300.4 - Tobacco-Free Schools)
- (cf. BP 603.17 - Environmental Safety)
- (cf. BP 603.11 - Alcohol and Substance Abuse: Intervention)
- (cf. BP 603.10 - Alcohol and Substance Abuse Prevention)
- (cf. BP 300.54 - Tobacco)
- (cf. BP 500.45 - Infectious Disease Education)
- (cf. BP 500.12 - Health Examinations)
- (cf. BP 603.13 - Immunizations)
- (cf. BP 603.21 - Student Health and Social Services)
- (cf. BP 300.53 - Safety)
- (cf. BP 603.24 - Married/Pregnant/Parenting Students)
- (cf. BP 603.18 – Guidance Services)

### **School Health Advisory Council/Committee**

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, teachers, school food service professionals, school nurse, school administrators, Board representatives, and members of the public (Title 42 United States Code Section 1751).

The Superintendent or designee may appoint a school health advisory council or other committee consisting of representatives of the above groups. The council or committee may also include District administrators, health professionals, health educators, physical education teachers, counselors, and/or others interested in school health issues.

- (cf. BP 300.55 - Citizen Advisory Committees)

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### **Nutrition Education and Physical Activity Goals**

The school health council or committee shall assist with policy development and advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges include planning and implementing activities to promote health within the school or community.

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate (Title 42 United States Code Section 1751).

The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program in grades K-8, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

(cf. BP 400.53 - Physical Education)

(cf. BP 400.35 – Extracurricular/Co curricular Activities)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

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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 web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. BP 500.50 - District and School Web Sites)  
(cf. BP 400.36 - Parent Involvement)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. BP 300.18 - Advertising and Promotion)

### **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity (Title 42 United States Code Section 1751).

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. BP 1000.1 - Food Service and Nutrition Program Operations)  
(cf. BP 400.47 - Child Care and Development)

The Superintendent or designee shall encourage school organizations to use non-food items for fundraising purposes. Fundraising is to be supportive of the District's positive health message thereby demonstrating the District's commitment to promoting healthy behaviors to students, families and the community. Food or beverages meeting nutrition standards should be sold only after school has been dismissed at least one hour.

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The Superintendent or designee also shall direct school staff not to use non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior or to withhold food or beverages as punishment.

The Superintendent or designee shall encourage foods and beverages offered at school-sponsored events outside the day only if the nutritional standards for individually sold meals have been met.

District staff shall limit celebrations that involve food during the school day to two per year. Class parties or celebrations shall be held after the lunch period. School staff shall encourage 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 class parties. Class parties or celebrations shall be held after the lunch period when possible. Food items brought to school for celebrations/parties are to be commercially prepared and packaged. Foods prepared in a home may not be offered. Individual birthday celebrations involving food and beverages are not allowed.

### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to Title 42 United States Code Sections 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools (Title 42 United States Code Section 1751).

In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

(cf. BP 1000.3 - Free and Reduced Price Meals)

### **Program Implementation and Evaluation**

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's wellness policy (Title 42 United States Code Section 1751).

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The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy District-wide and at each District school. Each school in the District will complete the School Health Index (SHI) annually to provide assessment of the school's nutrition and physical activity procedures. The results of the SHI will be compiled by the School Health Advisory Council (SHAC) and needs will be identified and prioritized for the District. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

### **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 Section 49432).

### **Legal Reference:**

#### **EDUCATION CODE**

49430-49436	Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493	School breakfast and lunch programs
49500-49505	School meals
49510-49520	Nutrition
49530-49536	Child Nutrition Act
49540-49546	Child care food program
49547-49548.3	Comprehensive nutrition services
49550-49560	Meals for needy students
49565-49565.8	California Fresh Start pilot program
49570	National School Lunch Act
51222	Physical education
51223	Physical education, elementary schools

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#### **Legal Reference (Continued):**

#### **CODE OF REGULATIONS, TITLE 5**

15500-15501	Food sales by student organizations
15510	Mandatory meals for needy students
15530-15535	Nutrition education
15550-15565	School lunch and breakfast programs

#### **UNITED STATES CODE, TITLE 42**

1751-1769	National School Lunch Program, especially:
1751	Note Local wellness policy
1771-1791	Child Nutrition Act, including:
1773	School Breakfast Program
1779	Rules and regulations, Child Nutrition Act

#### **CODE OF FEDERAL REGULATIONS, TITLE 7**

210.1-210.31	National School Lunch Program
220.1-220.21	National School Breakfast Program

#### **Other References:**

Author. (January 2005). *Healthy Children Ready to Learn*. Sacramento, CA: California Department of Education.

Author. (2003). *Health Framework for California Public Schools, Kindergarten Through Grade Twelve*. Sacramento, CA: California Department of Education.

Author. (1994). *Physical Education Framework for California Public Schools, Kindergarten Through Grade 12*. Sacramento, CA: California Department of Education.

Author. (2004). *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools*. Atlanta, GA: Centers For Disease Control.

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

California Department of Education, Nutrition Services Division:  
<http://www.cde.ca.gov/ls/nu>

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#### **Other References (Continued):**

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity:

<http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture:

[http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

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