

## **Students**

### **Student Wellness**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program by promoting healthy eating and physical activity for District students. The superintendent or designee may support a coordinated school health program that 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.

To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information and/or the District's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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

The Board's policy related to student wellness may be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The superintendent or designee may support a school health council or other committee consisting of representatives of the above groups to advise the District on health-related issues, activities, policies, and programs. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues. At the discretion of the Superintendent or designee, the council's charges(s) may include the planning and implementation of activities to promote health within the school or community.

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

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.

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

Nutrition education shall be integrated into core academic subjects during school hours.

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### **Student Wellness (continued)**

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

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, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

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. The Board prohibits the marketing and advertising of non-nutritious foods and beverages.

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

For all foods available on each school site during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b).

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promotes optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students shall meet or exceed state and federal nutrition standards.

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

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 occasional class parties. Occasional class parties or celebrations shall be held after the lunch period whenever possible.

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### Student Wellness (continued)

#### 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 42 USC 1758 (f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

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 Program to the extent possible.

#### Program Implementation and Evaluation

The Superintendent shall designate at least one person within the District who is charged with operational responsibility for ensuring implementation of this policy.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U. S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators may be used:

1. Number of minutes of physical education instruction offered at each grade span
2. Results of the State's Physical Fitness Test
3. An analysis of the nutritional content of meals served based on a sample of menus
4. Student participation rates in school meal programs
5. Percentage of students participating in the Free and Reduced Lunch Program
6. Feedback from nutrition service personnel, school administrators, parents/guardians, students, teachers, and/or other appropriate persons
7. Any other indicators recommended by the superintendent and approved by the Board of Trustees

#### 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)

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### **Student Wellness (continued)**

The District's policies and regulations on nutrition and physical activity shall be posted on the District's website.

#### Legal Reference:

##### EDUCATION CODE

33350-33354 CDE Responsibilities Regarding Physical Education  
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001  
49490-49494 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  
49550-49561 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
49570 National School Lunch Act  
51210 Course of Study, Grades 1-6  
51220 Course of Study, Grades 7-12  
51222 Physical education  
51223 Physical education, elementary schools  
51795-51796.5 School Instructional Gardens  
51880-51921 Comprehensive Health Education

##### 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:  
1758b 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

##### COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal. App. 4<sup>th</sup> 781

**Students****Student Wellness (continued)**

## Management Resources:

## CSBA PUBLICATIONS

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and guide, 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Physical Education and California Schools, Policy Brief, revised October, 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource guide, rev. April 2006

School-based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

## CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

## CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

## CENTERS FOR DISEASE CONTROL PUBLICATIONS

Making It Happen: School Nutrition Success Stories, 2005

## NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)

## PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

## U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guideline for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School

Nutrition Environment: A Guide to Local Action, 2000

## WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

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

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

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

Center for Collaborative Solutions: <http://www.ccscenter.org>

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### Student Wellness (continued)

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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- (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: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

Policy Adopted: May 8, 2006

Policy Revised: June 18, 2012; October 15, 2012; April 23, 2018