

STUDENTS

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting lifelong healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. Efforts shall also be made by staff, parents/guardians and the community to support and reinforce a healthy lifestyle.

Student Wellness Committee

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. To fulfill this requirement, the Superintendent or designee may appoint a student wellness committee whose membership shall include representatives of these groups.

The committee may act as advisory body for the following duties and actions: Planning, implementation, and evaluation of activities to promote health within the school and/or community.

Goals for Nutrition, and Physical Activity, and Other Wellness Activities

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 content standards, 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 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before-and after-school programs. 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, free giveaways, or other means. All students 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 and/or recess and may also be provided through school athletic programs, extracurricular programs, before-and after-school 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 disseminate health information and/or the district's student wellness policy to parents/guardians, students, school district staff, and the community through district or school newsletters, handouts, parent/guardian meetings, district and school websites, and other communications. Outreach shall emphasize the relationship between student health and academic performance.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and—regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which 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 promote 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, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards. 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 and after-school snack programs, to the extent possible.

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. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Periodic Assessment, and Public Updates

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 and assessment results.

The Superintendent shall designate one or more district or school officials, as appropriate, to ensure that each school site complies with this policy.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. The assessment shall include 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.

The Board and the Superintendent or designee shall establish criteria that will be used to measure the implementation and progress toward attainment of policy goals. Such criteria may include, but not be limited to:

1. Documentation to support the district's provision of nutrition education and physical education, and the extent to which content aligns with state academic content standards.
2. Food and beverage compliance, i.e., with federal and state requirements.
3. Student involvement in planning menus or selecting foods/beverages for sale on campus.
4. Extent to which school organizations use healthy food items or non-food items for fundraising purposes.
5. Number of minutes of physical education offered at each grade span.
6. Efforts to promote nutrition, physical activity, and overall wellness throughout the district.

As feasible, the assessment report may include a comparison of results across multiple years and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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.

Legal Reference: California Education Code

33350-33354 CDE responsibilities re: 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
 49547-49548.3 Comprehensive nutrition services
 49550-49561 Meals for needy students
 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

California 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 Local wellness policy

1771-1791 Child Nutrition Act, especially:

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

220.1-220.23 National School Breakfast Program

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