

**STUDENT WELLNESS**

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 students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces healthy lifestyles 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.

**District Wellness Council**

The Board's policy related to student wellness shall be developed with the involvement of teachers, classified staff, health services staff, parents/guardians, students, school food service professionals, school and central administrators, Governing Board representatives, and members of the public. (42 USC 1751 Note)

The Superintendent or designee may appoint a District Wellness Council consisting of teachers, classified staff, District and site administrators, health professionals, school nurses, health educators, physical education teachers, teachers, classified staff, counselors, parents/guardians, students, food service professionals, Board representatives, and/or other community members interested in school health issues.

The District Wellness Council 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 may include planning and implementing 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 designed to promote student wellness in a manner the District determines appropriate.

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 standards, and designed to build the skills and knowledge all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of health education from early childhood through 8<sup>th</sup> grade and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students shall be provided opportunities to be physically active on a regular basis through moderate to vigorous physical activity during physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities. All students will be encouraged to participate in moderate to vigorous physical activities as appropriate.

**STUDENT WELLNESS**

Staff shall be encouraged to serve as positive role models. Opportunities for regular physical activity among employees will also be encouraged.

Professional development shall 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. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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

**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.

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

School organizations shall be encouraged to use healthy food items or non-food items for fundraising purposes. A list of non-food fundraisers will be provided to teachers, principals, and PTA.

Staff will be discouraged from using 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 student wellness by considering nutritional quality when selecting snacks for class parties and limiting foods or beverages that do not meet nutritional standards. Class parties or celebrations in elementary schools shall be held after the lunch period when possible. A list of party and celebration alternatives will be shared with staff and parents.

**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.

**STUDENT WELLNESS**

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. Schools shall participate in the National School Breakfast Program to the extent possible.

**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 charged with operational responsibility for ensuring implementation of the District's wellness policy.

Specific quality indicators used to measure the implementation of the policy District wide and at each school shall include:

1. Descriptions of the District's nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Type of exemptions granted from physical education
4. Results of the state's physical fitness tests
5. Analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs
8. Feedback for Child Nutrition Department personnel, school administrators, parents/guardians, students and other appropriate persons

A report on the implementation of this policy and any other Board policies related to nutrition and physical activity shall be provided to the Board at least every two years.

**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)

**STUDENT WELLNESS**

*Legal Reference:*

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
- 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:
- 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
- COURT DECISIONS
- Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781*