

Students

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 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. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1020 - Youth Services)

(cf. 3513.3 – Tobacco-Free Schools)

(cf. 3514 – Environmental Safety)

(cf. 5131.6 – Alcohol and Other Drugs)

(cf. 5131.61 – Drug Testing)

(cf. 5131.62 – Tobacco)

(cf. 5131.63 – Steroids)

(cf. 5141 – Health Care and Emergencies)

(cf. 5141.22 - Infectious Diseases)

(cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 – Guidance/Counseling Services)

I. District Wellness Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, teachers, 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. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee may appoint a District Wellness Committee or other district committee whose membership shall include representatives of these groups. He/she may also invite participation of other groups or individuals, such as health curriculum directors, counselors, before-and after-school program staff, health practitioners, partner agencies, and/or others interested in school health issues.

The District Wellness Committee shall advise the district 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 duties of the council's council/committee may include planning, implementation, and evaluating activities to promote health within the school or community.

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The Board shall adopt goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

(cf. 1220 – Citizen Advisory Committees)

(cf. 9140 – Board Representatives)

II. Nutrition Education

Content and Literacy

The district's nutrition education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards and shall be designed to build the skills and knowledge of all students to help them develop healthy behaviors. Programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services to achieve the competence to use such information and services in ways that are health enhancing. Nutrition education shall be provided as part of the health education program and, as appropriate, be provided as part of the instructional program in grades K-8 into core academic subjects (math, science, language arts, social sciences, and elective subjects), before-and-after school programs, summer learning programs, and other programs that enhance student health. The nutrition education programs shall include, but are not limited to information about the benefits of healthy eating for learning, disease prevention, media literacy, weight management, and oral health. Classroom nutrition education shall be linked to the overall school community through cafeteria-based nutrition promotion as well as parent/community outreach and engagement.

Educator Resources and Professional Development

Nutrition education resources and/or professional development shall be offered on a regular basis to credentialed staff, food and nutrition services staff, as well as other district staff as appropriate to enhance student health and wellness.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

(cf. 5148.2 - Before/After School Programs)

(cf. 6011 – Academic Standards)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 – Courses of Study)

(cf. 6177 - Summer Learning Programs)

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III. Physical Education and Physical Activity

Physical Education

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis at a rate that meets or exceeds the standards set in California Education Code. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, in-class physical activity breaks and other structured and unstructured activities.

Students in Adaptive Physical Education or Specially Designed Physical Education will engage in physical activities as identified on their Individual Education Plan.

Instructor Qualifications and Training

Physical education teachers and teaching assistants will use District adopted curriculum materials that adhere to California State Standards in the planning and implementation of physical education classes.

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

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment (aligning with PBIS model and strategies).

Recess, Breaks, and Extracurricular Activity

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity through the provision of space and equipment.

In addition to physical education, all schools will offer programs that encourage, verbally and/or through the provision of space, equipment, and supervision, daily periods of moderate to vigorous physical activity for all students. These types of programs include, but are not limited to, the following: Extracurricular physical activity clubs and school athletics, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities. This range of activities will meet the needs, interests, and abilities of all students, including girls, boys, students with disabilities, and students with special health-care needs.

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The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

IV. Nutrition 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. 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.

School 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. (42 USC 1758b)

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. When approved by the California Department of Education, the district may sponsor a summer meal program.

Nutrition Promotion and Outreach

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.

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

The Board prohibits 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.

The Food Services Department and schools shall provide communication regarding the nutrition content of meals. Nutrition education and promotion programs will be made available via menus, website, cafeteria menu boards, and other communication mediums, as appropriate.

Free and Reduced Price Meals

The Food and Nutrition Services Department and schools will make every effort to eliminate any social barriers attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Schools shall utilize electronic identifications and payment systems; apply for eligibility of programs that provide meals at no charge to all children, regardless of income; promote availability of school meals to all students; and/or use non-traditional methods of serving school meals. When approved by the California Department of Education, the district may sponsor a summer meal program.

Potable Water

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner. (42 USC 1758)

Qualifications of Food and Nutrition Services Staff and Training

Qualified nutrition professionals will administer the school meal program. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all school food service staff. Staff development programs should include appropriate training programs for child nutrition directors, school nutrition operation managers, nutritionists, cafeteria workers, and support staff, according to their levels of responsibility.

(cf. 1100 - Communication with the Public)

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

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(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)
(cf. 6020 - Parent Involvement)

V. Wellness Promotion and Food Marketing

Parent Engagement

The Superintendent or designee will offer health information and the district's student wellness policy to parents/guardians through district or school newsletters, school menus, handouts, district and school site parent/guardian meetings, district and school web sites, district-wide events, and other communications. Outreach to parents/guardians shall emphasize the relationship between healthy behaviors and academic performance.

Food Marketing

To reinforce the district's nutrition education program, the promotion of healthy foods, including fruits, vegetables, whole grains, water, and low-fat dairy products will be encouraged by teachers, school and district staff, and parents/guardians. 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.

Fundraising Activities

To support student health and school nutrition education efforts, school organizations will use non-food items, physical activity-themed events, or healthy food items as a primary form of fundraising. Schools will limit the use of food, especially of low-nutritional value for fundraising purposes, regardless of the time of day. The district/school will provide parents with resources that meet the district's snack standards and ideas for alternative fundraising activities.

Rewards and Celebrations

The Superintendent or designee shall encourage all staff to serve as positive role models for healthy eating and physical fitness. School staff shall not use food as a reward for students' academic performance, accomplishments, or classroom behavior. School staff shall promote student accomplishments with opportunities that support their social, emotional, physical, and academic development. The district/school will provide resources to schools that include non-food alternatives.

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School staff shall request that parents/guardians or other volunteers support the district's wellness goals by considering nutritional quality when selecting any food or beverages which may be donated for occasional classroom, snacks, or school-wide celebrations. Class or school celebrations shall be held after the lunch period whenever possible. The district/school will provide parents with resources that meet the district's snack standards as well as ideas for health enhancing celebrations/parties and rewards.

Health Services

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, including bullying on the basis of weight or health condition.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

Staff Wellness

The District highly values the health and well-being of every staff member and will encourage efforts that promote work-site wellness programs. Activities may include encouraging healthy eating, physical activity, and other elements of a healthy lifestyle among district/school employees. The Superintendent or designee shall encourage staff wellness to be a component of the overall goals of the District Wellness Committee.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 1230 - School-Connected Organizations)

(cf. 1325 - Advertising and Promotion)

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales) (cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

(cf. 6020 - Parent Involvement)

VI. Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one or more district or school employees, as appropriate, to ensure each school site complies with the district's wellness policy. (42 USC 17586)

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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. (42 use 1758b)

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements.
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records.
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program.
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards.
5. Results of the state's physical fitness test at applicable grade levels.
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity.
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program.
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.
9. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff and/or other appropriate persons.

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

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

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. (Education Code 49432) Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
38086 Accessible Drinking Water
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
49550-49561 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

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Legal Reference:

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, 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

Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
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
Physical Education and California Schools, Policy Brief, rev. October 2007
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
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

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

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Legal Reference:

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS
Dietary Guidelines for Americans, 2005
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.californiaprojeclean.org>
California School Nutrition Association: <http://www.calsna.org>
Center for Collaborative Solutions: <http://www.ccscenter.org>
Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>
Dairy Council of California: <http://www.dairycouncilofca.gov>
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 Food Nutrition Service, wellness policy:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy

Adopted: 9-7-06

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