

**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and academic achievement. Healthy, active, and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn. Moreover, the Governing Board believes that an integrated and coordinated school health program will result in school environments that promote and protect children's health, well being, and ability to learn.

*(cf. 0000 - Vision)*

*(cf. 0200 - Goals for the School District)*

*(cf. 3513.3 - Tobacco-Free Schools)*

*(cf. 3514 - Environmental Safety)*

*(cf. 5131.6 - Alcohol and Other Drugs)*

*(cf. 5131.62 - Tobacco)*

*(cf. 5131.63 - Steroids)*

*(cf. 5141 - Health Care and Emergencies)*

*(cf. 5141.23 - Infectious Disease Prevention)*

*(cf. 5141.3 - Health Examinations)*

*(cf. 5141.31 - Immunizations)*

*(cf. 5141.32 - Health Screening for School Entry)*

*(cf. 5141.6 - Student Health and Social Services)*

*(cf. 5142 - Safety)*

*(cf. 5146 - Married/Pregnant/Parenting Students)*

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

*(cf. 6164.2 - Guidance/Counseling Services)*

The Gilroy Unified School District Wellness Policy is based on the eight-component model of coordinated school health as described in the *Health Framework for California, Kindergarten Through Grade Twelve*.

These components are:

- Health Education/Dental Education
- Physical Education
- Nutrition Services
- Health Services
- A Safe and Healthy School Environment
- Parent and Community Involvement
- Health Promotion for Staff
- Psychological and Counseling Services

Representatives of the eight components of coordinated health shall be involved in the development of the Board's policy related to student wellness. These include parents/guardians, school Child Nutrition Department professionals, school

## STUDENT WELLNESS

administrators, members of the school board, school nurses, health and physical educators, other teachers and/or-community members interested in school health issues. (42 USC 1751 Note)

(*cf.* 1220 - *Citizen Advisory Committees*)

(*cf.* 9140 - *Board Representatives*)

The Governing Board recognizes that health habits are often established in childhood and is committed to the promotion of healthy eating, increased physical activity, and positive lifestyle practices in schools. The Governing Board also recognizes that the Gilroy Unified School District, and school districts throughout the country, are facing significant fiscal and scheduling constraints. Decisions regarding the allocation of resources to implement the Student Wellness Policy will be made in the context of all the district's goals and will be determined by available resources. Efforts will be made to engage the community in the successful implementation of the Wellness Policy and to seek out funds from additional sources, including grants and contributions from the private sector.

### COMPONENT ONE: HEALTH EDUCATION

The ultimate goal of health education is to foster and promote health literacy for students. The four unifying ideas of health literacy as described in the *California Health Framework* are:

- Acceptance of personal responsibility
- Respect for and promotion of the health of others
- An understanding of the process of growth and development
- Informed use of health-related information, products, and services

#### Goals

The district ensures that there is adequate and appropriate curriculum material for all grade levels.

Schools provide health education that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health as described in the *California Health Framework*;
- includes nutrition education;
- is part of not only health education classes, but also classroom instruction, when possible, in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

## STUDENT WELLNESS

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- includes the importance of oral health;
- includes content on teen pregnancy prevention and sexually transmitted diseases; (BP 514.22 Infectious diseases)
- includes the influence of culture, media, technology, and other factors on decisions related to nutrition, physical activity, and lifestyle choices;
- explores the various food, agriculture, and nutrition-related careers as vocational options;
- includes training for teachers and staff when necessary.

*(cf. 6010 - Goals and Objectives)*

*(cf. 6011 - Academic Standards)*

*(cf. 6143 - Courses of Study)*

*(cf. 6142.8 - Comprehensive Health Education)*

## COMPONENT TWO: PHYSICAL EDUCATION

Schools should provide all students in kindergarten through grade twelve (K-12) the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

### Physical Education

**Physical education** is a planned sequential program of curricula and instruction that helps students develop the skills, and confidence necessary for an active lifestyle.

- All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated. (*CA Education Code 51210, 51222, and 51223*):
  - A minimum of 200 minutes for every 10 school days for students in Grades 1-6
  - A minimum of 400 minutes for every 10 school days for students in Grades 7-12
- Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (*EC Section 51241*)

## STUDENT WELLNESS

- Instruction in physical education should be based on the physical education content standards and should include the following:
  1. Full inclusion of all students
  2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity
  3. Maximum participation and ample practice opportunities for class activities
  4. Well-designed lessons that facilitate student learning
  5. Homework assignments that support learning and the practice of learned skills
  6. Appropriate discipline and class management
  7. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
  8. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being
  9. Development of cognitive concepts about motor skill and fitness
- High school physical education course content will include each of the following areas:
  1. Effects of physical activity on dynamic health;
  2. Mechanics of body movement;
  3. Aquatics;
  4. Gymnastics and tumbling;
  5. Individual and dual sports;
  6. Rhythm and dance;
  7. Team sports;
  8. Combatives.

*(California Code of Regulations, Title 5, Section 10060)*
- Physical education curriculum will include nutrition education as outlined in the physical education content standards.
- Class size is consistent with the requirements of good instruction and safety. *(CCR, Title 5, Section 10060)*
- School districts will administer a physical fitness test annually to all students in grades five, seven and nine during the months of February, March, April, or May. *(EC Section 60800)*
- Students will receive their individual fitness test results upon completing the test. The test results may be provided orally as the pupil completes the testing. *(EC Section 60800)*
- Each student's physical fitness test results will be sent to parents and guardians.
- In addition to the required physical fitness test, assessment of student learning and accurate reporting of progress should be an ongoing process in physical education.

## STUDENT WELLNESS

### Goals

The CDE's 2004 *Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade Twelve* outlines the essential skills and knowledge that all students need for maintaining a physically active lifestyle.

The five overarching standards (K-8) state that students should:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.

The three overarching standards (9-12) state that students should:

1. Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
2. Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

### Policy

- A teacher credentialed to teach physical education delivers physical education instruction. A credentialed teacher will deliver physical education instruction.
- The state fitness test results for grades 5, 7, and 9 will be analyzed annually, and goals will be established.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports, marching band, drill team, etc.) should not be substituted for meeting the physical education requirement.
- Teachers and other school and community personnel will not use physical education or physical activity as punishment and will work together to establish appropriate guidelines.

### Goals

- Teachers assigned to deliver physical education instruction should receive on an annual basis focused, on-going professional development related to curriculum, instruction, and assessment in physical education.
- The District will provide sufficient on-site storage to house physical education equipment and materials.

## STUDENT WELLNESS

- The District will establish a Physical Education Committee that will consist of at least one district administrator, one representative of the elementary physical education teachers, and one representative of the physical education teachers from each middle school and high school site. This committee shall work with the District to:
  1. identify basic equipment and instructional needs to effectively deliver the physical education curriculum;
  2. research sources of funding and grants to support the physical education curriculum needs;
  3. promote respect for physical education as a subject matter critical to a student's educational experience;
  4. schedule physical education classes so that class size is kept to a manageable level and is consistent with the requirements of good instruction and safety (*CCR, Title 5, Section 10060*);
  5. schedule the fitness tests at times that work best for the schools, students, and the physical education staff.

*(cf. 6142.7 - Physical Education)*

*(cf. 6145 - Extracurricular and Co curricular Activities)*

*(cf. 6145.2 - Athletic Competition)*

*(cf. 4131- Staff Development)*

*(cf. 4331- Staff Development)*

### **Physical Activity**

*Physical activity* refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine.

### Daily Recess

#### Policy

- All elementary school students should have daily supervised recess, preferably outdoors, during which schools should encourage moderate-to-vigorous physical activity, including the provision of space and equipment.
- School staff will not use physical activity as a punishment. ( e.g .requiring students to run laps or do push-ups)
- School staff will not withhold recess as a punishment-

### Integrating Physical Activity into the Classroom

- Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, schools should give student periodic breaks during which they are encouraged to stand and be moderately active.

## **STUDENT WELLNESS**

### Goal

- There is adequate physical activity equipment for students to use during recess (e.g. jump ropes, hula hoops, balls, etc.)

### Opportunities for Physical Activity Before and After School

#### Policy

- After-school programs will provide daily period of moderate to vigorous physical activity for all participants.
- School facilities and open spaces will be made available to community agencies and organizations that offer physical activity and nutrition programs.

#### Goals

- Elementary, middle and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. High schools and middle schools should offer interscholastic sports programs, as appropriate.
- The school district should continue to explore and assess students' ability to safely walk and bike to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school. The school district should explore the availability of federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements.

### Student Safety During Physical Activity

#### Policy

- The school/district will establish rules and procedures concerning safety for students and staff and assign responsibility for these rules and procedures appropriately.
- The school/district will ensure that students and staff have access to appropriate hydration (e.g., water or other fluids).
- The school/district, in conjunction with a credentialed school nurse, will develop an emergency response system to expedite aid to students and/or staff who are injured or become ill at school. The emergency response system should be communicated to the school community, and the necessary training and practice should take place on a regular basis.
- Facilities and equipment used for physical activity will be properly monitored and maintained to ensure participants' safety.
- School staff will receive notification and be trained, as allowed by law, in the use of any necessary medications that students are authorized to carry and/or use.

## STUDENT WELLNESS

- The school/district, in conjunction with a credentialed school nurse, will develop policies that outline guidelines for student participation in physical activity at school when they have a medical condition. These policies should be communicated to all members of the school community and be designed to protect students' well being and provide for maximum participation of students in physical activity, at an appropriate level.
- The school/district, working in collaboration with community health officials, will establish local standards for weather and air quality regarding students' participation in outdoor physical activity and create protocol to address these issues.

### Goal

- Increase number of School staff, including yard duty, receiving training in first aid and cardiopulmonary resuscitation (CPR).

## COMPONENT THREE: NUTRITION SERVICES

### Reimbursable Meal Programs

Hunger interferes with learning and may lead to obesity due to physiological, sociological, and psychological factors. Participation in the school breakfast, lunch, and/or summer meal programs can break this connection between hunger and obesity, and help children be ready for the academic day. GUSD is committed to providing access to all school meals at all school sites.

Qualified nutrition professionals will administer the school meal programs. The Child Nutrition Department should have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals. In addition, the Child Nutrition Department should have sole authority for the nutritious snack required in state and federally funded before and after school programs.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Meet the nutrition recommendations of the current United States Dietary Guidelines for Americans;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- Ensure that half of the served grains are whole grain



## STUDENT WELLNESS

### **Student Safety During Meal Time**

#### Policy

##### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- GUSD will operate the School Breakfast Program and encourage participation.
- Parents will be notified of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

##### Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems and promote the availability of school meals to all students.

##### Summer Child Nutrition Department Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Child Nutrition Department Program running concurrently with summer school.

##### Meal Times and Scheduling

##### Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g. lunch should be scheduled between 11 am and 1 pm;
- Will serve lunch at appropriate intervals from other meals, in accordance with USDA guidelines;
- If tutoring, club or organizational meetings or activities are scheduled during mealtimes; then accommodations must be made for students to eat.
- Should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, other restrictions on some children's diets, and the transmission of germs and viruses.

*(cf. 3553 - Free and Reduced Price Meals)*

#### Goals

- At a minimum, one member of the Food Service Department at each elementary school site will have a current CPR certificate, two at each middle school site, one at Mt. Madonna High School, and three at Christopher High School and Gilroy High School.

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

BP 5030 (j)

## **STUDENT WELLNESS**

### Engagement of Parents and Students

Schools should engage students and parents, through taste-tests of new entrees and surveys in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Child Nutrition Department (formerly Food Service Department) will take an active role in implementing a partnership with clubs, fundraiser coordinators, outside vendors, teachers, students, parents and staff to ensure that all are in compliance with the Student Wellness Policy.

### **Foods and Beverage Sold Individually** **Policy**

Foods and beverages sold individually are those sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, and school stores.

The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.

*(cf. 3312 - Contracts)*

*(cf. 3550 - Child Nutrition Program)*

*(cf. 3554 - Other Food Sales)*

**Elementary Schools.** The Child Nutrition program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs will meet the following nutrition and portion size standards:

### **Beverages**

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

## **STUDENT WELLNESS**

### **Foods**

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugars;
- Will not contain more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

### **Portion Sizes**

Foods and beverages sold individually are limited in portion size to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetable are exempt from portion-size limits.

### **Nutrition Promotion Activities**

#### **Policy**

Efforts to promote proper nutrition during meal times will be undertaken. These will include, but not be limited to, labeling, posters, and special promotions.

### **After-school and Enrichment Programs**

Efforts will be made to incorporate nutrition education, healthy snacks, and/or physical activity into after-school programs.

BP 5030 (1)

## **STUDENT WELLNESS**

### **Fundraising Activities**

Effective August 2010, all fundraisers will conform to the District's Health Policy.

### **Snacks/Rewards**

Schools are encouraged to use non-food items and activities as rewards. However if food is served during the school day, including class parties and celebrations, it must conform to District's Wellness Policy.

### **School Sponsored Events**

School sponsored events include, but are not limited to, athletic events, dances, or performances. The District strongly encourages providing choices which make a positive contribution to children's diet and health.

### **Marketing and Advertising**

School-based marketing of foods and beverages and activities, such as coupon or incentive programs, will be limited to nutritious and healthy foods. This includes advertisements in curriculum materials, school publications, school buildings, athletic fields, and/or other areas accessible to students.

*(cf. 1325 - Advertising and Promotion)*

## **COMPONENT FOUR: HEALTH SERVICES**

All students should have daily access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.

All students will receive health screening as mandated by California Education Code.

### Policy

- District staff should be fully informed about the district's health policies, emergency medical policies, and community resources in the health field available to students and staff.
- All children with medical conditions that could require emergency care will have a written emergency care plan created by the school nurse and parent. The emergency care plan will be kept in a confidential red binder in the nurse's office. A copy of these care plans can be given to the PE department in the middle schools and high school if they can be kept in a confidential location. Other teachers are notified of the care plans and are asked to come to the nurse's office to read them.
- All children with asthma (as indicated by the parent or school registration

form) will be sent an asthma information form that requests details regarding the severity of the asthma, medications needed, and restrictions of

BP 5030 (m)

## **STUDENT WELLNESS**

activity at school. Returned forms will be filed in the Emergency Care binder in the nurse's office.

- Gilroy Unified School District's Child Nutrition Department is "nut free". All school employees are not to provide foods with peanut products to any GUSD student. Schools that have children with food allergies will send a standard letter out to all parents requesting that they not send that food to school with their child; however, the school district can not require it from a parent. Parents will be asked to check with the teacher before bringing food to be shared with the entire class.

### Goals

- Should take reasonable steps to accommodate the tooth-brushing regimens of students.
- The District will increase the number of credentialed school nurses in order to better serve the students' health needs.

## **COMPONENT FIVE: A SAFE AND HEALTHY SCHOOL ENVIRONMENT**(BP 5137 Positive School Climate) (BP 5138 Conflict Resolution )

The District will provide a safe indoor and outdoor physical plant and a healthy, supportive environment for learning. This includes schools free of alcohol and other drugs, tobacco, steroids, and dangerous weapons. (BP3513.3-Tobacco Free)

### **A safe and healthy school environment include:**

- Classroom furniture is appropriate for the size and the number of students in each classroom;
- A physical environment allows for sufficient space for all the students in the classroom;
- Classrooms promote positive interactions between student-to-student and student-to-staff;
- Means for students and families to communicate family and personal situations that could affect learning and a child's well-being; (BP 1020 Community Relations and BP 5131 Conduct)
- Classrooms and schools promote tolerance and respect for diversity;
- Meal periods are scheduled at appropriate times and are long enough for students to eat and socialize;
- Sufficient serving areas in order to minimize student wait time;
- Eating areas are clean, have enough space for seating, and are protected from the elements (sun, rain, wind, etc.);
- Graffiti-free campuses;
- Sufficient, clean and healthy drinking fountains that are available for students and staff;
- Bicycle racks on school sites;

- Outreach and communication to parents/guardians about the importance of keeping children home when they are ill.

BP 5030 (n)

## **STUDENT WELLNESS**

### Goals

- Identification of safe routes to school;
- Identification of activities that prevent the passage of viruses and germs.

## **COMPONENT SIX: FAMILY AND COMMUNITY INVOLVEMENT**

(BP 6020 Parent Involvement)

Family and community involvement is required to meet the goals of the Student Wellness Policy; schools cannot do it alone.

Parents will be encouraged to assist the district in modeling and promoting good health, proper nutrition, and physical fitness. In order to accomplish this, the Superintendent or designee will 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 communication will include, but not be limited to, the packing of healthy lunches and snacks, lists of healthy foods that meet the district's nutrition standards, education opportunities, education initiatives, and ideas for healthy celebrations and fundraising activities. The district will also provide information about physical education and school-based opportunities, as well as community-based physical activity opportunities, such as family walks.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and the importance of supporting the goals of the Wellness Policy at home and at school.

### Goals

- Increase outreach to parents/guardians shall provide information about community organizations that provide food and other necessities to families.
- Will increase the number of GUSD partnerships among schools, parents and community groups to maximize resources and expertise in supporting the health of young people.

*(cf. 1113 - District and School Web Sites)*

*(cf. 6020 - Parent Involvement)*

## **COMPONENT SEVEN: HEALTH PROMOTION FOR STAFF**

GUSD highly values the health and well being of every staff member. Staff wellness programs should support employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students.

The District strongly encourages staff to adhere to the nutrition standards described above for their well being and for the purpose of serving as role models for their students.

## STUDENT WELLNESS

### **COMPONENT EIGHT: PSYCHOLOGICAL AND COUNSELING SERVICES (BP 5141.4 Child Abuse Prevention and Reporting)**

Students will have access to credentialed school counselors and psychologists who provide students with support and assistance managing emotions, coping with crises, and making healthy decisions including, but not limited to, decisions that could prevent obesity.

Students and parents/guardians will be informed of and will have access to psychological and counseling services provided on and off campus by community agencies and organizations.

### **WELLNESS POLICY IMPLEMENTATION**

Implementation of the Student Wellness Policy began at the start of the 2006-07 academic year.

The district superintendent or designee shall ensure district wide and individual school compliance with the adopted School Wellness Policy. All students shall be serviced by the Policy. The Superintendent or designee shall ensure that all members of the GUSD community, including teachers, parents, students, and Child Nutrition Department personnel, and the greater community are informed about the Policy and its implementation.

The following administrative staff shall be charged with the responsibility of ensuring that the school sites implement the adopted local wellness policy:

1. Assistant Superintendent of Educational Services
2. Specialized Program Administrator

A District Health Council will assist in the implementation of the Wellness Policy. This council shall be composed of representatives of the eight components of coordinated health as described above, including parents/guardians/school Child Nutrition Department professionals, school administrators, members of the school board, school nurses, health and physical educators, other teachers, health professionals, school counselors, school psychologists, counselors, and/or other community members interested in school health issues.

- The District Health Council shall assist with policy development as needed and advise the district on health related issues, activities, policies, and programs. In addition, it could help create a plan for communicating and training teachers, parents, students, and Child Nutrition Department personnel regarding policy implementation. Such a plan could include the use of student and staff handbooks, district and school newsletters, and district and school websites as well as presentations at community and parent meetings.

**STUDENT WELLNESS**

<b>Goal</b>	<b>Activity</b>	<b>Projected Timeline</b>
Wellness Policy	1. Revise policy. Establish policy vs. goals.	Spring, 2008
Policy Implementation	2. Individual school sites evaluate progress and set goals. 3. Establish indicators of progress and success in order to monitor. 4. Provide year end report to District Health Council.	Fall, 2008  2008-2009  Spring, 2009
Physical Education	5. Analyze results of physical fitness test administered spring of 2008. 6. Establish PE Committee. 7. Continue "Run for Fitness".	Fall, 2008  Fall, 2008 2008-2009
Child Nutrition Services	8. Meet with parent groups to offer alternatives for 2008-09 fund raising activities. 9. Identify non-food rewards for academic performance, good behavior. Outreach to parents and community to comply with nutrition standards for food and beverages for celebrations and class parties.	Fall, 2008  On-going (School newsletters/ GUSD website)

(*cf. 1220 - Citizen Advisory Committees*)

(*cf. 9140 - Board Representatives*)

Requirements:

- The school board should be involved in establishing the goals for the Student Wellness Policy, success indicators, reporting methodology, and frequency of reporting to the board;
- The district superintendent or designee should report once per year on Wellness Policy compliance to the school board conveying the successes and challenges.
- The district superintendent or designee will inform stakeholders of the findings related to Student Wellness Policy compliance through community meetings and other means of communication, such as newsletters.
- Every school should conduct a baseline assessment of nutrition and physical activity programs and policies, which is compiled at each school site and used to set priorities.



- The California Healthy Kids Survey, a state-based assessment, is administered every other year.

BP 5030 (q)

## **STUDENT WELLNESS**

- As necessary, the Wellness Policy should be revised to address changes in state and federal law as well as areas in need of improvement.
- District Health Council will evaluate results of Healthy Kids Survey BP 4131 (Safe and Drug/Tobacco Free) BP 5131.6 (Alcohol and Drugs) BP 5131.62 (Tobacco) BP 5131.61 (Drug Testing)

*(cf. 0500 - Accountability)*

*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*

### **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*

## **STUDENT WELLNESS**

### *Management Resources:*

#### **CSBA POLICY BRIEFS**

*The New Nutrition Standards: Implications for Student Wellness Policies, November 2005*

#### **CSBA PUBLICATIONS**

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005*

#### **CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS**

*Healthy Children Ready to Learn, January 2005*

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

*Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994*

#### **CENTERS FOR DISEASE CONTROL PUBLICATIONS**

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004*

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

*Fit, Healthy and Ready to Learn, 2000*

#### **U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS**

*Dietary Guidelines 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>*

*California Department of Education, Nutrition Services Division:*

*<http://www.cde.ca.gov/ls/nu>*

*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)*

Policy  
adopted: November 20, 2008  
Revised ~~July 22, 2010~~, September 5, 2013

GILROY UNIFIED SCHOOL DISTRICT  
Gilroy, California