

STUDENTS

Wellness Policy

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.

Strategies and Goals

1. Development of the wellness policy shall involve parents, guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.
2. The Superintendent or designee shall appoint a district health council or other committee consisting of representatives of the above groups. The council or committee will also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.
3. The district's health council or committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges shall include planning and implementing activities to promote health within schools or community.
4. Board adopted goals for nutrition education, physical activity, and other schoolbased activities shall be designed to promote student wellness in a manner that the district determines appropriate.
5. 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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
6. Nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before and after school programs.

Wellness Policy (Continued)

7. 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, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.
8. The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.
9. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
10. To encourage consistent health messages between the home and school environment, the Superintendent or designee shall 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.
11. 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.
12. 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.
13. The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. 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.
14. 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.
15. 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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Wellness Policy (Continued)

16. 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.
17. 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, to the extent possible.
18. Annual reports shall measure implementation of the Wellness Policy and shall be available to the Superintendent or at least one designee. Site and district personnel as well as the food service director shall be charged with the operational responsibility for ensuring that the school sites implement the district's wellness policy.
19. The Superintendent or designee shall use Board approved specific quality indicators to measure the implementation of the policy districtwide and at each district school. These measures shall include, but are not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school district health council, parents/guardians, students, and other appropriate persons.
20. The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.
21. 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:

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

Wellness Policy (Continued)

Legal Reference: continued

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

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

STUDENTS

Nutrition Education

- Nutrition education shall be provided as part of the health education program, grades K-8. Nutrition education shall be integrated into core academic areas of the curriculum as appropriate.
- The staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education information shall be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist,(SFNS), or Food Service Director), who is specialized in school-based nutrition.
- Nutrition education shall involve sharing information with families and the broader community to positively impact students and the health of the community.
- Information shall be provided to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students shall be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical education shall be the environment where students learn, practice and shall be assessed on developmentally appropriate motor skills, social skills and knowledge.
- Time allotted for physical activity shall be consistent with research, national and state standards.
- A daily recess period shall be provided.
- Physical activity participation shall take into consideration any health concerns.
- Physical education shall include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment shall be available for all students to participate in physical education. Physical activity facilities on school grounds shall be safe and appropriate for all students including students with different physical abilities.

Physical Activity (Continued)

- Schools shall provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted or who are disabled.
- Schools shall provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools shall encourage families and community members to institute programs that support physical activity, such as a walking.

Other School Based Activities

- After-school programs shall encourage physical activity and the formation of healthy eating habits.
- Local wellness policy goals shall be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students shall be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

Nutrition Guidelines for All Foods on Campus

- Food providers and all food made available on campus shall ensure that student access to foods and beverages meets or exceeds federal, state and local laws and guidelines. Food options shall offer a variety of age appropriate healthy food and beverage selections for elementary and middle schools. These include and are not limited to:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession snack stands
 - Student stores
- Nutrition information for products offered in vending machines, a la carte offerings, beverages, fundraisers, concession snack stands, and student stores shall be readily available.

Nutrition Guidelines for All Foods on Campus (Continued)

- Families, teachers, students and school officials shall be engaged in choosing the competitive food selections for their local schools.
- Promotional activities shall be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools shall be connected to activities that encourage physical activity, academic achievement and/or positive youth development and shall be in compliance with educational and nutritional guidelines.
- Advertising of foods, beverages or messages in areas accessible to students shall be consistent with the objectives of the educational and nutritional environment goals of the district.
- Classroom snacks and school activities shall promote and feature healthy choices.
- Foods and beverages sold as fundraisers shall include healthy choices and provide age appropriate selections for elementary and middle schools.
- Students shall be provided adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch, from the time the student is seated.
- Lunch periods shall be scheduled as near the middle of the school day as possible.
- Dining areas shall be clean, safe and attractive.
- Drinking water shall be available for students at meals.

Child Nutrition Operations

- Child nutrition programs shall be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation shall not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it shall not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- Child nutrition programs shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn.
- The school shall strive to increase participation in the available federal Child Nutrition Programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).

Child Nutrition Operations (Continued)

- A food service director shall be employed who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.

Food Safety/Food Security

- All foods made available on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food illness in schools.
- For the safety and security of the food and facilities, access to the food service operations shall be limited to Child Nutrition staff and authorized personnel. Further assistance shall be provided through the US Department of Agriculture food security guidelines.