

# **CHUALAR UNION ELEMENTARY SCHOOL DISTRICT**

## **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 student. Children and youth that begin each day as healthy individuals are more receptive to the learning experience and more likely to succeed. Now and in the future. Further, the Board also believes that a healthy staff can more effectively perform their job responsibilities and model appropriate wellness behaviors to 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.

All students in grades K-12 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.

## **NUTRITION SERVICES**

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.

The District believes that proper student nutrition and health is vital to the learning environment. Students will have access to healthy breakfast and lunch options provided by reimbursable meals via the School Breakfast Program and the National School Lunch Program. Healthy food options will also be available for all district staff realizing that staff health and modeling of healthy eating habits is an important reinforcement of District nutrition goals.

## **HEALTH PROMOTION FOR STAFF**

### **STAFF WELLNESS**

Health assessments, health education and health-related fitness activities should be provided to staff. This will contribute to improved health status, improved morale, and a greater commitment to the school's overall comprehensive health program. ~This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

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.

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

### **FAMILY AND COMMUNITY INVOLVEMENT**

The Board believes that family and community involvement and collaboration are key elements in supporting the healthy development of youth and their families. Long-term partnerships with diverse representative community groups shall be developed. These partnerships are most effective when they are designed to share and maximize resources and expertise in addressing the healthy development of children, youth and their families.

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 shall emphasize the relationship between student health and academic performance.

### **COMPREHENSIVE HEALTH EDUCATION**

The Board believes that health education is essential to student performance and academic success. Health education fosters the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. Health education empowers students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

The District shall provide a planned, sequential health education curriculum in accordance with the California State Education Code, Board policy, and the California Health Framework. The framework provides expectations and guidelines for each grade level as well as suggestions for implementation of health instruction, including nutrition education. The framework recognizes the importance of separate health classes taught by credentialed health teachers in both middle and high school.

### **STUDENT WELLNESS SERVICES (Including Health Counseling, Psychological and Social Services)**

The Board believes that programs and services that support and value holistic wellness—the interplay of cognitive, behavioral, social, emotional, and physical well being—build a healthy school environment while supporting academic achievement. Effective wellness programs facilitate positive learning and instill healthy behaviors while maintaining a focus on prevention and targeted interventions. This philosophy enhances and promotes healthy development in all aspects of students' lives. A broad scope of services from qualified care providers, ready to intervene when services are most beneficial and necessary, will improve the physical and mental health of students and their families while linking them to community resources for support when needed.