

**CHUALAR UNION SCHOOL DISTRICT**  
**STUDENT WELLNESS 3-YEAR PLAN**  
July 01, 2023 - June 30, 2026

**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. 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. Per District Board mandate, 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.

**SCHOOL WELLNESS COUNCIL**

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, 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; 7 CFR 210.31) To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator.

The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before and after-school program staff, health practitioners, and/or others interested in school health issues. The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The Wellness Council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

## **GOALS FOR NUTRITION, PHYSICAL ACTIVITY, AND OTHER WELLNESS ACTIVITIES**

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 as well as a nutritious snack during the designated extended-day period 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.

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.30)

The District's Nutrition Education and Physical Education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

A) The Nutrition Education Program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

B) The District's Physical Education Program shall provide all students with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, 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.

## **HEALTH PROMOTION FOR 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.

A) 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 as well as professional development opportunities..

B) Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

## **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.

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 to expand students' access to opportunity for physical activity. In order to ensure that students have access to comprehensive health services, the district may provide access to health services at Chualar School via the school-based clinic and/or may provide referrals to community resources.

## **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 in and promotes wellness 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.

## **NUTRITION GUIDELINES for ALL FOODS AVAILABLE at SCHOOL**

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, Chualar School 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 and ensure the

following:

- A) When approved by the California Department of Education, the district may sponsor a summer meal program.
- B) The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner. Water service stations have been installed for this purpose throughout the school campus and will be monitored and maintained to ensure proper working order.
- C) The Board believes that all foods and beverages provided to students at Chualar School, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.
- D) 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.
- E) 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. Class parties or celebrations shall be held after the lunch period when possible.
- F) To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

### **PROGRAM IMPLEMENTATION AND EVALUATION**

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that Chualar School complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

- Nutrition Services Coordinator 831-679-2313 Ext. 102

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30) The assessment shall include the extent to which Chualar School is 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 USC 1758b)

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

B) 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 and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. 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

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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

D) The Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

E) The assessment results of both the district and state evaluations 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.

## **NOTIFICATIONS**

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Chualar School may post a summary of nutrition and physical activity laws and regulations prepared by the CDE. Records The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy

and assessment results available to the public. (7 CFR 210.31)