Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 02/15/2022 | **Last Revised Date:** 05/21/2024 | **Last Reviewed Date:** 05/21/2024

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program in partnership with parents and the community promoting healthy eating, physical activity, and adequate hydration for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. 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.

Research shows that proper nutrition and physical activity before, during, and after the school day are correlated with positive academic outcomes. Research has also proven that adult obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. We believe that the Arvin Union School District has the responsibility and opportunity to be a positive influence on our students, staff, and community by offering the healthiest foods, beverages, and physical activity opportunities possible, as well as providing other health-supporting and enhancing programs and opportunities and have developed this Wellness Policy to this end.
In order to be compliant with the United States Department of Agriculture (USDA) final rule, the policy must at minimum:

- identify one or more school district and/or school official(s) who have the authority and responsibility for ensuring that each school complies with the LWP
- include language inviting caregivers, students, representatives of the school food authority* (SFA), teachers of physical education (PE), school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review, and update of the LWP
- include language describing the methods for informing the public (including caregivers, students and others in the community) about the LWP and any updates to the policy on an annual basis
- include language requiring that at least once every three years, the following is measured and made available to the public:
    - the extent t which schools comply with the LWP
    - the extent t which the LWP compares to model local school wellness policies
- include standards for all foods and beverages offered*, but not sold, to students during the school day (e.g., for classroom parties or classroom snacks brought by caregivers),
- include specific goals for nutrition education* and nutrition promotion* activities
- include requirements for marketing and advertising on the school campus during the school day of only those foods and beverages that meet Smart Snacks standards
- include specific goals for physical activity opportunities
- include specific goals for other school-based activities that promote student wellness

Therefore, the Arvin Union School District commits to the following:

1. **School District Wellness Committee**

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)
The Superintendent or designee shall establish, participate in, and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, and may include parents, caregivers, students, nutrition services staff, physical education teachers, school site principal or vice principal, member of the school board, health professionals, social-workers, curriculum directors, after-school program staff, and members of the public at large.
The wellness council shall advise the district on health-related issues, activities, policies, and programs and, at the discretion of the Superintendent, be included in the in the development, implementation, ~~review~~, evaluation, and update of the wellness policy to promote health within the school or community.
A letter will be sent to the school community via Parent Square, posted in a central area in all school buildings, and advertised at district parent meetings inviting members of the community to join the Wellness Committee.
The committee will meet at least five times during the school year at hours convenient for public participation to discuss implementation, monitoring, and revision of the policy and provide recommendations to the Board of Education. Names and contact information for the Superintendent or designee and the council members will be made readily available to the public.
(move monitoring bullet to last section)

2. **Goals for Nutrition, Physical Activity, and Other Wellness Activities**

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 210.31)
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. 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.
All students 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 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.
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.
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.
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.
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.
The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

3. 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 42USC 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, all district schools shall participate in available federal school nutrition programs, including the National School Lunch, National School Breakfast, After School Supper, and Fresh Fruit, Vegetable Grant 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.
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.
The Board believes that all foods and beverages sold to students at district schools, 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.
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.
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.
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 food and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31.

School Meals (reimbursable meals)
Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7CFR210.10 or 220.8, as applicable. https://www.fns.usda.gov/nslp/
Menus will be posted on Parent Square.
Farm to School: Starting in 2016, 25% of produce purchased and served will be locally grown. Each subsequent year the percentage will be raised 10%, with 75% achieved in 2021. Locally grown encompasses a 200-mile radius.
The nutrition department will implement monthly cultural meal focuses as recommended by the

Wellness Committee.
Whenever possible, if Arvin Union Schools qualify, offer free meals to students through Community Eligibility Provision (CEP) which is a non-pricing meal service option for schools and school districts in low-income areas.

Serve food in quantities appropriate to the needs of students at their age level as guided by the National School Lunch Program Food Based Menu Planning Approach.

Principals will schedule at least 20 minutes on the master schedule for students to eat after obtaining their food during school days with regular instructional minutes.

Whenever possible, increase the availability of fresh fruits and vegetables by adding a salad bar and/or Fresh Fruit and Vegetable grant as part of the school food service program at Haven Drive Middle School and all elementary school sites.
Ensure that all foods and beverages served and sold on campus are nutritious, appealing, and attractive to students and adults.
Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe, drinking water.

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        - Provide all students and employees with access to clean, safe palatable drinking water free of charge at, or near, every District facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields and faculty lounges throughout the school day and at before and after school activities.
        - Allow students to bring drinking water from home and to take water into classrooms, provide that the water is in a capped container, such as a bottle, to prevent spills.

Ensure allowable beverages are defined:

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    - Allwable Beverages: (Applies at all times, regardless of the time of day.) Beverages may not contain added sweeteners- caloric or non-caloric - with the exception of non-dairy milk alternatives (e.g. almond, rice, soy milks).

      Only the fllowing beverages are allowed:
    - Water with n additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine).
    - Unflavred non-fat or 1% cow's milk* To encourage daily consumption, flavored milk (chocolate or strawberry) may be served for 3 lunches per week (typically Tuesday, Wednesday, and Thursday).
    - Fruit r vegetable juice that contains 100% juice
    - Unflavred non-dairy milk alternatives
        - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
        - No more than 12 grams of caloric sweetener per 8 fluid ounces.

Meals and Snacks additional to School Meals
Ensure that foods and beverages sold individually (e.g., a la carte/competitive products sold outside the school meal programs through vending machines, in the cafeteria a-la-carte lines, as fundraisers and in school stores.) comply with local, state and federal regulations. All fundraisers held during the school day must compliant with Smart Snacks guidelines.

Allowable foods: The only foods that can be sold to AUSD students are full meals, exempt foods, or snacks approved by the Director of Nutrition Services and exempt dairy or whole grain foods that meet specific calorie, fat, saturated fat, and sugar requirements (Applies ½ hour before the school day, during the school day, and ½ hour after the school day – or to students attending the after-school program)

Dairy and Whole Grain Foods
Whole grain:

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        - For purchased grain or bread products:
            - Contains the statement: Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart diseases and certain cancers," or
                - The first listed grain ingredient is a whole grain, or
                    - If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within the previous 12 months that lists a combination of whole grains that combined represent at least 51% of the total grain weight of the product.
        - For bread or grain products prepared by schools:
            - The weight of the whole grain is at least 51% of the total grain weight of the product.

Entrees (Generally regarded as the primary food in a meal.) shall:

- Contain no more than 400 calories per item
- Contain no more than 4 grams of fat per 100 calories (36% fat)
- Contain 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g., turkey sandwich, baked potato with chili, fruit and cheese platter) or
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        - A meat/meat alternative alone (e.g., sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

NOTES:
Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempt foods (e.g., trail mix containing chocolate chips).
A-la-carte entrees are not to be sold at any of the district's schools during the school day.
Outside entities may sell a "full meal" provided it meets the USDA meal pattern and is approved by the food services director/department if it is outside the hours of the school day and is not in competition with regular food service.
Exempt Foods: These foods can be sold and do not have to meet calorie and fat limits; however they cannot have added sugars or fat (check the ingredients list to ensure)

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)
- Eggs
- Cheese packaged for individual sale
- Fruits and non-fried vegetables
- Legumes

Elementary Schools
Allowable Snacks and Entrees: (Applies one-half hour before school day and until one-half hour after school.)
Snacks: (Generally regarded as supplementing a meal)

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    - Individually sld food items must meet the following:
- Not more than 175 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)
- No artificial trans-fat (see details below)

Dairy: a food made from milk with the exception of cheese packaged for individual sale.
Middle/Junior and High Schools
Allowable Snacks and Entrees: (Applies one-half hour before school day and until one-half hour after school.)
Snacks: (Generally regarded as supplementing a meal)

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    - Individually sld food items must meet the following:
- Not more than 250 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat|
- Not more than 35% of total weight from sugar (natural and added)

Dairy: a food made from milk with the exception of cheese packaged for individual sale.

Elementary and Middle School Additional Guidelines

Fundraising

- Superintendent or designee will ensure that alternative fundraising strategies such as the sale of non-food/beverage items, promotion of physical activity, and/or sale of nutritious food/beverage items that meet or exceed California Nutrition Standards for foods/beverages sold outside the school meal programs and Arvin Union School District food and beverage standards are used in school fundraisers.
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        - Exception: One candy sale per year per school site will be allowed for a two-week period. No candy will be sold on school site premises, except in staff lounge to be purchased by school staff.
- Superintendent or designee and Wellness Committee will provide a list of approved fundraising activities to district staff.

Parties/Celebrations

The district strongly recommends physical activity and other non-food options as rewards. An Alternative to food list will be compiled and supplied to all teachers and principals yearly. When a food item is offered as a reward they are required to strictly follow Smart Snacks in-school guidelines.

All foods provided during parties/celebrations, etc. must be purchased through Arvin Nutrition Services or on approved list of store-bought items

- Parties will be limited to 3 times per year – Fall Party (last week of October/first week of November), Winter, and Valentine's Day. The district encourages the celebration of historical/cultural recognitions including cafeteria meal food service recognition of culture through menu item selection.

- Due to unforeseen food allergies, along with health code regulations, individual student birthday celebrations are not permitted.

Rewards

- Food and beverages used as rewards for student accomplishments must be ordered through the food services department. Non-food rewards are highly encouraged.

4. **Physical Education (PE)/Physical Activities**

Beginning with the 2024-2025 school year, elementary schools shall provide 30 minutes of active daily recess on a regular school day and 15 minutes on a minimum day to all students on the elementary campus. If weather does not permit outside activities, alternative indoor Physical Education activities are to be conducted.

Elementary schools must meet or exceed California State Physical Education standards of 200 minutes per 10 days.

Middle Schools must meet or exceed California State Physical Education standards of 400 minutes per 10 days.

Physical Education for grades TK-8 is required to be taught by a certificated teacher who is endorsed to teach physical education either self-contained or single subject.

Ensure all students are offered expanded opportunity for physical activity and promote lifelong physical activity

Physical activity programs shall increase emphasis on teaching fitness and lifelong recreational aerobic and strength activities including outreach to students and families.

Intramural sports will be played as part of the After School enrichment program whenever possible, in Arvin School District elementary schools.

The District and site administrators will ensure that physical activity is not given out as punishment and that detaining a child from recess/PE is not implemented unless the child is an immediate danger to themselves or others.

Bringing in local experts will be allowed for sports or activities not traditionally taught during Physical Education classes in the After School setting, such as local law enforcement teaching a self-defense unit, etc.

The Wellness Committee will create & expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.

5. **Marketing**

Marketing of healthful food and beverages will be strategically placed in cafeterias to promote wellness. Highlighting and encouraging fruits and vegetables, non-fat/low-fat milk and water consumption and participation in the school meal programs.

Marketing of foods and beverages that do not meet the standards outlined in this policy and state and federal regulations is prohibited on district facilities.
The district will work diligently to limit advertising of unhealthy products in all school publications. All ads will be approved by site principals before being printed or submitted to be placed on the district website.

6. **Nutrition Education**

All school nutrition program directors, managers, and staff will meet hiring and annual continuing education and training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. Directors and managers will receive at least 10 hours of training and staff must have at least 6 hours.
The After School program shall provide a section of nutrition education as part of their curriculum. Nutrition related posters shall be displayed in the dining areas of all four sites to encourage healthy food choices.
The summer school program shall include Nutrition Education as part of its curriculum.
Nutrition education will be incorporated in the Physical Education class curriculum at all schools. Schools will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.

7. **Health Education and Promotion**

The district will host an annual local health fair where health- related issues, nutrition, physical activity, and child safety information will be given.

The district will create & expand community partnerships to increase the range of physical activity and nutrition education options available to students and staff both on and off campus.
Health Promotion for Staff

- The District will make the SISC Health Smarts Digital Coaching program available to staff.

Family/Community Involvement

- The district will increase knowledge of nutrition and physical activity as it relates to childhood and adult health.

- The district will share nutrition information through the Family Resource Center and site-based parent/volunteer centers.

- The district in partnership with Wellness Committee members will encourage neighborhood stores in close proximity to school sites to sell healthful foods and beverages and limit marketing of unhealthy foods and beverages.

Healthy School Environment

- Nutrition Services will work with school site leadership to improve cafeteria and atmosphere by adding colorful nutrition posters and/or murals to school cafeterias.

- Nutrition Services will solicit student preferences in planning menus and snacks through surveys and taste tests of new food and recipes.

- Arvin Union School District staff will be encouraged to periodically eat lunch with students to model good manners and behavior.

- After obtaining food, students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch as scheduled by principals on master schedules for school days with regular instructional minutes.

After-School Programs

- The After-School program will provide a section of nutrition education as part of their curriculum.

- Develop After-School activities that involve physical activity and increase access to sports/physical fitness equipment.

- All food and beverages provided in After-School programs must meet or exceed the California Nutrition Standards and Arvin School District Nutrition Standards.

Street Peddlers/Vendors

- The Arvin Union School District will work collaboratively with the city of Arvin and the Arvin Police Department to ensure enforcement of City Ordinance 5.05.190 - Peddlers/Vendors.

8. **Health Services**

School health services staff and facilities are typically available to help all students with preventative care such as vision and hearing screening, as well as dealing with immediate injuries and first aid. In addition, school health services staff play a large role in the management of student chronic health conditions, including coordinating care and communicating with the student's family and other health care providers.

- A licensed or registered nurse will be assigned to each district school and implement the health services program.

- The school nurse shall coordinate screening programs to identify health conditions that impact learning (vision, hearing, dental).

9. **Social-emotional climate**

Social and Emotional School Climate is promotion of a safe and supportive learning environment through attention to social and emotional development and psychosocial aspects of the learning experience. A positive social and emotional school climate fosters student engagement in activities; relationships with peers and adults that are respectful, trusting, and caring; and successful learning.

- Each school within the district will be required to annually complete a school climate assessment submitted as part of LCAP local measures.
- Each school shall provide a safe and supportive learning environment that fosters student engagement and the development of student connections with faculty, staff, and peers.
- District schools will implement Positive Behavior Interventions and Supports (PBIS) Schoolwide.
- Social skills are to be taught, reinforced, extended, and applied to age appropriate situations at each grade level.

10. **Behavioral Supports**

Behavioral supports is described as supporting the social, emotional, behavioral, and mental health of students and extends along a continuum of prevention through intervention strategies that identify ad address barriers to learning. School employees such as school psychologists, school counselors, and school social workers provide direct services to individual students and families as well as classes and schools as a whole. In addition, referral and consultation with community providers is important in the coordination of counseling, psychological, and social services.

- School teams will collect and analyze school discipline data on a trimester basis (elementary) or quarterly (middle school), to identify those students and staff who need assistance with discipline.
- Each school will develop a coordinated students support services team that integrates pupil services, school social work, and psychological services to provide prevention and intervention services and supports through a multi-tiered system of support.
- Pupil services shall be available to all students in the district. Pupil services include speech, social workers, psychology, and health services designed to support educational progress of students in the district.

11. **Policy Implementation and Monitoring/Evaluation**

The School Wellness Committee and its members, along with the District Superintendent and site administrators, are responsible to monitor and ensure that the Local School Wellness Policy is followed by all staff and students in the Arvin Union School District. The district continues to use the WellSAT3.0 as a quantitative assessment tool and has included items from the WellSAT WSCC to create a more comprehensive Local Wellness Plan.
The district evaluation plan includes:

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  - A review of selected goals and implementation reports throughout each school year during regularly scheduled wellness meetings.
  - To comply with requirements for the Triennial Assessment, the WellSAT is reviewed by the Director of Food Services and suggested scoring provided with

documentation provided with input from site principals, program directors, and committee members.

The Superintendent designates the individuals identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31).

Principal, Supervisor II, Resource Teacher
Bear Mountain Elementary: rsalinas@arvin-do.com 661-854-6590
El Camino Real Elementary: lcalderon@arvin-do.com 661-854-6661
Sierra Vista Elementary: rborquez@arvin-do.com 661-854-6560
Haven Drive Middle School: mhernandez@arvin-do.com 661-854-6540
After School Programs: tmason@arvin-do.com 661-854-6500
Migrant Education: scabral@arvin-do.com 661-854-6578
Early Education Programs: asalinas@arvin-do.com 661-854-6500

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31) The district will develop and annually update an action plan for the execution of this LWP (local wellness plan). The plan will outline who is responsible for overseeing each component as well as actions and a timeline for the completion of activities and goals.

The assessment shall include the extent to which the local wellness policy (LWP) meets the requirements of the final rule, 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 USC 1758b)

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.

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

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. In addition, 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.
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.

12. **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 210.31)
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 web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

- Following Wellness Policy input and board approval of policy updates, a summary of updates will be provided in a Wellness Policy Report including a link to the most current Wellness Policy which will be posted to the district website for community access, sent to staff and families through Parent Square, and shared with students during Back to School camps as appropriate.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

13. **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)

14. Non – Discrimination Statement

Discrimination, harassment, intimidation, or bullying in district programs and activities, including in those programs or activities funded directly by or that receive or benefit from any state financial assistance, based on a person's actual or perceived characteristics of race or ethnicity, color, ancestry, nationality, national origin, immigration status, ethnic group identification, age, religion, marital status, pregnancy, parental status, physical or mental disability, medical condition, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or any other characteristic identified in Education Code 200 or 220, Government Code 11135, or Penal Code Section 422.55,or based on the person's association with a person or group with one or more of these actual or perceived characteristics (5 CCR 4610).
Discrimination includes, but is not limited to, the Boards refusal to approve the use or prohibit the use of any textbook, instructional material, supplemental instructional material, or other curriculum for classroom instruction, or any book or other resource in a school library, on the basis that it includes a study of the role and contributions of any individual or group consistent with the requirements of Education Code 51204.5 and 60040, unless such study would violate Education Code 51501 or 60044. A complaint alleging such unlawful discrimination may, in addition to or in lieu of being filed with the district, be directly filed with the Superintendent of Public Instruction (SPI). (Education Code 243)

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy. (previous references discarded and updated as follows)

State References Description

5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Nutrition standards
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Duffy-Moscone Family Nutrition Education and Services Act of 1970
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Areas of study
Ed. Code 51210.1-51210.2	Physical education, grades 1-6
Ed. Code 51210.4	Nutrition education Ed. Code 51220 Areas of study, grades 7 to 12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education, elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education

Federal References	**Description**
42 USC 1751-1769j	National School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child nutrition
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program

Management Resources References

California Department of Education Publication

- 01-05 Guidelines for Piloting Textbooks and Instructional Materials, rev. January 2015

California Project Lean Publication

- Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

Center for Collaborative Solutions

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- AASA The School Superintendents Association - https://simbli.eboardsolutions.com/SU/MOaF8AO8cslshSlfGc13QQoEQ==

Cross References	Description
0200	Goals For The School District - https://simbli.eboardsolutions.com/SU/pXGcAV8yiQAz7ES7Po6dQw==
0460	Local Control And Accountability Plan - https://simbli.eboardsolutions.com/SU/slshfDWk9wfAe10YSECslshj9O2g==
0460	Local Control And Accountability Plan - https://simbli.eboardsolutions.com/SU/PEslshgQJE4jtXRE8Smvl1dzw==
1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/0WSjTLZKDbFqsvGfGFOH0w==
1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/juOYEk7plusIYSlefUmpNc65w==
1230	School-Connected Organizations - https://simbli.eboardsolutions.com/SU/V2IQRzqcfOqK1IHWHf6XIw==
1230	School-Connected Organizations - https://simbli.eboardsolutions.com/SU/BJtllWKkU5E1zH1slshwRuQ0A==
1260	Educational Foundation - https://simbli.eboardsolutions.com/SU/aE7HDgkqBlC2Yslsh3N8V4OFA==
1325	Advertising And Promotion - https://simbli.eboardsolutions.com/SU/ILqe0U4a9YnwClaMkPWVUg==
1330.1	Joint Use Agreements - https://simbli.eboardsolutions.com/SU/bmOGV9SSCzbBPZB9CYO5sw==
1400	Relations Between Other Governmental Agencies And The Schools - https://simbli.eboardsolutions.com/SU/2slshOddASNpRgaSFRbxqwJpQ==
1700	Relations Between Private Industry And The Schools - https://simbli.eboardsolutions.com/SU/hwBikl8KIgpB1ULvO9d32A==
3000	Concepts And Roles - https://simbli.eboardsolutions.com/SU/f0mslshlv9lr5HtGcDplusJAZnoA==
3290	Gifts, Grants And Bequests - https://simbli.eboardsolutions.com/SU/gM2mSIbbdy7sE9jJELMVAw==
3312	Contracts -

https://simbli.eboardsolutions.com/SU/Xrjuibfnt9vHXHRbfd2oWA==
3452 Student Activity Funds -
https://simbli.eboardsolutions.com/SU/viplusdo0TplusQHXGslshBlS7WXVgw==
3513.3 Tobacco-Free Schools -
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3550 Food Service/Child Nutrition Program -
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4131 Staff Development -
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5113.1 Chronic Absence And Truancy -
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5113.12 District School Attendance Review Board -
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5131.61 Drug Testing -
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5131.62 Tobacco -
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5131.63 Steroids -
https://simbli.eboardsolutions.com/SU/zF0yQ3OHOpluswqIef3dD8wYg==
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5137 Positive School Climate -
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5141 Health Care And Emergencies -
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5141.22 Infectious Diseases -
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5141.32 Health Screening For School Entry -
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5142.2 Safe Routes To School Program -
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5144 Discipline -
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5145.3 Nondiscrimination/Harassment -
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5145.6 Parental Notifications -
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5145.6-E(1) Parental Notifications -
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5146 Married/Pregnant/Parenting Students -
https://simbli.eboardsolutions.com/SU/ZsZwJAXCs9U07wvqBsZBPQ==
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5148.2 Before/After School Programs -
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5148.3 Preschool/Early Childhood Education -
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https://simbli.eboardsolutions.com/SU/1hcpPVQ0lrxh60UjpBzrSA==
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6142.7 Physical Education And Activity -
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6176 Weekend/Saturday Classes -
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6177 Summer Learning Programs -
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6184 Continuation Education -
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7110 Facilities Master Plan -
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Policy Reference Disclaimer:
These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.1-51210.2	Physical education; grades 1-6
Ed. Code 51210.4	Nutrition education
Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education; elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education

Federal	Description
42 USC 1751-1769j	School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program

Management Resources	Description
California Department of Education Publication	Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
California Department of Education Publication	Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
California Project Lean Publication	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, Jan 2015
Centers for Disease Control&Prevention Publication	School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
Court Decision	Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	CSBA District and County Office of Education Legal Services

Website	California Project LEAN (Leaders Encouraging Activity and Nutrition)
Website	California School Nutrition Association
Website	Center for Collaborative Solutions
Website	Action for Healthy Kids
Website	Alliance for a Healthier Generation
Website	California Department of Education, School Nutrition
Website	Dairy Council of California
Website	National Alliance for Nutrition and Activity
Website	National Association of State Boards of Education
Website	School Nutrition Association
Website	Society for Nutrition Education
Website	U.S. Department of Agriculture, Food Nutrition Service, wellness policy
Website	U.S. Department of Agriculture, Healthy Meals Resource System
Website	California Department of Public Health
Website	California Healthy Kids Resource Center
Website	Centers for Disease Control and Prevention
Website	CSBA

Cross References

Code	Description
0200	Goals For The School District
0460	Local Control And Accountability Plan
0460	Local Control And Accountability Plan
1220	Citizen Advisory Committees
1220	Citizen Advisory Committees
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1230	School-Connected Organizations
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3513.3	Tobacco-Free Schools
3513.4	Drug And Alcohol Free Schools
3550	Food Service/Child Nutrition Program
3550	Food Service/Child Nutrition Program
3551	Food Service Operations/Cafeteria Fund
3551	Food Service Operations/Cafeteria Fund
3553	Free And Reduced Price Meals
3553	Free And Reduced Price Meals
3554	Other Food Sales
3554	Other Food Sales
3555	Nutrition Program Compliance
3555-E PDF(1)	Nutrition Program Compliance
4131	Staff Development
4231	Staff Development
5113.1	Chronic Absence And Truancy
5113.1	Chronic Absence And Truancy
5113.12	District School Attendance Review Board
5113.12	District School Attendance Review Board
5131.2	Bullying
5131.2	Bullying
5131.6	Alcohol And Other Drugs
5131.6	Alcohol And Other Drugs
5131.61	Drug Testing
5131.62	Tobacco
5131.62	Tobacco
5137	Positive School Climate
5141	Health Care And Emergencies
5141	Health Care And Emergencies

5141.22	Infectious Diseases
5141.22	Infectious Diseases
5141.27	Food Allergies/Special Dietary Needs
5141.27	Food Allergies/Special Dietary Needs
5141.3	Health Examinations
5141.3	Health Examinations
5141.31	Immunizations
5141.31	Immunizations
5141.32	Health Screening For School Entry
5142.2	Safe Routes To School Program
5142.2	Safe Routes To School Program
5144	Discipline
5144	Discipline
5145.3	Nondiscrimination/Harassment
5145.3	Nondiscrimination/Harassment
5145.6	Parent/Guardian Notifications
5145.6-E PDF(1)	Parent/Guardian Notifications
5145.6-E(1)	Parent/Guardian Notifications
5145.71	Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures
5145.71-E PDF(1)	Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures
5145.71-E(1)	Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures
5146	Married/Pregnant/Parenting Students
5147	Dropout Prevention
5148	Child Care And Development
5148	Child Care And Development
5148.2	Before/After School Programs
5148.2	Before/After School Programs
5148.3	Preschool/Early Childhood Education
5148.3	Preschool/Early Childhood Education
6112	School Day
6112	School Day

6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.5	Environmental Education
6142.7	Physical Education And Activity
6142.7	Physical Education And Activity
6142.8	Comprehensive Health Education
6142.8	Comprehensive Health Education
6145.2	Athletic Competition
6145.2	Athletic Competition
6176	Weekend/Saturday Classes
6176	Weekend/Saturday Classes
6177	Summer Learning Programs
6184	Continuation Education
6184	Continuation Education
7110	Facilities Master Plan