

Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 02/13/2017 | **Last Revised Date:** 12/14/2020 | **Last Reviewed Date:** 12/14/2020

The Board of Trustees 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 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.

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 210.30)

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 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.

Nutrition Education Program

"Healthy Eating" posters are posted in the cafeteria, as well as teacher's rooms, promoting the benefits of nutrition. Nutrition education is provided to students during physical education, science, school garden programs, and other academic subjects in the regular education program.

Handouts and activity worksheets promoting health eating habits are also provided to both students and parents on a weekly basis.

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.

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)

Food and Beverages

Meal pattern requirements, which are issued by the USDA, are strictly followed throughout the district. Students are strongly encouraged to eat more fruits and vegetables throughout the day, as well as try new “healthy” foods.

Beverages are not for sale on any campus. Juices are never served more than once a week, based on USDA guidelines.

Breakfast/Lunch/Snack Programs

RVUSD participates in the National School Breakfast and Lunch Programs. Participation in the after-school snack program is provided if teachers are tutoring after school, which is normally twice a week. Breakfast and lunches are also provided if summer school is in session.

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 foods and beverages on campus during the school day. (7 CFR [210.30](#))

Program Implementation and Evaluation

The Superintendent designates the individual(s) 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 210.30)

Principals
707-983-6171
ctuttle@rvusd.us/msmith@rvusd.us

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 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.

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

Each 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 210.30, 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 210.30)

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

42 USC 1751-1769j
 42 USC 1758b
 42 USC 1771-1793
 42 USC 1773
 42 USC 1779
 7 CFR 210.1-210.33
 7 CFR 210.31
 7 CFR 220.1-220.22

Description

[School Lunch Program](#)
[Local wellness policy](#)
[Child Nutrition Act](#)
[School Breakfast Program](#)
[Rules and regulations, Child Nutrition Act](#)
[National School Lunch Program](#)
[Wellness policy](#)
 National School Breakfast Program

Management Resources

California Department of Education Publication
 California Department of Education Publication
 California Project Lean Publication
 Center for Collaborative Solutions
 Centers for Disease Control&Prevention Publication
 Court Decision
 CSBA Publication
 CSBA Publication
 CSBA Publication
 CSBA Publication
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 Federal Register
 National Assoc of State Boards of Education Pub
 U.S. Department of Agriculture Publication
 Website

Description

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
 Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
[Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006](#)
 Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security, Jan 2015
 School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
 Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781
[Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009](#)
 School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
 Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
 Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
 Physical Activity and Physical Education in California Schools, Research Brief, April 2010
 Physical Education and California Schools, Policy Brief, October 2007
 Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
 Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
 Integrating Physical Activity into the School Day, Governance Brief, April 2016
[Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012](#)
 Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
 Fit, Healthy and Ready to Learn, rev. 2012
 Dietary Guidelines for Americans, 2016
[CSBA District and County Office of Education Legal Services](#)

Management Resources

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

Cross References

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