

OAKLAND UNIFIED SCHOOL DISTRICT

Board Policy

BP 5030

Students

Wellness

In support of joyful community schools and thriving students, the Governing Board of the Oakland Unified School Board recognizes that health and wellness are fundamental to college, career, and community readiness. The Governing Board recognizes the link between student health and learning. It is committed to guiding access to healthy food; environment, food and garden education; thriving school gardens and living schoolyard spaces, and physical activity.

Wellness Policy Goals and Guidelines

The Oakland Unified School District (“OUSD” or “District”) believes the approach to implementing the various elements of this wellness policy must be steeped in equity, respectful of the needs of the diverse populations we serve, and sensitive to the food traditions that students, families, educators, and community partners bring to school communities. The District encourages healthy food options that represent the cultural diversity of the Oakland community.

Equitable Access to Nutritious Meals

The Bay Area has a high cost of living, creating high food insecurity rates for many of the families served by our school district. Families who live in East Oakland, a USDA-designated food desert, and in neighborhoods in West Oakland lack access to fresh and nutritional food sources forcing them to do the bulk of their shopping at convenience stores or travel to grocery stores in other areas. In Oakland, 74% of students qualify for free and reduced lunch, with many schools at 100%. To meet the needs of students and families, the OUSD Nutrition Services department serves thousands of breakfasts, lunches, suppers, and snacks every school day. The District shall ensure that OUSD students have access to nutritious meals (breakfast, lunch, snack, and supper) throughout the school year and via the summer meal program.

Commencing in SY 2022–23, *Education Code (EC)* 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades

transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

The District will also partner with community groups to increase access to other meal and food access programs, including the CalFresh Program, Food Banks and Food Pantries.

School and Cafeteria Culture and Climate: The District shall provide adequate facilities for students to consume their meals, including age-appropriate seating. The District shall provide adequate adult supervision during meal service.

School Meal Schedules: Students shall have adequate time during breakfast, lunch, snack or supper periods to purchase and or receive meals, eat a meal without rushing, and to clean up after themselves.

Water: Federal and state rules require schools to provide access to free, potable water to all K-12 students during school meals. All students may bring drinking water from a designated school water source or home into the classroom, provided the water is in a capped container, such as a bottle, to prevent spills.(BP 3511.3, CDE 38086, and 7 CFR 220.8(a)(1).)

Standards for Food Served on Campus

The Oakland Unified School District (OUSD) ensures student access to healthy food and beverages. OUSD recognizes that setting nutritional standards for food served on campus is integral to that commitment. The Board believes that foods and beverages available to students at district schools should promote optimal health. Outside of the school meal program, nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the district's school meal program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

OUSD Nutrition Services Purchasing and Procurement Practices: OUSD Nutrition Services is committed to following ethical procurement practices that benefit people (including students, families, and staff), the environment, and the local economy. The District will strive to develop innovative programs to support these practices, such as produce bars, Harvest of the Month, and following Good Food Purchasing practices.

Competitive Foods: Competitive Food is a food or beverage sold at school other than one served as part of the school meal program, including any item sold in vending machines, a la carte, or through fundraising efforts on school campuses. All competitive foods should meet or exceed the OUSD Nutrition Guidelines, state safety standards, and state and federal requirements. (AR 3554.)

Rewards: The district recommends non-food items as incentives and rewards. Any food offered to students as incentives or rewards should meet or exceed OUSD Nutrition Guidelines and state safety standards. The withholding of food as punishment for students is prohibited.

Classroom Celebrations: Food served during classroom celebrations should meet the OUSD Nutrition Guidelines. No more than once a month, schools, at their discretion, may allow classrooms to hold a celebration involving food that does not meet the OUSD Nutrition Guidelines (such as for a birthday or holiday) (AR 3554 and AR 5030.) Celebrations that include food and beverages must occur after the lunch periods have ended. School administrators may place further restrictions on celebrations. Food and beverages served must follow state safety standards. The withholding of food as punishment for students is prohibited.

School-Sponsored Events: Food and beverages served as part of a school-wide event (such as Back to School Night, school dances, etc.) should always offer water and healthy food options, such as fruit, vegetables, and healthy foods that represent the cultural diversity of OUSD. Schools may never serve soda or candy. Food and beverages should follow state safety standards, and efforts should be made to meet OUSD Nutrition Guidelines.

Student Personal Possession: Families may send their children to school with food for meals and snacks. Food and beverages may not be taken away from students, no matter what the contents, if consumed during designated eating times, in designated eating areas, and in an appropriate manner.

Advertising Guidelines: The District shall not allow advertising of food and beverage items throughout the school campus that do not meet the OUSD Nutrition Guidelines (See AR 3554 and AR 5030), including posters, signs, and vending machines.

Environment, Food and Garden (EFG) Education Programs

With the OUSD Central Kitchen, Education Center, and Instructional Garden and Farm (The Center) as its hub, OUSD strives to embed curriculum, hands-on learning opportunities, and programming for students designed to build their skills and knowledge to maintain a healthy lifestyle. The Center's educational programming is based on research, consistent with the expectations established in the state's health education curriculum framework, and aligned with next-generation science standards. The Center's approach supports OUSD's instructional focus and strategic plans and shall work to integrate EFG education into core academic subjects and into expanding learning programs.

School Gardens and Living Schoolyards

The District recognizes that school gardens and living schoolyards provide many benefits and opportunities, including access to EFG education, opportunities to enjoy calm outdoor spaces, opportunities for physical activity, growing community food, and community gatherings. Garden programs offer students experience in planting, harvesting, preparing, serving, and tasting foods. The District shall support access to space for school gardens and living schoolyards while following the OUSD Vegetation Policy, the OUSD Living Schoolyards Policy, and using the OUSD Garden Toolkit and OUSD Living Schoolyards guidelines and standards. Garden Programs shall collaborate with OUSD Nutrition Services to grow seasonal produce to use in lessons, share with families and the community, and be part of the Garden to Cafeteria programming.(BP 7110.1, BP 6142.5 and CDE 51795-51796.5.)

Physical Education

The District recognizes that Physical Education is an integral component of a comprehensive education program. A developmentally appropriate physical education program empowers students to make wise choices, meet challenges, and exhibit positive behaviors that lead to lifelong fitness. The OUSD Physical Education program shall be essential to each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. The OUSD Physical Education Program shall meet or exceed California Education Code standards for required minutes, instruction, course of study, exemptions, and physical fitness testing. See Board Policy and AR 6142.7 for

more information about the guidelines and requirements for the District's Physical Education program.

Opportunities for Physical Activity

All students shall be provided opportunities to be physically active regularly. Moderate to vigorous physical activity options shall be provided through physical education and recess.

Students may also have opportunities for physical activity through school athletic programs, extracurricular programs, before and after-school programs, summer learning programs, in-class physical activity breaks, and other structured and unstructured activities.

Staff Wellness

The Governing Board of the Oakland Unified School District recognizes that staff well-being is essential for students to thrive academically, physically, socially, and emotionally. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and well-being of students. The District's staff wellness program, related personnel policies, and regulations shall ensure a safe, supportive, healthy school culture and climate. The District shall comply with collective bargaining agreements and state and federal laws and regulations. The District shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees. The District shall encourage educators and staff to serve as positive role models for healthy eating and physical fitness.

Professional Development

The district shall offer regular professional development to teachers and other staff regarding guidelines, requirements, and programming. Nutrition Service staff shall receive professional development based on the USDA Guide to Professional Standards for School Nutrition Program of 2020.

Wellness Policy Advisory Group

Working with the Superintendent's designees, key stakeholders, and other appropriate persons shall serve as an advisory group to oversee the implementation and evaluation of the policy. OUSD encourages the participation of parents, students, community partners, representatives of the school nutrition services, physical education teachers, school health professionals, the school board, and school administrators in the wellness policy process.

The advisory group shall meet twice a year at a minimum. It shall make wellness policy recommendations to the Board and advise the district on nutrition-related policies, protocols, and programs.

Wellness Champions

Working with the Superintendent's designees, site-based Wellness Champions will support the implementation of the policy by planning and facilitating activities on-site on the environment, food and garden programs and protocols, and staff wellness. This program will continue at all schools when funding is identified by OUSD or through public or private grant dollars.

Student, Family, and Community Engagement

The Superintendent's designees working with Wellness Champions and the advisory group provide Wellness policy updates and resources linked to the policy to students, parents/guardians, and community stakeholders through district or school newsletters, educational material, parent/guardian and community meetings, district, and school websites, social media, and other communications.

Policy Implementation and Evaluation

The Superintendent's designees are responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758(b); 7 CFR 210.3.) The designees shall assess the implementation and effectiveness of this policy at least once every three years. The assessment shall include the extent to which the District and District schools comply with this policy and describe progress in attaining the wellness policy goals. The designees shall create structures to invite feedback on district and school wellness activities from Nutrition Services staff, school administrators, parents/guardians, students, teachers, after-school program staff, and community partners. The designees shall produce written reports and presentations to the Governing Board, District staff, school site staff, community partners, families, and students to inform and update the public about the content and implementation of this policy and assessment results. (42 USC 1758(b).)

Documentation and Records

The Superintendent's designees 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 to evaluate policy and practice, recognize accomplishments, and make policy adjustments

as needed to focus district resources and efforts on actions that positively impact student health and achievement. The Superintendent's designees shall retain records in 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 evaluation results available to the public. (7 CFR 210.31.)

Posting Requirements and Notifications

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all cafeterias or other central eating areas. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. The district will post information about the Wellness Policy, how to become a Wellness Champion, and join the Wellness Policy Advisory Group on the district website. Any updates to the content of the Wellness Policy shall be posted on the district website.

RELATED POLICIES AND REGULATIONS

Administrative Regulation (5030)

Board Policy 3511.3 (Clean Drinking Water)

Board Policy 3551 (Food Service Operations/Cafeteria Fund)

Board Policy and Administrative Regulation 3554 (Other Food Sales)

Board Policy 3555 (Good Food Purchasing)

Board Policy and Administrative Regulation 6142.7 (Physical Education)

Board Policy Development of Living Schoolyards 7110.1

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Potable Water

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

49501.5 Provide Two meals Free of Charge

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:
1758(a)(5) Drinking Water
1758(b) Local wellness policy
1771-1791 Child Nutrition Act, especially:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
220.1-220.23 National School Breakfast Program
210.10(a)(1)(i) and 220.8(a)(1) Access to Clean Potable Water