Sweetwater Un HSD | BP 5030 Students

Student And Staff Wellness

The Board of Trustees recognizes the link between student health and learning and strives to provide a comprehensive program promoting healthy eating and physical activity for district students. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

BACKGROUND

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

Every school district that uses federal dollars for school breakfast or lunch was required to create a local wellness policy by the start of the 2006- 2007 school year (SUHSD BP#5030). In 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies which delineate requirements for communication of district wellness policies, annual review, and progress towards implementation.

The district's local wellness policy applies to every school in the district. The policy will assist schools in improving the health of students by promoting physical activity and nutritious food.

PURPOSE

The district plays a critical role in curbing the epidemic of childhood obesity. The Board of Trustees are committed to providing a school environment that promotes student wellness, proper nutrition, and regular physical activity as part of our total learning experience.

A. Components

1. District Wellness Committee: The Superintendent will designate leadership staff who have the authority and responsibility to ensure that:

a) A district Wellness Committee is convened and meets at least four times per school year to review and update the policy, and support and monitor policy implementation.

The Wellness Committee includes district office personnel, site personnel and community members, and permits parents, students, representatives of Nutrition Services, Physical Education teachers, school health professionals, the school board, and the general public to participate.

b) Each school site is encouraged to:

* Create a site-based wellness committee.

* Designate a wellness champion who will serve as a point of contact for the Wellness Committee,

* Support wellness policy implementation at the school site,

* Attend district wellness committee meetings as available.

c) The public, including parents, students and others in the community, shall be informed and updated annually about the content and implementation of the wellness policy.

d) The district establishes and maintains collaborative relationships with community partners to support wellness activities on school campuses and provides information about opportunities and services within the community that support healthy living for students, staff and parents.

2. Physical Education: The Physical Education program shall be designed to build the skills and physical literacy district students need to maintain a healthy lifestyle while offering a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.

1. Physical Education will take place in an enjoyable, safe, and secure learning environment.

2. Physical Education minutes shall meet or exceed the 400 minutes every ten days throughout the school year, as required by the State of California.

3. The curriculum will be consistent with the expectations established in the state's curriculum framework and content standards, and be taught by credentialed Physical Education specialists.

4. The teacher-student ratios in Physical Education classes shall be appropriate to best meet the needs of district students.

5. Adequate equipment shall be provided for all students to be actively engaged in the Physical Education program.

6. Physical Education class time will include opportunities for moderate to vigorous physical activity with a goal of such activity a significant percentage of class time.

7. Physical Education teachers will be provided the opportunity for annual professional development that may include Physical Education training, instructional strategies, assessment of student performance and protocols for administering the California Physical Fitness Test.

3. Physical Activity: The district recognizes that students are more attentive and ready to learn if provided with periodic breaks to be physically active or stretch. In an effort to limit the health consequences of prolonged sedentary behavior, all students regardless of ability shall be provided opportunities to be physically active on a regular basis, before, during and after school.

1. Teachers shall provide students with short (3-5 minute) physical activity and stress reduction breaks at least once per class period.

2. The district shall offer a variety of supervised school athletic programs, extracurricular programs, and before- and after-school physical activities and programs.

3. If appropriate, joint use agreements for district facilities or grounds will be entered into for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunities for physical activity.

4. Active transportation to and from school will be encouraged as an opportunity for physical activity by providing secure bicycle and skateboard racks when possible, and by participating in Safe Routes to School activities and funding opportunities when appropriate.

4. Nutrition/Nutrition Services: To improve health and prevent chronic disease, the district promotes healthy food and beverage choices for all students and staff by creating meal environments that encourage healthy nutrition choices and participation in school meal programs.

1. All district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs. Schools that qualify for Child and Adult Care Food Program and Supper Meal Program will participate. When approved by the California Department of Education, the district may sponsor a summer meal program.

a. All school nutrition services staff will be provided continuing professional development in accordance with USDA Professional Standards for State and Local Nutrition Programs.

b. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

c. Applications for free/reduced price meals will be provided to all families at the beginning of their enrollment in school. The application is also available on the district website

d. Schools will make every effort to avoid any social stigma attached to free and reduced-price school meals, and prevent the overt identification of students who are eligible for these meals. Towards this end, schools will utilize electronic identification and payment systems: provide meals at no charge to all children, regardless of income; and /or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

2. As all schools are closed campuses, students and parents are prohibited from ordering or delivering food from outside establishments during the school day.

a. The district encourages and supports the use of nonfood rewards when considering incentives for student's academic performance, accomplishments, or behavior. A list of suggestions will be provided to schools and parents. Food items will not be used as rewards.

It is encouraged that students be provided with at least 30 minutes for lunch and 10 minutes for Nutrition Break daily so they can obtain and consume their meals. In addition:

1. Students shall be provided access to free potable drinking water in eating areas during meal times and throughout the school day by allowing for installation or renovation of water stations when possible.

2. Students shall also be encouraged to consume water during the school day and in campus after-school programs by allowing capped water bottles in classrooms and other campus areas.

3. The district shall implement Smarter Lunchrooms strategies to promote good nutrition and encourage students to select and consume the healthiest options available in the meal program.

4. The district shall foster a culture of support for growing and procuring fresh, local produce through community engagement, opportunities for school gardens, Farm-to-School and Garden-to-Cafeteria programs, farmers markets, and food distribution at school sites.

5. The district will encourage board-supported actions to establish partnerships and explore opportunities for district-wide farms to grow produce for school food programs.

6. The district shall establish policies that support adoption of the San Diego County Farm to School Taskforce (http://www.sdchip.org/wp-content/uploads/2016/06/F2S-Taskforce-Overview-Final.pdf) definition of local, regional, and statewide food procurement.

7. The district shall ensure that foods and beverages available to students before, during, and after school on school campuses support the health curriculum, promote optimal health, and take into consideration students with special dietary needs and food allergies.

5. Fundraising, Food Sales, and Activities: In order to support healthy food and beverage choices among students and staff and align with school nutrition education efforts:

1. The Board prohibits the marketing and advertising of any foods and beverages that do not meet or exceed current state and federal nutritional standards.

a. Examples of marketing techniques include the following: signage, logos, brand names on/in vending machines, books or curricula, textbook covers, school supplies, advertisements in school publications, scoreboards, school structures, and sports equipment; educational incentive programs; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; free samples, coupons or incentive programs; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or; sales of fruit for fundraisers

2. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will, from one half hour before to one half hour after school, limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.

3. All foods and beverages sold, served and/or offered to students on campus by any entity from one half hour before through 30 minutes after the school day ends, including foods and beverages provided through the district's Nutrition Service program, student stores, vending machines, fundraisers, clubs, after-school programs or other venues, shall meet or exceed current state and federal nutritional standards. https://www.fns.usda.gov/tn/guide-smart-snacks-schools; http://www.californiaprojectlean.org/doc.asp?id=287

4. School organizations are strongly encouraged to use physical activity events and/or non-food items for fundraising purposes. The district will provide a list of healthy fundraising ideas to parents, teachers, and staff, including non-food fundraisers.

5. School organizations are strongly encouraged to partner with Nutrition Services for food fundraisers at school-based or school-sponsored activities and events, to ensure compliance with current state and federal nutritional standards.

6. School-based or school-sponsored events including during after-school or non-school hours shall include one or more healthy options when selling/serving/offering foods and beverages. (i.e. water, fruits, vegetables, whole grains, low fat dairy products.)

7. All foods and beverage items brought onto campus by parents/guardians or other volunteers, community organizations or businesses should be store-bought, prepackaged and with a label listing ingredients so students with food allergies are protected from accidental exposure.

8. No home-cooked foods or beverages shall be served to students in order to minimize the risk of foodborne illnesses.

9. School staff shall require parents/guardians or other volunteers, community organizations or businesses to adhere to the Wellness Policy when donating food/beverage items for school-based or school-sponsored events. The district will provide a list of foods and beverages that meet Smart Snacks nutrition standards.

10. Celebrations and parties: Celebrations during school hours are strongly encouraged to use non-food activities. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.https://www.healthiergeneration.org/_asset/l062yk/07-278_HSPFramework.pdf

11. Staff and teachers are prohibited from selling any food or beverage items on campus at any time.

12. Rewards and Incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

6. Health Education: To foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors, the district's health education program shall be part of a coordinated school health system which supports the well-being of students and is linked to district and community services and resources.

1. The Superintendent or designee shall provide professional development to ensure that teachers providing health education are knowledgeable about academic content standards and effective instructional methodologies.

2. Comprehensive health education will be taught in Health Education classes or self- contained multiple subject classes; and will include the content areas of Nutrition and Physical Activity, Mental, Emotional, and Social health, Personal and Community health, Alcohol, Tobacco and other Drug Prevention. Individual growth, development and sexual health, and injury prevention and safety will also be included as per the California Health Education Content Standards.

3. The health education topics listed above will be integrated into other academic subjects as appropriate.

4. Before and after school programs are encouraged to integrate nutrition education into their activities as appropriate.

7. Health Services: The health services program is designed to promote and support health and well-being for all families, students, and staff. The district supports school based health centers and family resource centers as a means to provide access to care and other needed services. Each school site has fully qualified and credentialed school personnel to provide:

1. Student health assessments such as vision and hearing screening.

2. Care for minor illness/injury and emergency services.

3. Referral and coordination of care for management of chronic conditions.

4. Training in the early recognition and referral of mental and physical health problems for all staff who directly encounter students.

5. Linkages to community agencies that provide health related information and resources such as affordable health insurance.

8. Safe School Environment: The district affirms that every student and staff member has a right to safety and security and believes that a healthy and safe school environment enhances academic achievement. The district will create a positive school climate that celebrates and respects diversity and human dignity and admonishes bullying behavior. The district will:

1. Maintain safe, healthy, and smoke-free school campuses for all students.

2. Require that employees promptly report workplace safety concerns.

3. Create physical environments designed to facilitate healthy behaviors.

4. Foster a culture of mutual respect and tolerance.

5. Closed campus regulations shall be enforced in accordance with district policy and visitor entrance and egress will be restricted.

* http://boarddocs.suhsd.k12.ca.us/Board.nsf/files/8ED2J6025C9D/$file/BP%205112.5%20Open%20Closed%20Campus.pdf

* http://boarddocs.suhsd.k12.ca.us/Board.nsf/files/9WBNPH60E3EE/$file/AR%205131.2%20Bullying.pdf

* http://boarddocs.suhsd.k12.ca.us/Board.nsf/files/9E32H2023208/$file/BP%205145.31%20Transgender%20and%20Nonconforming%20Students.pdf

* http://boarddocs.suhsd.k12.ca.us/Board.nsf/files/AFST6K75D926/$file/BP%200410%20Nondiscrimination%20in%20District%20Programs%20and%20Activities%20Title

* http://boarddocs.suhsd.k12.ca.us/Board.nsf/files/89ZPK764F244/$file/AR+0450+Comprehensive+Safety+Plan.pdf

9. Mental and Behavioral Health and Wellness: The district recognizes mental and behavioral health is a continuum ranging from wellness to illness and will provide an environment that promotes the social, emotional, and psychological well-being of students and staff. The district will:

1. Provide access to credentialed school psychologists, school counselors, school nurses, and/or school based mental health practitioners who encourage and support students in making healthy decisions, managing emotions, and coping with trauma and/or crisis events.

2. Ensure that all school-based providers such as school psychologist's, school counselors, and school based mental health practitioners provide preventative services within the school, and collaborate with community based providers when the student needs surpass the services available within the context of the school district.

3. Provide access to available resources that ensure development of healthy mental and behavioral functioning such as self-regulation, advocacy, resiliency, etc.

4. Provide designated staff at each school site with procedures for early identification and referral of mental and behavioral health needs among students and staff.

5. Provide students and families with annual mental and behavioral wellness event.

6. Foster a continuum of preventative school-wide efforts to develop positive relationships, social capital, and promote a culture of care within a Restorative Practices and/or Positive Behavior Interventions and Supports (PBIS) Framework.

7. Foster health and positive relations with food and promote healthy body image.

8. Encourage school sites to offer opportunities for student support groups, peer to peer, and mentoring programs.

10. Staff Wellness: The district's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease and enhance the quality of life for district personnel. The District highly values the health and wellbeing of every staff member and their potential to serve as role models for students. Therefore, the district will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

1. The district will establish and maintain a staff wellness subcommittee of the District Wellness Committee to develop and promote a plan for staff health and wellness.

2. Encourage staff to serve as positive role models for students by demonstrating behaviors such as healthy eating/drinking and regular physical activity.

3. Strongly discourage staff from displaying any food/beverage items (i.e., coffee, soda, energy drinks, fast food) that do not support the district's health messaging and wellness policies.

4. Collaborate with Voluntary Employee Benefits Association Program (VEBA) and/or health insurance providers regarding opportunities that exist to improve employee physical and mental health

5. Encourage staff to take advantage of wellness programs available to them for mental and behavioral health needs.

6. Encourage each school site to designate an employee representative for staff wellness who will:

a. Serve as point of contact for the staff wellness subcommittee of the district wellness committee.

b. Increase awareness and encourage participation in wellness opportunities available to staff.

11. Lactation Accommodation: In recognition of the connection between breastfeeding, health and healthy weight for infants, and in accordance to BP 5146, the district shall ensure a lactation supportive environment.

* The district shall provide a reasonable amount of break time to accommodate an employee and/or student each time she has a need to express breast milk for her infant child. (Labor Code 1030 & AB302).

* The district shall provide a clean and private space, other than a restroom, to accommodate an employee and/or student each time she has a need to express breast milk for her infant child. (Labor Code 1030 & AB302).

* The district shall provide permission to bring onto a school campus any equipment used to express breast milk, access to a power source for that equipment, and access to a place to safely store expressed breast milk.

* The bill would prohibit a pupil from incurring an academic penalty as a result of her use, during the school day, of these reasonable accommodations.

12. Family/Community Involvement: The district¬ës goal is to ensure consistent health and wellness messages between the home and school environment. The District will:

* Encourage parents to provide a healthy diet and engage in physical activity with their children.

* Work with community partners to provide information about existing opportunities and services within the community that support healthy living for students, staff and parents.

* Invite families to participate in school-sponsored physical activity programs and provide information about ongoing health promotion efforts in the school district.

Links mentioned in policy:

Link to non-food reward ideas

http://www.livewellsd.org/content/dam/livewell/bestpractices/Tools%20for%20Schools%20Final%20for%20Web.pdf

Link to Farm to School Taskforce

http://www.sdchip.org/wp-content/uploads/2016/06/F2S-Taskforce-Overview-Final.pdf

Link to California Smart Snacks in School

https://www.fns.usda.gov/tn/guide-smart-snacks-schools

http://www.californiaprojectlean.org/doc.asp?id=287

Links to healthy party ideas from Alliance for a Healthier Generation and USDA

https://www.healthiergeneration.org/_asset/l062yk/07-278_HSPFramework.pdf

https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations

Labor Code 1030

http://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=LAB§ionNum=1030.

AB 302

http://www.leginfo.ca.gov/pub/15-16/bill/asm/ab_0301-0350/ab_302_bill_20150212_introduced.htm

Policy SWEETWATER UNION HIGH SCHOOL DISTRICT

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