Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 06/26/2017 **| Last Revised Date:** 11/17/2025 **| Last Reviewed Date:** 11/17/2025

The Board of Education 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 committee or other district committee and a wellness committee coordinator. The committee 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 committee is responsible for implementing, reviewing, and recommending revisions to the student wellness policy.

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.

A. Nutrition Promotion and Education

1. Students shall receive consistent, comprehensive, and accurate nutrition education that is integrated into the curriculum from pre-kindergarten through 12th grade.
2. Marketing and advertising on campus shall be limited to only foods and beverages that meet the competitive food standards set forth in this policy (see the Nutrition Guidelines section).
3. Healthy food choices will be prominently displayed and encouraged in all cafeteria, vending, and school environments.

B. Physical Activity and Physical Education (PE)

1. The district shall ensure compliance with the California Education Code requirements for PE instructional minutes for all grade levels.
    1. **Physical Education (PE):** All PE courses shall be taught by qualified, appropriately credentialed teachers. PE classes must involve moderate to vigorous physical activity for at least 50% of the instructional time.
        - **CA Ed Code Requirements:**
            - Elementary Schools (Grades 1-6): Minimum of 200 minutes every 10 school days.
            - Secondary Schools (Grades 7-12): Minimum of 400 minutes every 10 school days.
2. All students shall be provided with daily opportunities for physical activity through PE, recess, classroom breaks, or before- and after-school programs.
    1. **Recess and Non-PE Activity:** Elementary schools shall provide at least 30 minutes of daily unstructured recess time. Secondary schools should explore opportunities for activity breaks and club sports.

2. **Safe Routes to School:** The district will support and encourage programs that promote walking and biking to school where feasible.

3. Physical activity will not be used as a means of punishment or withholding, nor will sustained vigorous physical activity be used as an incentive.

C. Other School-Based Activities

1. **Staff Wellness:** The district will promote a comprehensive staff wellness program to model healthy behaviors for students and improve staff morale and health outcomes.
2. **Health Services:** The district will ensure access to comprehensive and coordinated school health services (e.g., nursing, counseling, mental health).
3. **Water Access:** Free, safe, and readily available drinking water must be provided to all students throughout the school day.

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 opportunities 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.

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)

These guidelines apply to all foods and beverages sold, served, or provided to students during the school day, on school premises, or at school-sponsored activities.

A. School Meals (Child Nutrition Programs)

1. School meals (breakfast, lunch, supper, and snacks) shall meet the current nutritional standards set by the United States Department of Agriculture (USDA) and the California Department of Education (CDE).
2. The district shall maximize student participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

B. Competitive Foods and Beverages (Sold on Campus)
All foods and beverages sold on campus (including vending machines, student stores, à la carte lines, and snack bars) must meet the following federal and **stricter California** standards:

Requirement	**California (EC Section 49431.2 & 49431.5) & Federal Smart Snacks**
Beverages (Elementary & Middle School)	Only water, milk (fat-free or 1%), and 100% fruit/vegetable juice (max 8oz serving).
Beverages (High School)	Same as above, PLUS diet sodas/zero-calorie beverages and non-nutritive sweetened iced tea (max 12oz).
Fat	**Foods cannot contain more than 35% total fat** by weight (excluding nuts/seeds).
Sugar (Elementary & Middle School)	**Foods cannot contain more than 35% total sugar** by weight (excluding naturally occurring sugars in fruit).
Sugar (High School)	**Foods cannot contain more than 35% total sugar** by weight (excluding naturally occurring sugars in fruit).
Calories	**Snacks:** less than or equal to 200 calories. **Entrees:** less than or equal to 350 calories.

C. Foods and Beverages Provided (Non-Sold)
This applies to foods provided at no cost, such as classroom rewards, celebrations, and staff-to-student treats.

1. **Classroom Parties/Celebrations:** Schools are encouraged to limit food-based celebrations to no more than one per month per classroom. Foods provided must emphasize fruits, vegetables, and whole grains.
2. **Rewards and Incentives:** Foods and beverages shall not be used as rewards for academic performance or good behavior, or withheld as punishment. Non-food rewards (e.g., extra recess, stickers, pencils) are encouraged.

D. Fundraising

1. **A la Carte/Store Sales (During School Hours):** Any food or beverage sold for fundraising during the school day must comply with the competitive food standards listed in the Nutrition Guidelines section.

Exempted Fundraisers (Outside School Hours): The district will identify and permit a limited number of non-compliant food fundraisers (e.g., pizza sales at a Friday night football game) that occur outside of the regular school day.

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)

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The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years (triennial assessment). (42 USC 1758b; 7 CFR 210.30)

The assessment will measure the extent to which:

- Schools are in compliance with the school wellness policy.
- The school wellness policy aligns with USDA and CDE requirements.
- Progress is being made toward achieving the policy's goals.

The district will make the student wellness policy, including any updates and the results of the triennial assessment, available to the public on the district website and/or through other accessible channels.

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 to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30)

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)

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1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW, Mail Stop 9410
   Washington, D.C. 20250-9410;

2. Fax: 202-690-7442; or

3. email: program.intake@usda.gov

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