

**Policy 5030: Student Wellness**

**Status:** ADOPTED

**Original Adopted Date:** 05/02/2019

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.

(cf. 1020 - Youth Services)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.61 - Drug Testing)

(cf. 5131.62 - Tobacco)

(cf. 5131.63 - Steroids)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.22 - Infectious Diseases)

(cf. 5141.3 - Health Examinations)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - School Health Services)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 - Guidance/Counseling Services)

**I. 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.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

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.

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)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

## II. Nutrition Education

### Content and Literacy

The district's nutrition 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 of all students to help them develop healthy behaviors. Programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services to achieve the competence to use such information and services in ways that are health enhancing. Nutrition education shall be provided as part of the health education program and, as appropriate, be provided as part of the instructional program in grades K-8 into core academic subjects (math, science, language arts, social sciences and elective subjects), before-and-after school programs, summer learning programs, and other programs that enhance student health. The nutrition education programs shall include, but are not limited to, information about the benefits of healthy eating for learning, disease prevention, media literacy, weight management, and oral health. Classroom nutrition education shall be linked to the overall school community through cafeteria-based nutrition promotion, as well as parent/community outreach and engagement.

### Educator Resources and Professional Development

Nutrition education resources and/or professional development shall be offered on a regular basis to credentialed staff, food and nutrition services staff, as well as other district staff as appropriate to enhance student health and wellness.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

(cf. 5148.2 - Before/After School Programs)

(cf. 6011 - Academic Standards)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

(cf. 6177 - Summer Learning Programs)

## III. Physical Education and Physical Activity

### Physical Education

All students in grades K-8, will be provided with opportunities to be physically active on a regular basis at a rate that meets or exceeds the standards set in California Education Code.

Students in Adaptive Physical Education or Specially Designed Physical Education will engage in physical activities as identified on their Individual Education Plan.

### Instructor Qualifications and Training

All physical education classes will be taught by an appropriately credentialed teacher.

Professional development will be offered on a regular basis to physical education teachers and teaching assistants, coaches, activity supervisors, and other staff as appropriate to enhance their physical education knowledge and skills.

Physical education teachers and teaching assistants will use District adopted curriculum materials that adhere to

California State Standards in the planning and implementation of physical education classes.

#### Equipment

To the extent funds are available, school sites will procure and maintain a reasonable and appropriate amount of non-fixed equipment for student use at recess, before, and after school.

District physical education teams will procure and maintain sufficient non-fixed equipment, when funds are available, to allow students to engage in physical activities with minimal wait times for equipment to become available.

#### Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

#### Recess, Breaks, and Extracurricular Activity

All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity through the provision of space and equipment.

Schools will discourage extended periods (i.e.; periods of two or more hours) of student inactivity. When weather conditions or academic activities (e.g., such as mandatory testing) make it necessary for students to remain indoors for long periods of time, school staff will be encouraged to give students periodic breaks during which they are encouraged to stand and be moderately active.

In addition to physical education, all schools will offer programs that encourage, verbally and/or through the provision of space, equipment, and supervision, daily periods of moderate to vigorous physical activity for all students. These types of programs include, but are not limited to, the following: Extracurricular physical activity clubs and school athletics, 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. This range of activities will meet the needs, interests, and abilities of all students, including girls, boys, students with disabilities, and students with special health-care needs.

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.

(cf. 1330.1 - Joint Use Agreements)

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

#### IV. Nutritional Guidelines for Foods Available at School

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional 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 nutritional standards.

#### School Meals

Meals served through the National School Lunch, Breakfast, and Supper Programs will:

\* Be appealing and attractive to children using strategies supported by the USDA such as the Smarter Lunchroom Movement.

- \* Be served in a clean, pleasant setting with sufficient time to consume meals;
- \* Meet, at a minimum, nutrition requirements established by local, state, and federal statutes for all foods available on each campus during the school day and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)
- \* Offer a variety of fruits and vegetables;
- \* Serve only low-fat (1%) and fat-free milk as well as nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- \* Ensure that all grains served contain a minimum of 51% whole-grains ingredients

#### Breakfast

To ensure that all children have breakfast, either at home or school, in order to meet their nutritional needs and enhance their ability to learn:

- \* Schools will, to the extent possible, operate the School Breakfast Program.
- \* Schools will, to the extent possible, arrange bus schedules, and utilize methods to serve school breakfasts that encourage participation, including serving breakfast during break or recess, "grab-and go" breakfast, universal free breakfast, or breakfast in the classroom.
- \* Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- \* Schools will use newsletter articles, take-home materials, or other means to encourage parents to assure their children have a healthy breakfast through.

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 and School Breakfast 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.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

#### Nutrition Promotion and Outreach

The Food and Nutrition Services Department and schools shall engage students and parents through taste-test of new or existing entrees, student clubs and councils, surveys, and informational presentations in order to assess the needs of students that participate or could participate in school meal programs. In addition, communication regarding the nutrition content of meals as well as nutrition education and promotion programs, will be made available via menus, website, cafeteria menu boards, automated messaging system, and other communication mediums, as appropriate.

#### Free and Reduced-priced Meals

The Food and Nutrition Services Department and schools will make every effort to eliminate any social barriers attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Schools shall utilize electronic identifications and payment systems; apply for eligibility of programs that provide meals at no charge to all children, regardless of income; promote availability of school meals to all students; and/or use non-traditional methods of serving school meals. When approved by the California Department of Education, the district may sponsor a summer meal program.

## Potable Water

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.

## Qualifications of Food and Nutrition Services Staff and Training

Qualified nutrition professionals will administer the school meal program. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all school food service staff. Staff development programs should include appropriate training programs for child nutrition directors, school nutrition operation managers, nutritionists, cafeteria workers, and support staff, according to their levels of responsibility.

## Sharing of Food and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

(cf. 1100 - Communication with the Public)

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

(cf. 6020 - Parent Involvement)

## V. Wellness Promotion and Food Marketing

### Parent Engagement

The Superintendent or designee will offer health information and the district's student wellness policy to parents/guardians through district or school newsletters, school menus, handouts, district and school site parent/guardian meetings, district and school web sites, district-wide events, and other communications. Outreach to parents/guardians shall emphasize the relationship between healthy behaviors and academic performance.

### Food Marketing

To reinforce the district's nutrition education program, the promotion of healthy foods, including fruits, vegetables, whole grains, water, and low-fat dairy products will be encouraged by teachers, school and district staff, and parents. The Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

### Fundraising Activities

To support student health and school nutrition education efforts, school organizations will use non-food items,

physical activity-themed events, or healthy food items as a primary form of fundraising. Schools will limit the use of food, especially of low-nutritional value for fundraising purposes, regardless of the time of day. The district/school will provide parents with resources that meet the district's snack standards and ideas for alternative fundraising activities.

#### Rewards and Celebrations

The Superintendent or designee shall encourage all staff to serve as positive role models for healthy eating and physical fitness. School staff shall not use food as a reward for students' academic performance, accomplishments, or classroom behavior. School staff shall promote student accomplishments with opportunities that support their social, emotional, physical, and academic development. The district/school will provide resources to schools that include non-food alternatives.

School staff shall request that parents/guardians or other volunteers support the district's wellness goals by considering nutritional quality when selecting any food or beverages which may be donated for occasional classroom, snacks, or school-wide celebrations. Class or school celebrations shall be held after the lunch period whenever possible. The district/school will provide parents with resources that meet the district's snack standards as well as ideas for health enhancing celebrations/parties and rewards.

#### Health Services

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.

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.

#### Staff Wellness

The District highly values the health and well-being of every staff member and will plan and implement efforts that promote work-site wellness programs. Activities should encourage healthy eating, physical activity, and other elements of a healthy lifestyle among district/school employees. The Superintendent or designee shall encourage staff wellness to be a component of the overall goals of the District Health Council.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 1230 - School-Connected Organizations)

(cf. 1325 - Advertising and Promotion)

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

(cf. 6020 - Parent Involvement)

#### VI. 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)

Chief Business Official

909-459-2500

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

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 use 1758b)

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 sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards.
5. Results of the state's physical fitness test at applicable grade levels.
6. 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.
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program.
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with community, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results 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.

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.

## Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

## VII. 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)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at the Filing a Program Discrimination Complaint as a USDA Customer page, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: 202-690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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