

Alum Rock Union Elementary School District
Board Policy
BP 5030
Students
Student Wellness

The Governing Board 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 build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The district shall appoint a sub-committee that supports and reinforces the goals of the policy and committee. Development of the wellness policy shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives, teachers, and community members. The Superintendent or designee may appoint a District health council or other committee consisting of representatives of the above groups. The council or committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and others interested in school health issues.

The District's health council or committee shall assist with policy development and advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the charges may include planning and implementing activities to promote health within schools or the community.

The District's student wellness policy and regulations will apply to all activities on school or district grounds, including Saturday school, from one hour before the school day begins to one hour after the school day ends.

Goals for Nutrition Education, Physical Activities and Other School-Based Activities

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks to include a planned sequential curricula and instruction that helps develop the knowledge, skills, and confidence necessary to maintain a healthy lifestyle.

All students in grades K-8 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, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage and support staff wellness programs for employees to improve personal health and fitness so they can serve as positive role models. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, advertisements in school publications, coupons, or incentive programs. The Board recognizes the significance of contributions made from local donors, (i.e. school supplies) and encourages organizations to make donations that promote wellness and support the district's goals.

All students shall have access to a designated staff member who has current certification in CPR and first aid. Designated staff shall be supervised by, and have physical or electronic access to a credentialed District nurse or another duly qualified supervisor of health.

Students shall have access to credentialed school and community counselors and psychologists who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises and shall provide referrals where necessary.

Schools shall provide a safe and healthy school environment that supports health literacy, successful learning, and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment should reflect a sense of community and mutual support among staff and students.

Nutrition Guidelines for Food Available at School

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day (defined as one hour before school begins to one hour after school ends), with the objectives of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, 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. Fundraisers that do not meet nutrition requirements may not be sold on school or district grounds from one hour before the school day begins to one hour after the school day ends.

The Superintendent or designee 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 is encouraged to use the district's food service department to provide healthy class party/celebration options. Foods that do not meet the nutrition requirements may not be offered on school or district grounds from one hour before the school day begins to one hour after the school day ends.

All foods available on campus shall come from Health Department approved food service distribution sources and foods made from home are discouraged in order to prevent foodborne illness in schools. Food made at home may not be sold to students at anytime.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance.

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, to the extent possible.

Program Implementation and Evaluation

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but are not limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the Child Nutrition and Physical Activity Advisory Committee, parents/guardians, students, teachers, and other appropriate persons.

The Superintendent or designee shall designate coordination at the district level between physical education, nutrition/health education, Child Nutrition Services, and someone at each school that is charged with operational responsibility for ensuring that staff is aware of and familiar with the policy and the school implements the adopted student wellness policy.

The sub-committee, consisting of parents, will report to the Child Nutrition and Physical Activity Advisory Committee on the monitoring of the policy implementation at the school level and findings will be included in the annual report to the board by the committee. The Superintendent or designee shall report to the Board annually on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Posting Requirements

Each school shall post the District's policies and regulation on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

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

Legal Reference:

EDUCATION CODE

33350 CDE responsibilities re: physical activity
49066 Grades; physical education class
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
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
51241 Temporary of permanent exemption from physical education
60800 Physical performance test

CODE OF REGULATION, TITLE 5

1041-1046 Physical performance test
3051.5 Adapted physical education for individuals with exceptional needs
15500-15501 Food sales by student organizations
15510 Mandatory meals for need students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially: 1751 Local wellness policy
1771-1797 Child Nutrition act, including: 1773 School Breakfast Program and 1779 Rules and regulation, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

BOARD POLICY

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0200 – Goals for the School District
0500 – Accountability
1325 – Advertising and Promotion
3312 – Contracts
3550 – Food Service/Child Nutrition Program
3553 – Free and Reduced Price Meals
3554 – Other Food Sales
5141.6 – Student Health and Social Services
6143 – Courses of Study
5148 – Child Care and Development
6010 – Goals and Objectives
6142.7 – Physical Education
6142.8 – Comprehensive Health Education
6300 – Preschool/Early Childhood Education