

**CAMBRIAN SCHOOL DISTRICT**  
**Board Policy**

**Administrative Procedure 5030**  
Adopted: June 27, 2006  
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**STUDENTS**

**Student Wellness**

I. Promote Healthy Eating and Physical Activity

- A. Nutritional education may be provided as part of the health education program or may be integrated into core academic areas of the curriculum as appropriate.
- B. Nutrition education may involve sharing information with families and the broader community to positively impact students and the health of the community.
- C. Students shall be encouraged to start each day with a healthy breakfast.
- D. Schools shall require all students in kindergarten through eighth grade to be physically active on a regular basis through physical education instruction and physical activity program.

*Physical education* is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.

*Physical activity* refers to participation in physical activity. Physical activity programs may provide participants with structured activity, (games, sports, etc.) or unstructured activity (walking programs, dance, etc.). Time allocated for physical activity shall be consistent with national and state standards.

II. Nutrition Guidelines

- A. Food and beverages sold on campus shall meet or exceed federal, state and local laws and guidelines. Food options shall offer a variety of age appropriate healthy food and beverage selections for students.

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**Student Wellness**

- I. The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity consistent with the expectations established in the state's curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, a safe and healthy school environment, and parent/guardian and community involvement.
- II. Parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public shall be involved with the development of the Student Wellness policy.
- III. The Governing Board believes that food and beverages sold 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.
- IV. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance as they apply to schools.
- V. The Superintendent or designee shall oversee the implementation of the Wellness Policy districtwide and at each district school. These measures shall include, but not be 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 school health council, parents/guardians, students, and other appropriate persons.

- B. Individual food items sold outside the federal reimbursable meal programs shall meet local, state, and federal requirements.
- C. The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- D. Schools shall follow the nutrition standards for kindergarten through eighth grade including before and after school programs as required by Education Code.
- E. Food or beverages sold for fundraising on campus during the school day must meet nutrition guidelines as required by Education Code.
- F. Food or beverages that do not meet nutrition standards may be sold by pupils if the sale takes place off and away from school campus; or on school grounds, if sales occur 30 minutes before or after school hours.

### III. Child Nutrition Operations

- A. Child nutrition programs should be financially self-supporting. However, the program is an educational support activity. Budget neutrality or profit generation shall not take precedence over the nutritional needs of the students.
- B. Child nutrition programs shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn.
- C. The District shall encourage participation in the available federal Child Nutrition Programs (e.g., school lunch, school breakfast, after-school snack and summer food service programs).
- D. Food service personnel shall have adequate pre-service training in food service operations.

#### IV. Food Safety/Food Security

- A All foods made available on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food related illness in schools.
- B For the safety and security of the food and facilities, access to the food service operations shall be limited to Child Nutrition staff and authorized personnel. Further assistance shall be provided through the US Department of Agriculture food security guidelines.

#### V. Implementation

- A. The Superintendent or designee shall be charged with operational responsibility for ensuring that the school sites implement the adopted wellness policy.
- B. Each school shall post the District's policy and procedure on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.