

## **Students**

BP 5030  
*New Policy*

### **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.

- (cf. 0000 - Vision)
- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.62 - Tobacco)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.23 - Infectious Disease Prevention)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5142 - Safety)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

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. (42 USC 1751 Note)

The Superintendent or designee may appoint a school 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/or others interested in school health issues.

- (cf. 1220 - Citizen Advisory Committees)
- (cf. 9140 - Board Representatives)

The school 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 council's charges may include planning and implementing activities to promote health within the school or community.

### **Nutrition Education and Physical Activity Goals**

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. (42 USC 1751 Note)

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, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

- (cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)  
(cf. 6143 - Courses of Study)

Nutrition education shall be provided in grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before and afterschool programs.

(cf. 6142.8 - Comprehensive Health Education)

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 but not limited to cross curricular content integration, physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities.

(cf. 6142.7 - Physical Education)  
(cf. 6145 - Extracurricular and Cocurricular Activities)  
(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models.

Professional development shall include instruction to promote knowledge, skills and healthy behaviors.

(cf. 4131- Staff Development)  
(cf. 4331- Staff Development)

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 web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 6020 - Parent Involvement)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. 1325 - Advertising and Promotion)

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. Food services will make every effort to accommodate students with special medical dietary needs. (42 USC 1751 Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. During school hours and half hour before and after school, 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, shall meet or exceed state and federal nutrition standards.

(cf. 3312 - Contracts)  
(cf. 3550 - Food Service/Child Nutrition Program)  
(cf. 3554 - Other Food Sales)  
(cf. 5148 - Child Care and Development)  
(cf. 6300 - Preschool/Early Childhood Education)

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

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 Programs, to the extent possible.

(cf. 3553 - Free and Reduced Price Meals)

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

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 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.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

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.

#### Legal Reference:

##### EDUCATION CODE

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

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

##### CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy 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 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program  
1779 Rules and regulations, 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  
Management Resources:  
CSBA POLICY BRIEFS  
The New Nutrition Standards: Implications for Student Wellness Policies, November 2005  
CSBA PUBLICATIONS  
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005  
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS  
Healthy Children Ready to Learn, January 2005  
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003  
Physical Education Framework for California Public Schools, Kindergarten Through Grade 12,  
1994  
CENTERS FOR DISEASE CONTROL PUBLICATIONS  
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning  
Guide for Elementary and Middle/High Schools, 2004  
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)  
PUBLICATIONS  
Fit, Healthy and Ready to Learn, 2000  
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS  
Dietary Guidelines for Americans, 2005  
Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School  
Nutrition Environment: A Guide to Local Action, 2000  
WEB SITES  
CSBA: <http://www.csba.org>  
California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>  
California Department of Health Services: <http://www.dhs.ca.gov>  
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>  
California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>  
Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>  
Dairy Council of California: <http://www.dairycouncilofca.org>  
National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>  
National Association of State Boards of Education: <http://www.nasbe.org>  
National School Boards Association: <http://www.nsba.org>  
School Nutrition Association: <http://www.schoolnutrition.org>  
Society for Nutrition Education: <http://www.sne.org>  
U.S. Department of Agriculture: [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy  
Adopted:

CAMPBELL UNION SCHOOL DISTRICT  
Campbell, CA