

Board Policy

Students

BP 5030(a)

STUDENT WELLNESS

The Board of Trustees of the Fremont Union High School District (FUHSD) 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, psychological and counseling services, a safe and healthy school environment, and parent/guardian and community involvement.

District Wellness Council

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school nurse specialist, school administrators, Board representatives, and members of the public.

The FUHSD has in place District Wellness Council. The council shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. As charged by the Superintendent, the Director of Educational Services facilitates the council whose duties includes but is not limited to planning and implementing activities to promote health within the school or community. The Director is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.

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.

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.

Nutrition education shall be provided as part of the health education program in grades 9-12 and, as appropriate, shall be integrated into core academic subjects and offered through before-and after-school programs.

All students in grades 9-12 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, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to 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 web site,

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

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 in district students.

(cf. [0000](#) - Vision)

(cf. 0100 - Philosophy)

(cf. 0200 - Goals for the School District)

(cf. [1325](#) - Advertising and Promotion)

(cf. [3312](#) - Contracts)

(cf. 5141.6 - Student Health and Social Services)

(cf. [6010](#) - Goals and Objectives)

(cf. 6142.7 - Physical Education)

(cf. 6142.8 - Comprehensive Health Education)

Health Education: A planned, sequential curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices.

Physical Education: A planned, sequential curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills; physical fitness; rhythms and dance; games; team, dual, and individual sports; tumbling and gymnastics; and aquatics. Quality physical education should promote, through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical activity.

Health Services: Health Services are provided for students to appraise, protect, and promote health and are delivered in the context of promoting and maintaining individual, family, and community health. The goals of Health Services are to ensure access to primary health care services, to provide a system for dealing with crisis medical situations, to provide mandated screening and immunization monitoring and to provide a process for identification and resolution of students' health care needs that affect educational achievement.

The School Nurse Specialist acts as a liaison between the school sites and the community primary health care providers and specialists, local public health and social service agencies that provide services. Acute, chronic, episodic and emergency health care on

each school site is supervised by a site administrator and provided by Health Support staff and/or administrators who are currently certified in CPR and First Aid and who have direct or electronic access to the School Nurse Specialist.

Counseling and Psychological Services: The district provides services to address students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of student advocates and school psychologists contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, licensed marriage and family therapists and social workers provide these services.

Family/Community Involvement: The District Wellness Council will be responsible for the ongoing implementation and oversight of the wellness policy. The district in collaboration with school sites will actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all goods available on each campus during the school day, 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 not-food items for fundraising purposes. He also shall encourage school staff to avoid the use of non-nutritious food as a reward for students' academic performance, accomplishments, or classroom behavior. The District Wellness Council will coordinate with the Inter-District Council to encourage healthy food options for club events and student activities. The Council has determined to permit the continuance of the 2 days per year when the Associated Student Body at each site hold Club Day as a fundraiser, without compliance to nutrition guidelines.

School staff shall encourage parent/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties and by limiting foods, or beverages that do not meet nutritional standards to no more than one food or beverage per party and/or event. Class parties, celebrations and events shall be held after the lunch period when possible.

Guidelines for Reimbursable Meals

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 and School Breakfast Programs, to the extent possible.

(cf. [3553](#) - Free and Reduced Price Meals)

Implementation and Monitoring

The Board shall establish a plan for measuring implementation of the policy. As charged by the Superintendent, the Director of Educational Services in coordination with an administrator at each school 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 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 coordinated 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.

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)