

**Mt. Pleasant School District
Board Policy**

Students

Student Wellness

BP 5030

Page 1 of 4

The Governing Board recognizes the link between student health and academic achievement and desires to provide a comprehensive program promoting healthy eating and physical activity. Healthy, active, and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn.

The Superintendent or designee shall establish a coordinated school health system based on the eight-component model of coordinated school health as described in the *Health Framework for California, Kindergarten Through Grade Twelve*.

These components are:

- Health Education
- Physical Education
- Nutrition Services
- Health Services
- A Safe and Healthy School Environment
- Parent and Community Involvement
- Health Promotion for Staff
- Psychological and Counseling Services

Priorities and resources for implementation

The Governing Board recognizes that health habits are often established in childhood and is committed to the promotion of healthy eating, increased physical activity, and positive lifestyle practices in schools. Decisions regarding the allocation of resources to implement the Student Wellness Policy will be made in the context of all the district's goals and will be determined by available resources. Efforts will be made to engage the community in the successful implementation of the Wellness Policy and to seek out funds from additional sources, including grants and contributions from the private sector.

Policy development

Development of the wellness policy shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The District's health council 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.

**Mt. Pleasant School District
Board Policy**

Students

Student Wellness

BP 5030

Page 2 of 4

Nutrition and Physical Education

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.

Skill building nutrition education focused on behavior change shall be provided as part of the coordinated health education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

Physical Activity

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 staff to serve as positive role models. The Superintendent or designee shall promote opportunities for regular physical activity among employees.

Community Outreach

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.

Nutrition guidelines for foods available at school

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.

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition

**Mt. Pleasant School District
Board Policy**

Students

Student Wellness

BP 5030

Page 3 of 4

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. The Superintendent or designee also 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 shall encourage parents/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. Class parties or celebrations shall be held after the lunch period when possible.

Marketing

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.

Guidelines for Reimbursable Meals

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. Strategies will be implemented to increase participation in school breakfast and lunch programs. Nutritional standards for the school breakfast and lunch program will meet or exceed state and federal standards.

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 are 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

**Mt. Pleasant School District
Board Policy**

Students

Student Wellness

BP 5030

Page 4 of 4

food service personnel, school administrators, the school district health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board periodically on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Legal Reference:

EDUCATION CODE

49430-49436, 49490-49493, 49500-49505, 49510-49520, 49530-49536, 49548.3,
49540-49546, 49547-49550-49560, 49565-49565.8, 49570, 51222, 51223,
Code of Regulations, Title 5, Sections 15500-15501, 15510, 15530-15535, 15550-15565
United States Code, Title 42, Sections 1751-1769, 1751, 1771-1791, 1773, 1779
Code of Federal Regulations, Title 7, Sections 210.1-210.31, 220.1-220.21

Policy Adopted: May 8, 2006