

STUDENTS

Student Wellness

The Board of Trustees, recognizing the link between student health and learning, 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.

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

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.

Nutrition Education and Physical Activities Goals

The Board shall adopt goals for nutrition education, physical activity, and other schoolbased 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 K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

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.

Student Wellness (continued)

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

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 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.

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 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.

Guidelines for Reimbursable Meals

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

Student Wellness (continued)

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

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

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide 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 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 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.

Legal Reference:

Education Code 49430-49436, 49490-49493, 49500-49505, 49510-49520, 49530-49536, 49540-49546, 49547-49548.3, 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: 3/23/06

STUDENTS

Student Wellness

Nutrition Education

- Nutrition education may be provided as part of the health education program or may be integrated into core academic areas of the curriculum as appropriate.
- Nutrition education information shall be reviewed by a qualified, credentialed nutrition professional (e.g., School Food and Nutrition Specialist [SFNS], or Food Service Director), who is specialized in school-based nutrition.
- Nutrition education may involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students shall be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical education may be the environment where students learn, practice and shall be assessed on developmentally appropriate motor skills, social skills and knowledge.
- Time allotted for physical activity shall be consistent with research, national and state standards.
- A daily recess period shall be provided.
- Physical activity participation shall take into consideration any health concerns.
- Physical education may include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment shall be available for all students to participate in physical education. Physical activity facilities on school grounds shall be safe and appropriate for all students including students with different physical abilities.
- Schools shall provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted or who are disabled.

Student Wellness (continued)

- Schools may provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools may encourage families and community members to institute programs that support physical activity, such as walking.

Other School Based Activities

- After-school programs may encourage physical activity and the formation of healthy eating habits.
- The Wellness Policy shall be considered in planning school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students may be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

Nutrition Guidelines for All Foods on Campus

- Food providers and all food made available on campus shall ensure that student access to foods and beverages meets or exceeds federal, state and local laws and guidelines. Food options shall offer a variety of age appropriate healthy food and beverage selections for elementary and middle schools. These include and are not limited to:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession snack stands
 - Student stores
- Nutrition information for products offered in vending machines, a la carte offerings, beverages, fundraisers, concession snack stands, and student stores shall be readily available.
- Families, teachers, students and school officials may be engaged in choosing the competitive food selections for their local schools.

Student Wellness (continued)

- Promotional activities shall be limited to programs that are requested by school officials to support teaching and learning. Promotional activities in schools shall be connected to activities that encourage physical activity, academic achievement and/or positive youth development and shall be in compliance with educational and nutritional guidelines.
- Advertising of foods, beverages or messages in areas accessible to students shall be consistent with the objectives of the educational and nutritional environment goals of the District.
- Classroom snacks and school activities shall promote and feature healthy choices.
- Foods and beverages sold as fundraisers shall include healthy choices and provide age appropriate selections for elementary and middle schools.
- Students shall be provided adequate time to eat, at least 10 minutes for breakfast and 15 minutes for lunch, from the time the student is seated.
- Lunch periods shall be scheduled as near the middle of the school day as possible.
- Dining areas shall be clean, safe and attractive.
- Drinking water shall be available for students at meals.

Child Nutrition Operations

- Child nutrition programs shall be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation shall not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it shall not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- Child nutrition programs shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn.
- The school shall strive to increase participation in the available federal Child Nutrition Programs (e.g., school lunch, school breakfast, after-school snack and summer food service programs).

Student Wellness (continued)

- A food service director shall be employed who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.

Food Safety/Food Security

- 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 illness in schools.
- 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.