

**Palo Alto Unified School District  
Board Policy  
BP 5030**

**Students and Student Services  
STUDENT WELLNESS**

The Governing Board of the Palo Alto Unified School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for all students.

The Superintendent or designee ensures that this program will be part of a coordinated school health system that addresses all components of the Coordinated School Health program as recommended by the California Department of Education and the Department of Health Services, and supports and reinforces:

- health literacy through health education, including nutrition education,
- physical education and physical activity,
- health services,
- nutrition services,
- psychological and counseling services,
- health promotion for staff,
- a safe and healthy school environment, and
- parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, health information will be disseminated 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. Staff will also be encouraged to serve as positive role models.

1.0 Goals

The District shall adopt goals for a coordinated school health system aligned with current state and federal guidelines/standards/regulations that will include nutrition education, physical activity and other school-based activities to promote student wellness. (42 U.S.C. § 1751 Note.) The District's nutrition, health 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.

2.0 Nutrition

The District recognizes that proper student nutrition and health is vital to the learning environment and to achieve high standards in school. To reinforce the District's nutrition education programs, the District's nutrition services shall implement the District's nutrition guidelines that promote student health, reduce childhood obesity and reinforce healthy eating habits. (42 U.S.C. § 1751 Note.)

### 3.0 Physical Activity

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis through physical education and physical activity. 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.

### 4.0 Reimbursable Meals

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

### 5.0 Monitoring

The Board of Education shall establish a plan for measuring implementation of this policy.

The Superintendent or designee is authorized to appoint a District school health council. The council may include District and school administrators, health professionals, school nurses, health educators, physical education teachers, counselors, parents, community members and/or others interested in school health issues, and shall advise the District on health-related issues, activities, policies, and programs.

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.

#### Legal References

##### *EDUCATION CODE*

*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001, especially:*

*49432 Posting of nutrition and physical activity information*

*49490-49494 School breakfast and lunch program*

*49500-49505 Meals*

*49510-49520 Nutrition*

*49530-49536 Child Nutrition Act of 1974*

*49540-49546 Child care food program*

*49547-49548.3 Comprehensive nutrition services*

*49550-49561 Meals for needy pupils in kindergarten and grades 1 to 12*

*49565-49565.8 California Fresh Start pilot program*

*49570 National School Lunch Act*

*51222 Physical education*

*51223 Minimum instruction in elementary school district (physical education)*

##### *CODE OF REGULATIONS, TITLE 5*

*15500-15501 Food sales by student organizations*

*15510 Mandatory meals for needy students, definitions*

*15530-15535 Nutrition education*

*15550-15565 School lunch and breakfast programs*

##### *UNITED STATES CODE, TITLE 42*

*1751-1769h National School Lunch Program, especially:*

*1751 Local wellness policy (Note)*

*1771-1791 Child Nutrition, including:*

*1773 School Breakfast Program*

*1779 Rules and regulations*

*CODE OF FEDERAL REGULATIONS, TITLE 7*

*210.1-210.31 National School Lunch Program*

*220.1-220.21 School Breakfast Program*

*Revised*

*5/06*