

It is the policy of the County Board of Education to provide a comprehensive program promoting healthy eating and physical activity for all students in County Office of Education programs. The Superintendent 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.

### 1.0 GOALS

The Superintendent shall establish goals for nutrition education, physical activity and other school-based activities to promote wellness for all students whose primary education is provided through the County Office of Education. The nutrition education and physical education programs shall be based on research and consistent with the state’s curriculum frameworks.

### 2.0 NUTRITION

County Office of Education programs shall establish nutrition guidelines that promote student health and reduce childhood obesity. Nutrition guidelines for all foods and beverages sold to students shall meet or exceed state and federal nutrition standards. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidelines. All County Office of Education programs shall participate in available federal school nutrition programs to the extent possible.

### 3.0 PHYSICAL ACTIVITY

All students in County Office of Education programs shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity

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**Santa Clara County  
Board of Education**

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 IMPLEMENTATION

The Superintendent shall ensure the implementation of this policy, and shall designate at least one person responsible for monitoring and reporting on the policy implementation. The Superintendent shall report to the County Board of Education every year on the implementation of this policy.

Each County Office of Education program shall post a summary of this policy in public view within all cafeterias or other central eating areas.

4.1 Outreach – Health information shall be disseminated to parents/guardians through newsletters, handouts, meetings, web sites and other communications.

4.2 Advertising – County Office of Education student programs shall not allow marketing or advertising of non-nutritious foods and beverages.

4.3 Fundraising – County Office of Education programs are encouraged to use healthy food items or non-food items for fundraising purposes.

4.4 Food as a Reward – County Office of Education programs are encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments or classroom behavior.

4.5 Class Parties – County Office of Education programs shall encourage parents/guardians and other volunteers to support nutrition education by selecting nutritious snacks which they may donate for class parties. Class parties or celebrations shall be held after the lunch period when possible.

4.6 Professional Development – Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.