

Students

Student Wellness

The growing problem of overweight and obese children directly attributable to poor diets and physical inactivity is of great concern in the United States. Children in this category are prone to obesity-related diseases and low self-esteem. 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 for District students. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the District's youth. Therefore, it is the policy of the Board to:

1. Provide students access to nutritious food;
2. Provide opportunities for physical activity and developmentally appropriate exercise; and
3. Provide accurate information related to these topics.

*(cf. 0000 – Vision)*  
*(cf. 0200 – Goals for the School District)*  
*(cf. 3513.3 – Tobacco-Free Schools)*  
*(cf. 3514 – Environmental Safety)*  
*(cf. 5131.6 – Alcohol and Other Drugs)*  
*(cf. 5131.62 – Tobacco)*  
*(cf. 5141 – Health Care and Emergencies)*  
*(cf. 5141.23 – Infectious Disease Prevention)*  
*(cf. 5141.3 – Health Examinations)*  
*(cf. 5141.31 – Immunizations)*  
*(cf. 5141.32 – Health Screening for School Entry)*

**Nutrition Education and Physical Activity Goals**

The Superintendent or designee shall develop and implement comprehensive district-wide nutrition education and physical education programs that shall be based on research, consistent with the expectations established in the state's curriculum framework, 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. The input of staff, students, parents or guardians, and public health professionals in the development of the curriculum is encouraged.

*(cf. 6143 – Courses of Study)*  
*(cf. 6145 – Extracurricular and Cocurricular Activities)*

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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 home and school environments, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school websites, and other communications. Outreach to parents/guardians and staff shall emphasize the relationship between student health and academic performance.

*(cf. 6020 – Parent Involvement)*

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, and scoreboards.

*(cf. 1325 – Advertising and Promotion)*

**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, and vending machines, shall meet or exceed state and federal nutrition standards. Foods that do not meet the nutritional standards are discouraged however, may be sold, but only according to the guidelines established by the California Legislature in AB 12—specifically, one half hour after the end of the school day or off school premises.

*(cf. 3312 – Contracts)*

*(cf. 3550 – Food Service)*

*(cf. 3554 – Other Food Sales)*

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/She also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students’ academic performance, accomplishments, or classroom behavior.

*(cf. 1230 – School-Connected Organizations)*

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.

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**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.

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)*

**Program Implementation and Evaluation**

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District’s Wellness Policy.

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 not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; analysis of annual physical fitness testing; and feedback from the school community at large.

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)

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

Legal Reference:

EDUCATION CODE

49430-49436	Pupil Nutrition, Health and Achievement Act of 2001
49490-49493	School breakfast and lunch programs
49500-49505	School meals
49510-49520	Nutrition
49530-49536	Child Nutrition Act

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49540-49546	Child care food program
49547-49548.3	Comprehensive nutrition services
49550-49560	Meals for needy students
49565-49565.8	California Fresh Start pilot program
49570	National School Lunch Act
51222	Physical education
51223	Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501	Food sales by student organizations
15510	Mandatory meals for needy students
15530-15535	Nutrition education
15550-15565	School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769	National School Lunch Program, especially:
1751	Note Local wellness policy
1771-1791	Child Nutrition Act, including:
1773	School Breakfast Program
1779	Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31	National School Lunch Program
220.1-220.21	National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA Publications

Student Wellness: A Health Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Thru Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment & Planning Guide For Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Health and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nasba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

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