

STUDENT WELLNESS

The Governing Board 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 Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. 1020 - Youth Services)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 - Drug Testing)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
(cf. 6164.2 - Guidance/Counseling Services)

School Health Council/Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

STUDENT WELLNESS (continued)

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer Learning Programs)

To reinforce the district's nutrition education program, 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, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

STUDENT WELLNESS (continued)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 6020 - Parent Involvement)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

STUDENT WELLNESS (continued)

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)

(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. Class parties or celebrations shall be held after the lunch period when possible.

STUDENT WELLNESS (continued)**Program Implementation and Evaluation**

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

STUDENT WELLNESS (continued)

8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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: (see next page)

STUDENT WELLNESS (continued)

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education

51223 Physical education, elementary schools

51795-51796.5 School instructional gardens

51880-51921 Comprehensive health education

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:

1758b Local wellness policy

1771-1791 Child Nutrition Act, especially:

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

220.1-220.23 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

Management Resources continued: (see next page)

STUDENT WELLNESS (continued)

Management Resources: (continued)

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

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

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives. Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

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

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <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>

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

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

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

STUDENT WELLNESS**Nutrition Education**

The district aims to teach, encourage and support healthy eating by students. Nutrition education should be part of not only health classes, but should be included in classroom instruction in all subject areas as appropriate. Nutrition education should integrate current, scientifically accurate nutrition content into classroom instruction in core subjects such as science, math, language arts, history and social science, as well as into the instruction offered in Physical Education and before-and-after school programs.

1. Schools will provide nutrition education and engage in nutrition promotion that:
2. Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior in order to promote and protect their health
3. Builds students' confidence and competence in making healthy food choices
4. Includes students of all abilities
5. Promotes fruits, vegetables, whole grains, low fat dairy products, lean protein, and healthy food preparation methods
6. Emphasizes balance between food intake and energy expenditure.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, newsletters, wall or bulletin board posters or banners, postings on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

All food available to students on school campuses during the school day (30 minutes before and up to 30 minutes after the instructional day) must meet the following minimum standards:

1. Individual food items sold or served outside the federal reimbursable meal programs shall meet district, state and federal requirements
2. Schools will follow the district nutrition standards for K-12 grade, including before and after school programs as outlined in the attached district policies AP 3550 and AR 3550
3. The Food Service department will have the authority for a nutritious snack required in state and federally funded before and after school programs

STUDENT WELLNESS (continued)

4. The only beverages that shall be sold or served to students during the school day include water, non-fat or low-fat milk, soymilk, 100 percent fruit or vegetable juice, 50 percent fruit or vegetable juice with no added sweeteners. At middle and high schools only, sport drinks with less than 42 grams of added sweetener per 20oz serving are allowed.
5. Food or beverages sold for fundraising on campus during the school day must meet the district nutrition standards.
6. Fundraising activities that do not support healthy eating shall occur only off school premises, or 30 minutes before and 30 minutes after the school day.
7. In elementary schools in the district, the only food that will be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program
 - a. The meal program will meet or exceed the nutrition recommendations of the current United States Dietary Guidelines such as:
 - (1) No more than 30 percent of total calories from fat, averaged over a week
 - (2) No more than 10 percent of total calories from saturated fat, averaged over a week
 - b. In addition, individually sold or served portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables and legumes may be sold. Individually sold dairy items and whole grain food items may be sold, provided they meet the following requirements:
 - (1) No more than 35 percent of the total calories shall be from fat (excluding nuts, nut butters, seeds, eggs and cheese)
 - (2) No more than 10 percent of the total calories shall be from saturated fat and trans fat combined (excluding nuts, nut butters, seeds, eggs and cheese)
 - (3) No more than 35 percent of the total weight shall be composed of sugar, including naturally occurring sugar and added sugar (excluding fruits and vegetables)
 - (4) Individual food items do not exceed 175 calories

STUDENT WELLNESS (continued)

8. In middle and high schools, the only food that may be sold outside the federal reimbursable meal programs must meet the 35/10/35 requirements as listed above, and do not exceed 250 calories per item, except for entrée items which shall not exceed 400 calories per food item and 4 grams of fat per 100 calories.

A production system will be encouraged to reduce the use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods that are low in fat and added sugars.

The use of fresh fruits and vegetables will be encouraged by making fruit and vegetables available where food is sold and promoting the intake of five or more servings of fruits and vegetables per day.

Elementary school administrators should evaluate schedules and, if possible, promote playtime before eating lunch.

The school district shall provide the following:

1. A clean, safe, enjoyable meal environment for students
2. Enough space and serving areas to ensure all students have access to school meals with a minimum wait time
3. Drinking fountains in all schools, so that students can get water throughout the day
4. Encouragement to maximize student participation in school meal programs
5. Protect identity of students who eat free and reduced-price meals

Food and beverages sold or served outside the reimbursable meal program will follow the District's Nutrition Standards below as outlined in the attached AR 3550(a).

Selling or serving foods with low nutritional value contradicts nutrition education and sends children the message that good nutrition is not important.

Foods of low nutritional value will be discouraged at all grade levels. The site administrator will monitor all food sold or served outside the school breakfast or lunch programs, including classroom parties, incentives, classroom rewards and fundraisers.

STUDENT WELLNESS (continued)**Physical Education and Physical Activity Opportunities**

All students at grades K-8, including students with disabilities, special health-care needs and students in alternative educational settings will receive physical education during the entire school year. Once students in grades 9-12 meet the state 2-year physical education requirement, they do not have to take PE any longer, but will be encouraged to participate in other physical activities. In addition, physical activity topics shall be integrated into the entire curriculum when appropriate.

Staff will not withhold physical activity as punishment. Each site administrator will monitor the use of physical activity or withholding of physical activity as a disciplinary measure. (Education Code 49001)

Curriculum and Instruction

The district shall implement a quality physical education program that addresses the following:

Instruction in physical education should be based on the physical education content standards and should include the following:

1. Full inclusion of all students
2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity
3. Maximum participation and ample practice opportunities for class activities
4. Well-designed lessons that facilitate student learning
5. Out-of-school assignments that support learning and the practice of learned skills
6. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being

Assessment of Student Learning

1. District will administer a physical fitness test annually to all students in grades 5, 7 and 9 during the months of February, March, April or May.

STUDENT WELLNESS (continued)

2. Each student's physical fitness test results will be sent to parents/guardians
3. In addition to the required physical fitness test, assessment of student learning and reporting of progress will be an ongoing process in physical education

Professional Development

Teachers assigned to deliver physical education instruction will receive ongoing professional development related to curriculum, instruction, and assessment in physical education.

Goals for Student Learning

The CDE's 2004 Physical Education Model Content Standards for California Public Schools: K-12 outlines the essential skills and knowledge that all students need for maintaining a physically active life.

1. The five standards state that students should:
2. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities
3. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities
4. Assess and maintain a level of physical fitness to improve health and performance
5. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance
6. Demonstrate and utilize knowledge of physiological and sociological concepts, principles, and strategies as applied to learning and performing physical activities

Opportunities for Physical Activity Before and After School

1. After school programs will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs
2. After school programs will provide and encourage daily periods of moderate-to-vigorous physical activity and will utilize space and equipment on each site in order to do so

STUDENT WELLNESS (continued)

3. All school-based before and after school programs will be aligned with the health and wellness policies adopted by the district

Other School Based Activities Designed to Promote Student Wellness

The district shall strive to create a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment will reflect a sense of community and mutual support among staff and students. In order to create this environment, the following activities shall be implemented:

1. Teachers and other school personnel will not withhold opportunities for physical activity (recess, physical education) as punishment.
2. Consistent health education, including but not limited to, nutrition and physical activity, will be provided to parents and families through the school newsletter, informational handouts, parent meetings, the school/district website and other venues.
3. The district will encourage parents/guardians, teachers, school administrators, students, food service staff and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. Parent/guardian outreach efforts will emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
5. Provide opportunities for on-going professional training and development for food service, staff and teachers in the areas of nutrition and physical activity.

Implementation and Monitoring

The superintendent will ensure compliance with established district-wide nutrition and physical activity Wellness Policies.

At each site, the principal will ensure compliance with those policies and will report on the school's compliance to the superintendent. This includes monitoring any food sold or served outside the food service program such as classroom parties, incentives, rewards or fundraising.

The site principal will implement the Wellness Policy at each site in a timely fashion, using a timeline established –initially by the District Site Council (DSC) – and revised as needed by the DSC or District Health Committee.

STUDENT WELLNESS (continued)

All employees of the district are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, this Wellness Policy. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

The Superintendent, who is ultimately responsible for executing this policy, will establish a working group that will meet annually. This group will review current policies, recent legislation and research, and will make suggestions for improvement to the school board as necessary. This Wellness Policy should be revised as necessary to address changes in state and federal law as well as in areas that are identified as needing improvement.