

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 build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, counseling services, health promotion for staff (e.g., health fairs and presentations), a safe and healthy school environment, and parent/guardian and community involvement

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

It is the policy of the district to educate students about nutrition and to provide each student access to a nutritious lunch each day. The district endeavors to promote health-consciousness and help students excel at learning through better nutrition. The district will educate students in ways to establish and maintain life-long healthy eating habits that will benefit them and the larger community in which they live.

Goals

1. Embrace and support the concept of "wellness" in the district by promoting nutrition education and physical fitness activities
2. Assist students in self-regulating their food selections to minimize the consumption of less nutritious foods that compete with healthier choices at mealtime
3. Strive to ensure that no student in the district lacks basic nutritional needs during the school day
4. Make a healthy lunch available every day for all students desiring it
5. Ensure that all children who are eligible for the free lunch program are properly identified
6. Maintain nutrient-based lunch menu planning (that meets or exceeds USDA guidelines) to allow for more flexible food selection
7. Serve meals in a pleasant environment with sufficient time for eating, while fostering good manners and respect for fellow students
8. Integrate nutrition into the district's Education Program in health, science, and physical education curricula

STUDENT WELLNESS (continued)

Responsibilities

The School Site Council shall be empowered to serve as the Wellness Advisory Board (Advisory Board) and shall work with site administrators to review the implementation of this policy under the direction of the Board.

Nutrition Education and Physical Activity Guidelines

The Advisory Board shall review, revise, and propose goals for nutrition education, physical activity, physical education, and other school-based activities that are designed to promote student wellness in a manner that the Board determines appropriate.

Nutrition education shall be provided as part of the health education program in all grades and, as appropriate, shall be integrated into core academic subjects. Three themes will be addressed throughout each school year in instruction to students and/or in parent/guardian communication:

1. The importance of eating breakfast
2. The role of good nutrition for good health
3. The importance of physical activity (especially as it relates to preventing heart and other diseases and obesity). The provision of the instruction will be verified by the grade level teams annually and reported to the Site Council by the teacher representatives. The Site Council will monitor the communication.

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, recess, school athletic programs, extracurricular programs, after-school programs and other structured and unstructured activities.

1. Students will have a minimum of 100 minutes of structured physical activity and Physical Education per week (an average of 200 minutes every ten school days)
2. Through the curriculum and activities provided through the Safe Routes to School Program--Walk and Roll to school day, bike rodeo, pedestrian and bike safety assemblies/lessons, Walking School Bus--students will learn about and be encouraged to participate in regular exercise that is healthful and ecologically sound
3. Students will have the opportunity to take walking field trips, play organized games at recess, including soccer, basketball, tetherball, kickball, handball, and softball

STUDENT WELLNESS (continued)

4. Students may participate in optional after school events such as Girls On The Run, the Eagle Fitness program for special needs, and interscholastic basketball for both boys and girls

Efforts will be made to integrate instruction in ecology with environmental stewardship and to reduce energy waste, using such activities as:

1. Trash free Tuesdays
2. Recycling
3. Solar Power study,
4. Safe Routes to School
5. Creek Study and Restoration
6. Eco-Eagles waste stream analysis, etc.

For Physical Activity Opportunities and Physical Education:

1. The district will foster a school environment that promotes and protects students' health, well-being, and ability to learn
2. Classroom physical education and/or health education will provide students with knowledge of safe walking and bicycling practices and an understanding of the benefits of walking and bicycling to their own health and the health of the environment in order to establish and encourage life-long healthy transportation behavior
3. Teachers shall be provided resources as requested to integrate safe pedestrian and bicycling education as well as the benefits of walking, bicycling and using alternative transportation (bus and/or carpool) to health and the environment, into the curriculum at all grade levels
4. All students in grades 4-6 will be provided with opportunities, support, education, and encouragement on how to safely walk and/or bicycle to school
5. Parents and students will be provided the results of home-to-school transportation analysis as well as recommended routes of travel for walking and bicycling/scootering to school when completed or updated by the Safe Routes to School program

STUDENT WELLNESS (continued)

6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, including safe pedestrian and bicycling habits, and will establish linkages between health education, environmental education, and school meal programs, and with related community services, such as Safe Routes to School
7. Parents will be given information each year regarding safe drop-off and pick-up of their children at school and the safe ingress and egress to the campuses
8. Students and parents will be helped to mitigate difficulties they may face on their trips to/from school each day through education about safe walking and bicycling, and driver-awareness practices

The Superintendent and/or Principals shall encourage staff to serve as positive role models (for personal wellness). The Superintendent and/or principals shall promote and may provide opportunities for regular physical activity among employees. Professional development opportunities provided 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 and principals shall periodically 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 peak academic performance.

The marketing and advertising of non-nutritious foods and beverages through signage, vending machines, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs or other means is prohibited. Non-nutritious foods are considered those that:

1. Exceed 30% of calories from fat (e.g. donuts, fried foods, etc.)
2. Exceed 35% sugar by weight (e.g. sodas, sugared fruit juices, candy)
3. "Juices" with less than 25% juice

Nutrition Guidelines for Foods Available at School

The Advisory Board shall review and propose nutrition guidelines for foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

STUDENT WELLNESS (continued)

School Meals

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs that includes the National School Lunch Program (NSLP). The meals offered:

1. Are accessible to all students
2. Are appealing and attractive to children
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
5. Promote healthy food and beverage choices with
 - a. Daily, whole or sliced fruit options displayed within reach of the student
 - b. White milk displayed in front of other beverages
 - c. Staff members, especially servers, trained to politely prompt students to select and consume the daily vegetable options
 - d. Student surveys and taste testing opportunities

The district program shall be posted on the website and menus will be created in consultation with a certified nutrition professional. Students will be served meals at an appropriate time of the day and allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students will be given extra time to eat as needed. The district will encourage participation in Federal child nutrition programs among students and families to help ensure that families know what programs are available in their children's school.

STUDENT WELLNESS (continued)

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 during the school day, including foods and beverages provided through the district's food service program, student stores, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards. (School food sales may use pricing structure to encourage the choice of foods with better nutritional value.)

School organizations should use healthy food items or non-food items for fundraising purposes when such fundraisers take place on campus during the school day. School staff should avoid the use of foods as rewards 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 that they may send to school for the "snack" recess, and/or that they may donate for birthdays and occasional class parties. Ongoing efforts will be made to keep parents fully informed of this policy.

Guidelines for class parties:

1. Class parties or celebrations that involve food shall be held after the lunch period. On a limited basis, with prior approval of the school principal (to comply with the National School Lunch Program regulations), curriculum-related nutritious breakfast events may be approved provided that they take place before or during morning recess (allowing adequate time before lunch)
2. No more than one food and/or beverage per classroom party may fail to meet nutritional standards (see definition of "non-nutritious" foods above). Teachers are encouraged to work with parents to determine the treat, requesting that only nutritious items be sent
3. If food is provided at the party/celebration, recommended foods and beverages include: fresh fruits, vegetables, whole grain items, baked rather than fried snack foods, milk-based products such as yogurt, 1% and 2% milk, water, and 100% fruit juice. If birthdays are celebrated, a single acknowledgement of all the birthdays for each month with planned nutritional snacks is recommended. Summer birthdays would also be acknowledged in this way. This idea should be promulgated by teachers at the Back to School Nights
4. Teachers are encouraged to plan a game, craft, or activity for the event so that party food/refreshments are not the sole focus of the celebration

STUDENT WELLNESS (continued)

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 Program to the extent possible.

Program Implementation and Evaluation

The Advisory Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate the principals as the ones 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 (in coordination with the meal contractor); student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers held during school days, sales of non-nutritious foods at other venues outside the district's meal programs; and feedback from food service personnel, school administrators, parents/guardians, students/student environmental stewardship groups, and other appropriate persons.

The Superintendent 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 cafeterias or in other central eating areas. (Education Code 49432)

Legal Reference: (see next page)

STUDENT WELLNESS (continued)

Legal Reference:

EDUCATION CODE

33350-33354 *CDE responsibilities re: physical education*
49430-49434 *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>