

Policy 5030: Student Wellness

Status: ADOPTED

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The Board of Education 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.

School Wellness Council

The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations, or distributing other correspondence, to ensure that parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, community stakeholders, community-based organizations, and general public are actively notified of and provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy. (42 USC 1758b; 7 CFR 210.31)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other District committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

Schools are also encouraged to establish ongoing school-level wellness committees to focus on the needs of students and staff in specific school buildings and implement programs and activities to meet and comply with the District wellness policy.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council 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 may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; CFR 210-31)

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. All school levels should receive sequential and comprehensive nutrition education.

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. Nutrition education is also encouraged during meals and classroom snack times.

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, give-aways, or other means. (7 CFR 210.31)

Non-nutritious food is defined as any food or beverage that does not meet the federal Smart Snacks Standards.

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.

The District's comprehensive, written physical education curriculum identifies the progression of skill development in grades P-12 and will be aligned with established State of California physical education standards. Physical education for grades K-12 will be taught by a certified/licensed teacher who is endorsed to teach physical education. Staff will be provided with annual professional development opportunities. Exemptions/substitutions will not be allowed, and alternative opportunities will be provided to all students to receive their physical education hours.

Time allotted for physical education and physical activity will be consistent with the State of California Standards.

Teachers will encourage movement by providing students with activity breaks throughout the day and will not use physical activity as a form of punishment. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

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.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

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.

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.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the District shall adopt nutrition guidelines which are consistent with 42 USC 1773, 1758, 1766, and 1779 and federal regulations 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. The District will take steps to ensure that students qualifying for free or reduced-priced meals are not overtly identified in any way.

Snacks in aftercare are served via the Child and Adult Care Food Program and will meet the requirements of that program. All snacks sold or served to students during after-school programs will meet the same nutrition standards

as foods sold/served during the school day.

Whenever possible, school meals will include fresh, locally grown foods in meals from farms and/or school gardens engaged in sustainable practices. The District shall use the USDA Smarter Lunchroom tools and other resources available on the USDA website to encourage students to make healthy choices. Students may have the opportunity to provide input on local, cultural, and ethnic favorites. Nutrition Services shall provide periodic food promotions to encourage taste testing of healthy new foods and locally grown products being introduced on the menu.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times beyond drinking fountains, such as access to cups or other drinking containers, 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 by serving water in an appealing manner.

Free, potable water will also be available throughout the school day and beyond regular school hours. Drinking water sources must be in or near high-traffic and common areas, including but not limited to hallways, cafeterias, gymnasiums, outdoor physical activity spaces, and faculty lounges. Pre-K and Kindergarten students must have water freely available throughout the day, including but not limited to appropriately sized drinking fountains, water dispensers, and pitchers of water and cups. During school-sponsored outdoor activities on campus, schools must ensure that there is an easily accessible drinking water source in or near the outdoor space.

Drinking water sources must be regularly cleaned to maintain sanitary conditions and maintained on a regular basis to ensure they function properly. Drinking water sources should provide water that is filtered and cooled to encourage consumption. Students, teachers, and staff must be allowed to bring and carry approved water bottles.

The Board believes that all foods and beverages sold to students at District schools, including those available outside the District's reimbursable food services program, should support the health curriculum and promote optimal health. The District will follow the Smart Snacks Standards for all food and beverages sold to students on the school campus during the school day.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

Food rewards are discouraged, and teachers will be provided with a list of alternative ideas. It is recommended that staff use physical activity as a reward when feasible.

School staff shall encourage parent/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.

Program Implementation and Evaluation

The Superintendent or designee designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the District's wellness policy (42 USC 1758b; 7 CFR 210.31)

Coordinator, Health Services

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The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

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 Superintendent or designee shall invite feedback on District and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-

school program staff, and/or other appropriate persons.

The Wellness Council shall meet no less than three times per school year. All meetings will be open to the public and meeting dates and times shall be posted on District website.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District's 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 and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the State's physical fitness test at applicable grade levels
7. 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
8. A description of the District's efforts to provide additional opportunities for physical activity outside the physical education program
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the District's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the District and state evaluations 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.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the District's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the District's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7CFR

210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including District or school newsletters, handouts, parent/guardian meetings, District and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210-31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)
