

Board Policy

BP 3550

School Wellness Policy

The Governing Board recognizes the link between student health and academic achievement. Healthy, active, and well-nourished children and youths are more likely to be more prepared and motivated to learn. Moreover, the Governing Board believes that an integrated and coordinated school health program will result in school environments that promote and protect children's health, well being, and ability to learn.

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, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. This is based on the model of coordinated school health as described in the Health Framework for California, Kindergarten through Grade 12.

INVOLVEMENT OF SCHOOL AND COMMUNITY STAKEHOLDERS IN DEVELOPING THE WELLNESS POLICY

Development of the wellness policy will consist of, but not be limited to, the involvement of parents/guardians, students, school food service professionals, school administrators, teachers, other staff, the School Board and members of the public.

It is recommended that the Superintendent or designee appoint a District health council or other committee consisting of, but not limited to representatives of the following groups: District administrators, health professionals, school nurses, health educators, physical education teachers, other certificated personnel, counselors, parents, and others interested in school health issues. (Education Code 49433)

(cf. 1220 – Citizen Advisory Committees)

The Governing Board recognizes that health habits are often established in childhood and is committed to the promotion of healthy eating, increased physical activity, and positive lifestyle practices in schools.

ESTABLISHMENT OF GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY, AND OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Goals for Nutrition Education

California *Education Code (EC)* Section 51210 requires that health education, including nutrition education, be taught in grades one through six. *EC* Section 51890 declares the intent that districts provide comprehensive health education and requires that a variety of health topics be included in middle school and high school curricula.

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

The health education program in grades K-8 shall be integrated into core academic subjects, to include:

- providing students with the knowledge and skills necessary to promote and protect their health as described in the *California Health Framework*
- nutrition education with information on caloric balance between food intake and energy expenditure (physical activity/exercise); the promotion of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- a link with the school meal programs, other school foods, and nutrition-related community services;
- the importance of oral health;
- content on teen pregnancy prevention and sexually transmitted diseases;
- the influence of culture, media, technology, and other factors on decisions related to nutrition, physical activity, and lifestyle choices;
- the various food, agriculture, and nutrition-related careers as vocational options;
- training for teachers and staff as appropriate
- family/parent interactions with translations as appropriate

Goals for Physical Education

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.

- ***Physical education*** is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle based on the Physical Education Model Content Standards for California Public Schools – Kindergarten through Grade 12.

The five overarching standards (K-8) state that students should:

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performing physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performing physical activities.
- **Physical activity** refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.).
 - All K-12 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated. (*CA Education Code 51210, 51222, and 51223*):
 - A minimum of 200 minutes for every 10 school days for students in Grades 1-6
 - A minimum of 400 minutes for every 10 school days for students in Grades 7-12
 - Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (*EC Section 51241*)
 - School districts will administer a physical fitness test annually to all students in grades five, seven and nine during the months of February, March, April, or May. (*EC Section 60800*)
 - Students and parents will receive their individual fitness test results upon completing the test.
 - Teachers will be provided professional development in regard to health and nutrition education
 - Teachers assigned to deliver physical education instruction will receive focused, on-going professional development related to curriculum, instruction, and assessment in physical education.

To encourage consistent health, nutrition, and physical fitness messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, and other communications. Translations for parents will be provided as appropriate. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES (AVAILABLE OUTSIDE THE SCHOOL MEALS PROGRAM)

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, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

- Efforts will be made to incorporate nutrition education, healthy snacks, and/or physical activity into after-school programs.
- Snacks served during the school day or in after school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- If foods are provided at school sponsored events (which include, but are not limited to athletic events, dances, or performances) nutritional foods and beverages will be served. In addition to promoting nutritious food, efforts will be made to incorporate nutrition education, physical education and/or physical activity into school-sponsored events outside of the school day when appropriate.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. The Superintendent or designee also shall encourage school staff to avoid the use of non-nutritious foods as a reward 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 which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period.

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, or other means.

NUTRITION GUIDELINES FOR CHILD NUTRITION REIMBURSEABLE MEALS PROGRAMS

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. To reinforce the district's nutrition education program, foods available on school premises shall be:

1. Carefully selected so as to contribute to students' nutritional well-being and the prevention of disease
2. Prepared in ways which will appeal to students, retain nutritive quality and foster lifelong healthful eating habits
3. Served in age-appropriate quantities and at reasonable prices

(cf. 3551 – Food Service Operations/Cafeteria Fund)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 3554 – Other Food Sales)

(cf. 5141.32 – Child Health and Disability Prevention Program)

(cf. 6142.8 – Comprehensive Health Education)

All school meals must meet or exceed nutrition requirements established by local, state and federal requirements. Foods sold at elementary and middle schools shall be made available only during prescribed times. (Education Code 49431)

Meals served through Child Nutrition Programs should:

- be appealing and attractive to children of various ages and diverse backgrounds;
- be served in clean, safe, and pleasant settings;
- contain fresh fruit and vegetables daily in each meal with a variety of choices that whenever possible and /or financially feasible should be from local sources and pesticide-free;
- offer at least two non-fried vegetables and two fruit options each day and five different fruits and five different vegetables over the course of a week;
- include only one-percent and nonfat milk options;
- contain whole grains (listed as the first ingredient on the label) in at least half of the grains served; and
- include food items selected by students and parents through taste testing, community meetings, and surveys.

Schools should use whole, fresh, unprocessed foods and ingredients whenever possible.

Schools should use foods low in sodium and limit sources of fatty acids whenever possible.

The Superintendent or designee shall ensure that the meals offered by the District's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items which they do not intend to consume.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus.

Legal Reference:

EDUCATION CODE:

38080-38103 Cafeteria, establishment and use

45103.5 Contracts for management consulting services, restrictions

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

49540-49546 Child care food program

49547-48548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49570 National School Lunch Act

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
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 PUBLICATIONS

Healthy Food Policy Resource Guide, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000

NASBE PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

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>

American School Food Service Association (ASFSA): <http://www.asfsa.org>

CDE, Nutrition Services Division/SHAPE California: <http://www.cde.ca.gov/nsd>

CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

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

National School Boards Association: <http://www.schoolhealth@nsba.org>

National Association of State Boards of Education (NASBE):

<http://www.boards@nasbe.org>

U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

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

MEASURING IMPLEMENTATION OF A LOCAL SCHOOL WELLNESS POLICY AND DESIGNATING RESPONSIBILITY FOR IMPLEMENTATION AND ENFORCEMENT

The District Health Council and/or the committee that developed the School Wellness Policy will remain actively engaged in monitoring the implementation of the School Wellness Policy and in presenting future recommendations. The committee, in coordination with the District, shall establish a process whereby parents can register their concerns and recommendations.

The committee will implement a plan for a coordinated review of the policy at each school site, to include members of the committee, as well as respective School Site Council representatives.

The principal at each school site is charged with operational responsibility for ensuring that the school site implements the adopted local wellness policy.

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

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each District school. These measures shall include, but are not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, school administrators, parents/guardians, students, and other appropriate persons.

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.

Every school site will administer the "California Health Kids Survey" (CHKS) every 2 years at grades 5 and 7 for baseline assessment of nutrition and physical activity programs.

The wellness policy will be revised as changes in State and Federal law or other areas in need of improvements are identified.

Appropriate training in regard to the Wellness Policy will be provided to teachers, school/district food service personnel and other staff members.