

5030 BP – Student Wellness Policy

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 Board recognizes that students who are healthy, safe, engaged, supported, and challenged show improvement in overall development.*

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, healthy, *and inclusive* 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/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; 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.

The wellness 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 schools 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; 7 CFR 210.31)

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 content standards*, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program *can* 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.

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 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 an *inclusive, 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. (5131.2 BP - Bullying)

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 that are consistent *with 42 USC 1758, 1766, 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.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times 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.

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. Nutrition 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 nutrition standards.

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.

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.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

Program Implementation and Evaluation

The Superintendent 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)

Assistant Superintendent, Educational Services
650-526-3500

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/committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

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 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. When applicable by the state, participation in the state's physical fitness test at applicable grade levels*
- 7. Number of minutes of physical education offered at each grade span.*
- 8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program*
- 9. Student behavioral, emotional, or attendance improvement data.*
- 10. 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 the 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; 7 CFR 210.31) Specific annual goals as required by 7 CFR 210.31 may be identified and updated through District Strategic Plan communications.*

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)

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating

in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

This institution is an equal opportunity provider.

Policy Reference Disclaimer: The following references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References

5 CCR 15500-15501
5 CCR 15510
5 CCR 15530-15535
5 CCR 15550-15565
Ed. Code 33350-33354
Ed. Code 38086
Ed. Code 49430-49434
Ed. Code 49490-49494
Ed. Code 49500-49505
Ed. Code 49510-49520
Ed. Code 49530-49536

Description

Food sales by student organizations
Mandatory meals for needy students
Nutrition education
School lunch and breakfast programs
CDE responsibilities re: physical education
Free fresh drinking water
Nutrition standards
School breakfast and lunch programs
School meals
Duffy-Moscone Family Nutrition Education and Services Act of 1970
Child Nutrition Act

State References

Ed. Code 49540-49546
Ed. Code 49547-49548.3
Ed. Code 49550-49562
Ed. Code 49565-49565.8
Ed. Code 49570
Ed. Code 51210
Ed. Code 51210.1-51210.2
Ed. Code 51210.4
Ed. Code 51220
Ed. Code 51222
Ed. Code 51223
Ed. Code 51795-51798
Ed. Code 51880-51921

Description

Child care food program
Comprehensive nutrition services
Meals for needy students
California Fresh Start pilot program
National School Lunch Act
Areas of study
Physical education, grades 1-6
Nutrition education
Areas of study, grades 7 to 12
Physical education
Physical education, elementary schools
School instructional gardens
Comprehensive health education

Federal References

42 USC 1751-1769j
42 USC 1758b
42 USC 1771-1793
42 USC 1773
42 USC 1779
7 CFR 210.1-210.33
7 CFR 210.31
7 CFR 220.1-220.22

Description

National School Lunch Program
Local wellness policy
Child nutrition
School Breakfast Program
Rules and regulations, Child Nutrition Act
National School Lunch Program
Wellness policy
National School Breakfast Program

Management Resources References

California Department of Education
Publication
California Project Lean Publication
Center for Collaborative Solutions
Centers for Disease Control&Prevention
Publication
Court Decision
CSBA Publication

Description

01-05 Guidelines for Piloting Textbooks and
Instructional Materials, rev.
Policy in Action: A Guide to Implementing Your
Local School Wellness
Changing Lives, Saving Lives: A Step-by-Step Guide
to Developing
Exemplary Practices in Healthy Eating, Physical
Activity and Food Security, Jan 2015
Acute Concussion Evaluation (ACE) Care Plan, 2006
A.M. v. Albertsons, LLC, (2009) Cal.App.4th 455
A Governance Perspective: Interviews with School
Board Members from the Nine Linked Learning
Initiative School Districts, March 2014

Management Resources References

Description

Federal Register

70 Fed. Reg. 29727 Constitution Day and
Citizenship Day (2005)

National Assoc of State Boards of Education

Pub Fit, Healthy and Ready to Learn, rev. 2012
Accommodating Children with Special Dietary

U.S. Dept of Agriculture Publication

Needs in the School Nutrition Programs: Guidance
for School Food Service Staff, 2001

Website

AASA The School Superintendents Association

[https://simbli.eboardsolutions.com/SU/MOaF8AO8
cslshSlfGc13QQoEQ==](https://simbli.eboardsolutions.com/SU/MOaF8AO8cslshSlfGc13QQoEQ==)