

## **5030 BP - Student Wellness**

### **Students**

**Board Policy No. 5030**

**Policy adopted: ~~June 16, 2022~~ June 12, 2025**

### **STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating, physical activity, social-emotional and mental well-being for district students. The Board recognizes that students who are healthy, safe, engaged, supported, and challenged show improvement in overall development. **The Board recognizes that students and staff across the district shall have equitable access to health and wellness efforts.**

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~~, **guided by Whole School, Whole Community, Whole Child approach**, 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.  
(CA Educ. Code 49056)

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~~ The Superintendent or designee 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 district requires that all foods and beverages sold to students outside of the school meal programs during the school day and extended school day programs will, at a minimum, consider the Smart Snacks checklist.~~

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. ~~He/she~~ 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. ~~The District encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs).~~ (Education Code 8993)

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, **social-emotional, ~~or~~ attendance improvement data, or other district program data.**
10. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate
11. **Stakeholder input, including student voice, regarding health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe, healthy, and inclusive school environment.**

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~~ **The Superintendent or designee** 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, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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 state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination 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  
Mail Stop 9410  
Washington, D.C. 20250-9410
2. Fax: (202) 690-7442; or
3. Email: [program.intake@usda.gov](mailto: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 Description**

5 CCR 15500-15501 Food sales by student organizations  
5 CCR 15510 Mandatory meals for needy students  
5 CCR 15530-15535 Nutrition education  
5 CCR 15550-15565 School lunch and breakfast programs  
Ed. Code 33350-33354 CDE responsibilities re: physical education  
Ed. Code 38086 Free fresh drinking water  
Ed. Code 49430-49434 Nutrition standards  
Ed. Code 49490-49494 School breakfast and lunch programs  
Ed. Code 49500-49505 School meals  
Ed. Code 49510-49520 Duffy-Moscone Family Nutrition Education and Services Act of 1970  
Ed. Code 49530-49536 Child Nutrition Act

### **State References Description**

Ed. Code 49540-49546 Child care food program  
Ed. Code 49547-49548.3 Comprehensive nutrition services  
Ed. Code 49550-49562 Meals for needy students  
Ed. Code 49565-49565.8 California Fresh Start pilot program  
Ed. Code 49570 National School Lunch Act  
Ed. Code 51210 Areas of study  
Ed. Code 51210.1-51210.2 Physical education, grades 1-6  
Ed. Code 51210.4 Nutrition education  
Ed. Code 51220 Areas of study, grades 7 to 12  
Ed. Code 51222 Physical education  
Ed. Code 51223 Physical education, elementary schools  
Ed. Code 51795-51798 School instructional gardens  
Ed. Code 51880-51921 Comprehensive health education

### **Federal References Description**

42 USC 1751-1769j National School Lunch Program  
42 USC 1758b Local wellness policy  
42 USC 1771-1793 Child nutrition  
42 USC 1773 School Breakfast Program  
42 USC 1779 Rules and regulations, Child Nutrition Act  
7 CFR 210.1-210.33 National School Lunch Program  
7 CFR 210.31 Wellness policy  
7 CFR 220.1-220.22 National School Breakfast Program

### **Management Resources References Description**

California Department of Education 01-05 Guidelines for Piloting Textbooks and Publication Instructional Materials, rev.  
California Project Lean Publication Policy in Action: A Guide to Implementing Your Local School  
Wellness Center for Collaborative Solutions Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Centers for Disease Control&Prevention Acute Concussion Evaluation (ACE) Care Plan, 2006 Publication



Court Decision A.M. v. Albertsons, LLC, (2009) Cal.App.4th 455  
CSBA Publication 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 Pub Fit, Healthy and Ready to Learn, rev. 2012  
Education 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/MOaF8AO8_cslshSlfGc13QQoEQ==)

#### *Legal Reference:*

##### **EDUCATION CODE**

33350-33354 CDE responsibilities re: physical education  
38086 Free fresh drinking water  
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  
49550-49562 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
49570 National School Lunch Act  
51210 Course of study, grades 1-6  
51210.1-51210.2 Physical education, grades 1-6  
51210.4 Nutrition education  
51220 Course of study, grades 7-11  
51222 Physical education  
51223 Physical education, elementary schools  
51795-51798 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**  
1751-1769j National School Lunch Program, especially:  
1758b Local wellness policy  
1771-1793 Child Nutrition Act, especially:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act  
**CODE OF FEDERAL REGULATIONS, TITLE 7**  
210.1-210.33 National School Lunch Program, especially:  
210.30 Wellness policy  
220.1-220.22 National School Breakfast Program