

**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 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 parent/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(cf. [5131.6](#) - Alcohol and Other Drugs)

(cf. [5141.3](#) - Health Examinations)

(cf. [5146](#) - Pregnant/Parenting Students)

**School Health Council/Committee**

The Superintendent or designee shall encourage parents/guardians, students, food service employees, district and school site administrators, Board representatives, health professionals, physical education teachers, and members of the public to participate in the development, implementation, and periodic review and update of the District's wellness policy.

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such 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 or 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 committee may include planning, implementing, and evaluation of activities to promote health within the school or community.

**Goals for Nutrition, ~~Education~~ and Physical Activity, and Other Wellness Activities**

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student (42 USC 1758b)

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.

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(cf. [6143](#) - *Courses of Study*)

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.

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, before- and after-school programs, summer learning programs encouraging students to walk or bicycle to and from school, in-class activity breaks, and other structured and unstructured activities.

(cf. [6142.7](#) - *Physical Education*)

(cf. [6145](#) - *Extracurricular and Cocurricular 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 shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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.

**STUDENT WELLNESS****Nutrition Guidelines for Foods Available at School**

For all foods and beverages available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1785b)

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 during meal times in the food service area 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 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 food service program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for all foods and provided through student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. [3312](#) - Contracts)

(cf. [3550](#) - Food Service/Child Nutrition Program)

(cf. [3554](#) - Other Food Sales)

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 ~~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 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. (7 CCR 210.30)

**STUDENT WELLNESS****Program Implementation and Evaluation**

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

Assistant Superintendent, Educational Services  
650-526-3500

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

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

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.

**Notifications**

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

**Records**

*The Superintendent or designee shall retain records that document compliance with 7 CCR 210.30, 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 CCR 210.30)*

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*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 7-12*

*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*