

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 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.

The coordinated District student health program plan shall incorporate the following guiding principles:

1. A school environment that is safe; that is physically, socially and psychologically healthful; and that promotes health-enhancing behaviors;
2. A sequential health education curriculum taught in every grade, pre-kindergarten through twelfth, that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors, and that is taught by well-prepared and well-supported teachers;
3. A sequential physical education curriculum taught in every grade in accordance with Education Code requirements, pre-kindergarten through twelfth, that involves moderate to vigorous physical activity; that teaches knowledge, motor skills and positive attitudes; that promotes activities and sports that all students enjoy and can pursue throughout their lives; that is taught by well-prepared and well-supported staff; and that is coordinated with the comprehensive school health education curriculum;
4. A nutrition services program that includes a food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods; a sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and coordinated with the food service program; and a school environment that encourages students to make healthy food choices;
5. A school health services program that is designed to ensure access or referral to primary health care services; foster appropriate use of health care services; prevent and control communicable disease and other health problems;

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6. A counseling, psychological and social services program that is designed to ensure access to well-qualified and well-supported health professionals;
7. Integrated family and community involvement activities that are designed to engage families as active participants in their children's education; that support the ability of families to support children's school achievement; and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students; and
8. A staff health promotion program that provides opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

District Health Advisory Council

The Board's policy related to student wellness shall be developed and evaluated with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public.

The Superintendent or designee may appoint a District Student Health Advisory Council consisting of representatives of the above groups. The council may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors and/or others interested in school health issues.

The District Student Health Advisory Council shall assist with policy development and advise the District on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the Council's charges may include planning and implementing activities to promote health within the school or community.

Health Education Goals for Student Learning

The ultimate goal of health education is to foster and promote health literacy. Health Literacy is defined as "the capacity of an individual to obtain, interpret and understand basic health information and services and the competence to use such information and services in ways that are health-enhancing."

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Students must comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment.

Students in grades pre-kindergarten through twelve shall receive nutrition education consistent with the Health Education Content Standards and current legislation. Nutrition education may be integrated into other curricula (e.g., math, science, language arts), as appropriate. Instruction shall be age-appropriate, grounded in accurate and current information, and provide the skills and motivation to focus on behavior change.

Staff shall have appropriate training to enable them to provide nutrition education.

Students shall receive consistent nutrition messages throughout the school campus.

Nutrition education may be offered in the school cafeteria as well as in the classroom, with coordination between the Student Nutrition Services staff and teachers.

Physical Activity and Physical Education

The primary goal for the promotion of physical activity is to increase students' knowledge and skills to enable them to adopt a physically active and healthful lifestyle.

Students in grades pre-kindergarten through 12 shall receive physical activity consistent with the Physical Education Content Standards and state and federal legislation.

Physical Education, a planned, sequential program of curriculum and instruction shall be age-appropriate, grounded in movement and fitness skill development, and provide the motivation for behavior change.

Staff shall have appropriate training to enable them to promote enjoyable, lifelong physical activity among students.

Elementary students shall be given opportunities for physical activity during the school day through daily recess periods.

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Students

Other School Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Dining Environment

Students shall have a clean, safe meal environment

Students shall have adequate space and serving area to ensure all have access to school meals.

Students shall have clean, safe drinking fountains, so that they can get water at meals and throughout the day.

Staff shall encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Time to Eat

Students shall have adequate time to enjoy eating healthy foods with friends in schools.

Staff shall schedule lunch time as near to the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment

Students shall not be rewarded with Foods of Minimal Nutritional Value, consistent with state and federal legislation.

Students shall not be denied access to school meals, or adequate time to eat, as punishment consistent with state and federal legislation.

Physical activity (e.g., running laps, push ups) shall not be used as punishment.

Consistent School Activities and Environment

Fundraising efforts shall be supportive of healthy eating and will be consistent with state and federal legislation.

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Nutrition Service staff shall have the appropriate training to enable them to provide nutrition education, as appropriate, in the school cafeteria.

Efforts will be made to keep school and District-owned physical activity facilities open for use by students outside school hours.

The District encourages parents, teachers, school administrators, students, Student Nutrition Service professionals, and community members to serve as role models in practicing healthy eating and being physically active.

Staff shall encourage all students to participate in the school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.

Staff may provide information and outreach materials about food assistance programs such as Women, Infants, and Children to student and parents.

Nutrition Guidelines for All Foods and Beverages Available on Campus

The District shall set guidelines for foods and beverages sold outside the schools' reimbursable meal program, such as a la carte foods in the food service program, in vending machines, snack bars, student stores, and concession stands throughout campus and as part of school-sponsored fundraising activities that are consistent with state and federal legislation.

The District shall set guidelines for refreshments served at parties, celebrations, and meetings during the school day that are consistent with state and federal legislation. The District shall stay current on federal and state regulations, as well as any legislation that pertains to the sale and service of foods and beverages to students on campus.

Guidelines for Reimbursable School Meals

The District's guidelines for reimbursable school meals shall not be less restrictive than federal guidelines and guidance issued pursuant to United States Code: Title 42, Sections 1758(f), 1766(a) and b), as they apply to schools.

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Implementation Plan

The District shall measure implementation of this wellness policy to ensure compliance with the policy, determine the impact of the policy, and identify modifications based on the evaluation and feedback.

This implementation plan shall be supervised by the Superintendent or designee.

This evaluation process shall assess whether the issues identified in the policy are making a difference on student wellness, and to identify successes and barriers to success.

This evaluation process may be done through data analysis, focus groups and forums, and/or questionnaires and shall be done in a manner that does not present an undue burden on staff.

The District School Health Advisory Council shall provide annual, if not more frequent, progress reports to the Superintendent or designee regarding the status of its work

The District Wellness Policy will be fully implemented by June 30, 2009, and reviewed at least every three years thereafter.

Posting Requirements

The District's policies and regulations on nutrition and physical activity will be available at all schools.

Legal Reference:

Education Code

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
49547-49548.3	Comprehensive nutrition services
4950-49560	Meals for needs students
49565-49565.8	California Fresh Start pilot program
49570	National School Lunch Act
51222	Physical education
51223	Physical education, elementary schools

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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

- 1751-1769 National School Lunch Program, especially:
- 1751 Note Local wellness policy
- 1771-1791 Child Nutrition Act, including:
- 1773 School Breakfast Program
- 1779 Rules and regulations, Child Nutrition Act

Code of Federal Regulations, Title 7

- 210.1-210.31 National School Lunch Program
- 210.1-220.21 National School Breakfast Program