

BP 5030
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 in district students. 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 and healthy 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.

- (cf. 1020-Youth Services)
- (cf. 3513.3- Tobacco-Free Schools)
- (cf. 3514- Environmental Safety)
- (cf. 5131.6 - *Alcohol and Other Drugs*)
- (cf. 5131.61 - *Drug Testing*)
- (cf. 5131.62 - *Tobacco*)
- (cf. 5131.63 - *Steroids*)
- (cf. 5141- Health Care and Emergencies)
- (cf. 5141.22- Infectious Diseases)
- (cf. 5141.3 Health Examinations)
- (cf. 5141.31 - *Immunizations*)
- (cf. 5141.32 - *Health Screening for School Entry*)
- (cf. 5141.6 - *Student Health Services*)
- (cf. 6164.21- *Sexual Health and HIV/AIDS Prevention Education*)
- (cf. 6164.2-*Guidance/Counseling Services*)

School Health Council/Committee

The superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, 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: 7CFR 210.30)

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.

- (cf. 1220 - *Citizen Advisory Committees*)
- (cf. 9140 - *Board Representatives*)

The superintendent or designee may make available to the public and school community a list of names, position titles, and contract information of the wellness council members.

The wellness council 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 may also include the planning, implementation, and evaluation of activities to promote health within the school 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: 7CFR 210.30)

(cf. 0000- Vision)

(cf. 0200- Goals for the School District)

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

(cf. 6011- Academic Standards)

(cf. 6142.7- Physical Education and Activity)

(cf. 6142.8- Comprehensive Health Education)

(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.

(cf. 5148.2- Before/After School Programs)

(cf. 6177- Summer Learning 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.

(cf. 5148.2- Safe Routes to School Programs)
(cf. 6145- Extracurricular and Curricular Activities)
(cf. 6145.2- Athletic Competition)

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 student's access to opportunity for physical activity.

(cf. 1330.1- Joint Use Agreements)

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.

(cf. 4131- Staff Development)
(cf. 4231- Staff Development)
(cf. 4331- Staff Development)

In order to ensure that student 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.

(cf. 5131.2- Bullying)
(cf. 5145.3- Nondiscrimination/Harassment)

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 Food Available at School

For all food and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which 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 districts 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.

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

(cf. 3552- Summer Meal Program)

(cf. 3553- Free and Reduced Price Meals)

(cf. 5141.27- Food Allergies/Special Dietary Needs)

(cf. 5148- Child Care and Development)

(cf. 5148.3- Preschool/Early Childhood Education)

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 reimbursable food service program, should support the health curriculum and promote optimal health. Nutrition standard 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.

(cf. 3312- Contracts)

(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-nutrition foods as 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. (7 CFR 210.30)

(cf. 1325- Advertising and Promotion)

Program Implementation and Evaluation

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

The Superintendent shall designate one person in addition to the principal, or designee, at each school site who is charged with the operational responsibility for ensuring the school site complies with the district's Board approved wellness policy.

(cf. 0500)- Accountability)
(cf. 3555- Nutrition Program Compliance)

The Superintendent or designee shall access the implantation and effectiveness of this policy at least once every three years. (42 USC 1758b: 7CFR 210.30)

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

The Board and 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 wit the 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. Students participation rated in all school meal and/ or snack programs, including the number of students enrolled in the free and reduced-priced meals program compared to the number of student eligible for that program
4. Extent to which foods and beverages sold on campus outside the food service 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 food and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards.
6. Result of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and estimated percentage of class time spent in moderate to vigorous physical activity.

8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.
9. 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 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 designees shall prepare and maintain the proper documentation and records needed for the administrative review of the districts wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and the state evaluations shall be submitted to the Board for the purposes of evaluation 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 implantation of the district's wellness policy and shall make the policy, and any updates to the policy, available 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 210.30)

(cf. 5145.6- Parental Notifications)

The superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meeting, district and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. 1100- Communication with the public)
(cf. 1112- Media Relations)
(cf. 1113- District and School Web Sites)
(cf. 1114- District- Sponsored Social Media)
(cf. 6020- Parent Involvement)

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 210.30, 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 CDR 210.30)

LEGAL REFERENCE:

Education Code

33350-33354 CDE Responsibilities re: physical education
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
49550-49560 Meals for Needy Students
49565-49565.8 California Fresh Start pilot Program
49570 National School Lunch Act
51210 Course of Study, grades 1-6
51220 Course of Study, grades
51222 Physical Education
51223 Physical Education, elementary schools
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

1751-1769 National School Lunch Program, especially:
1751 Note Local Wellness Policy
1771-1791 Child Nutrition Act, especially:
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
220.1-220.21 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

MANAGEMENT RESOURCES:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Health Food and Physical Activity Policy Resource Guide, rev. 2012

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013

Monitoring Success: A Guide for Assessing and Strengthening Student Wellness Policies, Rev.2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Building Healthy Communities: A School Leader's guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Twelve, 2009

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTER FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol.77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2015

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEBSITES:

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

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

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nan.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

RIO SCHOOL DISTRICT

Oxnard, California

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