

Menu of School- Based Wellness Policies

American Cancer Society Cancer Action Network California (ACS CAN)

Policy Guidelines



According to the Centers for Disease Control and Prevention (CDC), “reversing the U.S. obesity epidemic requires a comprehensive and coordinated approach that uses policy and environmental change to transform communities into places that support and promote healthy lifestyle choices for all U.S. residents.” The 2012 *American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention* includes recommendations that public, private, and community organizations work collaboratively at the national, state, and local levels to implement policy and environmental changes that focus mainly on making healthy choices easier with respect to diet and physical activity. As a result, ACS CAN’s obesity, nutrition, and physical activity advocacy strategic plan focuses on policy and environmental changes and takes a multi-level approach to prioritizing policy strategies based on their expected public health impact and political and feasibility considerations.

The following policy guidelines have been identified as consistent with ACSCAN priorities for Tobacco - Free workplaces and Nutrition Physical Activity and Obesity Policy guidelines.

Tobacco-Free Campus- Suggested Board Policy:

The Governing Board recognizes the health hazards associated with smoking and the use of tobacco products, including the breathing of second-hand smoke, and desires to provide a healthy environment for students and staff. A

“The School Board prohibits the use of products containing tobacco and/or nicotine, including, but not limited to, smokeless tobacco, snuff, chew, clove cigarettes, and electronic nicotine delivery systems, such as electronic cigarettes, electronic hookahs, and other vapor emitting devices, with or without nicotine content, that mimic the use of tobacco products any time, in charter school or school district-owned or leased buildings, on school or district property, and in school or district vehicles. However, this section does not prohibit the use or possession of prescription products, or other cessation aids such as nicotine patches or nicotine gum. Student use or possession of such products must conform to laws governing student use and possession of medications on school property.”

Suggested Administrative Regulations

Information about the district's tobacco-free schools policy and enforcement procedures shall be communicated clearly to employees, parents/guardians, students and the community. (Health and Safety Code 104420) B Signs stating "Tobacco use is prohibited" shall be prominently displayed at all entrances to school property. (Health and Safety Code 104420)B

“The policy should prohibit the use of products containing tobacco and nicotine including, but not limited to, cigarettes, cigars, miniature cigars, smokeless tobacco, snuff, chew, clove cigarettes and nicotine delivery devices, such as electronic cigarettes. Exceptions may be made for nicotine containing products that have FDA approval for smoking cessation.

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Obesity Prevention:

ACS CAN priorities for obesity prevention include:

- Strong nutrition standards for foods and beverages sold or served in schools (i.e., school meal programs, vending machines, a la carte, school stores)
- Increasing the quantity and improving the quality of physical education, supplemented by additional opportunities for school-based physical activity
- Reducing the marketing of unhealthy foods and beverages, particularly to youth, through setting strong nutrition standards and marketing restrictions (where allowed by law) or voluntary guidelines

Nutrition Access and Nutrition Marketing Suggested Board Policies:

“The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.” c

“The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards. c

Physical Activity Suggested Board Policy:

The district's physical education program shall engage students in 150 minutes of physical education per week for elementary students and 225 minutes per week for middle and high school students*, and in moderate to vigorous physical activity, for at least 50 percent of class or session time. (2012, ACS CAN)*

The Superintendent or designee shall develop strategies to monitor the amount of moderate to vigorous physical activity that takes place in the physical education instructional program. d

Suggested Administrative Regulations to increase physical activity:

“To monitor the amount of time students are engaged in physical education and whether students are engaged in moderate to vigorous physical activity for at least 50 percent of physical education class or session time, the Superintendent or designee may:

- *1. Develop methods to estimate the amount of time students spend in moderate to vigorous physical activity or the number of students who are inactive during physical education classes e*
- *2. Provide physical education teachers with staff development, self-monitoring tools, stopwatches, and/or heart rate monitors to assist them in planning and assessing the level of activity in their classes e*
- *The Superintendent or designee shall report the aggregate results of the physical fitness testing in the annual school accountability report card required by Education Code 33126 and 35256. (Education Code 60800) e*

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Additional Physical Activity policy suggestions

(not to supplant strong PE requirements):

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, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities. c

The Superintendent or designee shall implement strategies for increasing opportunities for physical activity outside the physical education program, which may include, but not be limited to:

- 1. Training recess and lunch supervisors on methods to engage students in moderate to vigorous physical activity*
- 2. Encouraging teachers to incorporate physical activity into the classroom*
- 3. Establishing extracurricular activities that promote physical activity, such as school clubs, intramural athletic programs, dance performances, special events, and competitions*
- 4. Incorporating opportunities for physical activity into before- or after-school programs and/or child care and development programs*
- 5. Exploring opportunities for joint use of facilities or grounds in order to provide adequate space for students and community members to engage in recreational activities*
- 6. Developing business partnerships to maximize resources for physical activity equipment and programs*
- 7. Developing programs to encourage and facilitate walking, bicycling, or other active transport to and from school e*

“The Superintendent or designee shall annually report to the Board the results of the state physical fitness testing for each school and applicable grade level. He/she shall also report to the Board regarding the number of instructional minutes offered in physical education for each grade level, the number of two-year and permanent exemptions granted pursuant to Education Code 51241, and any other data agreed upon by the Board and the Superintendent or designee to evaluate program quality and the effectiveness of the district's program in meeting goals for physical activity. d

SAFE ROUTES TO SCHOOLS:

The Governing Board recognizes that walking, bicycling, and other forms of active transport to school promote students' physical activity and reduce vehicle traffic and air pollution in the vicinity of schools. As part of the district's coordinated approach to supporting student wellness and safety and enhancing student learning, the Superintendent or designee shall develop and implement strategies to establish and promote safe routes to school program activities. f

The Superintendent or designee may collaborate with local public works and public safety departments, transportation agencies, other city and county agencies, school staff, students, parents/guardians and parent organizations, health organizations, community organizations, and/or businesses in the development, implementation, and evaluation of strategies. f

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SHARED USE:

The Board may enter into a shared use agreement 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. c

“Schools are encouraged to allow the public to use of indoor and outdoor school property during non-school hours for recreational purposes or sport, provided the use does not interfere with a school function or purpose. Schools are encouraged to negotiate mutually acceptable, fiscally responsible, legally binding shared use agreements with governmental and community agencies and organizations to keep school or district-owned facilities open for use by students, staff, and community members during non-school hours. “Shared Use Agreement” means a legal agreement that defines the rights and responsibilities of the school district and another organization or government agency for use of the school facilities for recreation or other purpose of importance to the community. Shared-use agreements should describe specific activities, times, and eligible participants and address supervision of minors; injury liability protections, funding sources, cost-sharing of utilities; and respective responsibilities for maintenance, cleanup, and security.

3. Schools [should/shall] work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students, staff and the public for physical activity during non-school hours. G

References:

- 2012, ACSCAN: Obesity, Nutrition, and Physical Activity Strategic Plan: Three Tiers of Policy Priorities
- A CSBA Tobacco policy BP 3513.3
- B CSBA Tobacco administrative regulations AR 3513.3
- B1 (<http://www.cde.ca.gov/ls/he/at/tobaccofreecert.asp>) (TUPE Certification, accessed 12.12)
- C CSBA policy Student Wellness BP 5030(a) (Note: It is likely future ACS CAN policy recommendations will go beyond foods sold and marketed during the day to students, faculty and staff to cover all school sponsored events including those outside the school day)
- D CSBA policy Physical Education and Activity BP 6142.7(a) (Note: This exceeds current Education Code minimum requirements (*EC* Section 51210 [g]) for Elementary – 200 minutes every 10 days and *EC* Section 51222[a] for grades 7-12- 400 mins every 10 days.). Schools are allowed to do more, but at present, many don't meet the CA standard.)
- E CSBA administrative regulation Physical Education and Activity BP 6142.7(a) (Note: This does not incorporate language to monitor the amount of time spent by students in PE daily, or weekly, but monitoring this could be an important policy strategy. It may also be beneficial to include language that requires the district to report the amount of time in PE by its students as an accountability measure)
- F CSBA policy Safe Routes to Schools BP 5142.2(a)
- G <http://publichealthlawcenter.org/sites/default/files/resources/phlc-fs-shareduse-samplestatute-language-2012.pdf> accessed 12.12