

VISTA UNIFIED SCHOOL DISTRICT

Students

BOARD POLICY NO. 5030: STUDENT WELLNESS

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive coordinated school health program 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.

School wellness policies shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The Superintendent or designee shall appoint a health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or other interested in school health issues.

The purpose of the council or committee shall be to monitor the implementation of the wellness policies, evaluate the district's progress on the policies goals, serve as a resource to schools and recommend revisions to these policies as the council or committee deem necessary and/or appropriate. 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.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for, nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The district's nutrition education and physical education programs shall be based on current 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.

Standards for health and nutrition education shall be provided as part of the health education program in grades K-12 and will be age-appropriate, skill building education that focuses on behavior change and, as appropriate, shall be integrated into core academic subjects and offered through before and after school programs.

The Superintendent or designee shall encourage staff to serve as positive role models.

Information shall be provided to all staff to promote personal well being.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board shall not promote the marketing and advertising of non-compliant SB 12 and SB 965 foods and beverages through signage, logos and scoreboards and encourages the marketing and advertising of healthy options.

Nutrition Guidelines for Foods and Beverages available at Schools

The Board shall adopt nutrition guidelines for all foods and beverages available on each campus during the school day, as set forth in these policies, with the objectives of promoting student health. (42 USC 1751 Note)

The Board believes that foods and beverages available to students and staff at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages available to students and staff, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall, as much as possible, meet or exceed state and federal nutrition standards.

A list of all compliant food and/or beverages that school organizations may use for fundraising purposes will be available at each school.

The Board prohibits the use of non-nutritious foods as rewards or incentives for students.

The School site staff shall encourage parents/guardians or other volunteers to use non-food items, which they may donate for occasional class parties.

All foods and beverages donated to classrooms must be selected from the district-approved list of snacks, which is available in the front office of all schools and the district website.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

Program Implementation and Evaluation

The Board shall establish a plan for monitoring the implementation and compliance of all the district wellness policies. The Superintendent shall designate at least one (1) person within the district and a representative at each school site to ensure that the school sites comply with the district's wellness policies.

Specific quality indicators will be used to measure the implementation and compliance of the wellness policies, district wide and at each school site. These measures shall include but not be limited to:

- Physical Education minutes
- Other Food Sales
- Nutrition Education
- School Nutrition Program

The Superintendent or designee shall report to the Board annually on the implementation and compliance of the wellness policies.

Posting Requirements

Each school shall post the district's wellness policies and regulations in public view in all school site front offices and on the district website.

Legal Reference:

EDUCATION CODE

33350-33354 *CDE responsibilities re: physical education*
49430-49436 *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*
49550-49561 *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 7-12*
51222 *Physical education*
51223 *Physical education, elementary schools*
51795-51796.5 *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

1751-1769 *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*
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 PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007
Food Safety Requirements, Fact Sheet, October 2007
Physical Education and California Schools, Policy Brief, rev. October 2007
Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007
Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006
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 Grade Twelve, 2003

Management Resources (continued):

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS (continued)
Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994
CALIFORNIA PROJECT LEAN PUBLICATIONS
Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004
Making It Happen: School Nutrition Success Stories, 2005
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, 2000
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS
Dietary Guidelines for Americans, 2005
Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000
WEB SITES
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>
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/nana.html>
National Association of State Boards of Education: <http://www.nasbe.org>
National School Boards Association: <http://www.nsba.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_steps.html