

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 students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces healthy lifestyles 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.

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.

District Wellness Council

The Board's policy related to student wellness shall be developed, periodically reviewed and updated with the involvement of teachers, classified staff, health services staff, parents/guardians, students, school food service professionals, school and central administrators, Governing Board representatives, and members of the public. (42 USC 1751 Note)

The Superintendent or designee may appoint a District Wellness Council consisting of teachers, classified staff, District and site administrators, health professionals, school nurses, health educators, physical education teachers, teachers, classified staff, counselors, parents/guardians, students, food service professionals, Board representatives, and/or other community members interested in school health issues.

The District Wellness 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.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner the District determines appropriate. (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 standards, and designed to build the skills and knowledge all students need to maintain a healthy lifestyle.

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 health education from early childhood through

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8th grade and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs, summer learning programs, and school garden programs.

The Board limits and discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

All students shall be provided opportunities to be physically active on a regular basis through moderate to vigorous physical activity during physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities. All students will be encouraged to participate in moderate to vigorous physical activities as appropriate. Student physical activity may not be restricted as punishment.

The Board may enter into a joint 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.

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.

Professional development shall be 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.

To ensure students have access to comprehensive health services, the District may provide referrals to community resources.

The Board recognizes 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.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines consistent with state and federal regulations for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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 foods and beverages available to students at schools should support

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the health curriculum and promote optimal health. Nutrition standards adopted by the District for foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, fund raising activities, vending machines, and other venues, shall meet or exceed state and federal nutrition standards.

School organizations shall be encouraged to use healthy food items or non-food items for fundraising purposes.

Staff will be discouraged from using 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 student wellness by considering nutritional quality when selecting snacks for class parties and limiting foods or beverages that do not meet nutritional standards. Class parties or celebrations in elementary schools shall be held after the lunch period when possible. A list of party and celebration alternatives may be shared with staff and parents.

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.

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 Program. Schools shall participate in the National School Breakfast Program to the extent possible. When approved by the California Department of Education, the District may sponsor a summer meal program.

Program Implementation and Evaluation

The Superintendent shall designate at least one person within the District and at each school charged with operational responsibility for ensuring implementation of the District's wellness policy. (42 USC 1758b)

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

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. An assessment of the extent to which District schools are in compliance with this policy, 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 shall periodically be made available to the public. (42 USC 1758b)

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Specific quality indicators used to measure the implementation of the policy District wide and at each school shall include:

1. Descriptions of the District's nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Type of exemptions granted from physical education
4. Results of the state's physical fitness tests
5. Analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs
8. Feedback for Child Nutrition Department personnel, school administrators, parents/guardians, students and other appropriate persons

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating 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.

Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

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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:
1758b 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

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CAJON VALLEY UNION SCHOOL DISTRICT
El Cajon, California