

Student Wellness

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The Board of Trustees 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 Assistant Superintendent 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.

School Health Council/Committee

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

To fulfill this requirement, the Superintendent or Assistant Superintendent shall appoint and maintain a wellness advisory committee consisting of representatives of the above groups. The committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Wellness Advisory Committee shall advise the district on health-related issues, activities, policies, and programs including providing assistance in: developing a marketing plan for school meals; the selection of foods to be offered through the food services programs; the development of communication strategies to inform all stakeholders of the district's wellness programs; and preparation of an annual report to the Board regarding the district's wellness program and on the specific indicators used to measure policy implementation.

At the discretion of the Superintendent or Assistant Superintendent, the committee'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 promotion and education, physical activity, and other school-based activities that are designed to promote student wellness. (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 content standards, in compliance with state and federal regulations, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students in grades 9-12 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, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities such as intramural programs, differentiated exercise and dance/performance groups.

Physical education programs should foster and promote optimal physical fitness and skill development to encourage students to obtain, interpret, understand and utilize basic health information that is health enhancing

and beneficial to effective performance. Physical education at the secondary level shall be for a total time of not less than 400 minutes each 10 school days.

The Superintendent or Principal shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent, Assistant Superintendent or Principal may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web sites, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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 give-aways, or other means.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines which are consistent with 42 USC [1773](#) and [1779](#) selected by the district 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 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. Nutrition 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, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

Foods sold to students, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code [49430](#), [49431.2](#))

1. Each entree item shall:

- a. Not exceed 400 calories
- b. Contain no more than four grams of fat per 100 calories
- c. Be categorized as an entree item in the National School Lunch or School Breakfast program

2. For each snack item that supplements a meal:

- a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
- b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
- c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.
- d. Its total calories shall not exceed 250 calories.

Beverages sold to students shall meet the standards specified in items #1-5 below. (Education Code [49431.5](#))

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk
5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving, have water as the first ingredient, contain at least 10 but no more than 90 milligrams of potassium per 8 ounces and contain no added caffeine.

The Superintendent or ASB Director shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to use healthy, pre-packaged foods and to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. The food service staff may provide information regarding affordable, nutritious alternatives.

Staff planning student functions during the school day with more than 20 students in attendance, shall notify the Director of Food Services in writing at least five days in advance to lessen the impact on the Food Services Department.

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 functions and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per function. Foods or beverages served at class functions shall be store bought, unopened, and include an ingredient label on packaging. Due to the potential of food borne illness, foods and beverages prepared at home shall not be allowed. Class functions, including parties or celebrations, shall be held after the lunch period when possible.

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)

In order 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 and School Breakfast Programs, to the extent possible. Furthermore, district schools shall provide meals that comply with state and federal guidelines and regulations. When approved by the California Department of Education, the district may sponsor a summer meal program.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Assistant Superintendent of Educational Services, , Director of Food Services, and site Principals are charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC [1758b](#))

The Superintendent, Assistant Superintendent or Principal shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of 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 U.S. Department of Agriculture, and a description of the progress made in attaining the goals

of the wellness policy. (42 USC [1758b](#))

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level
2. Number of minutes of physical education instruction offered at each grade span
3. Results of the state's physical fitness test
4. An analysis of the nutritional content of meals served based on a sample of menus
5. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
6. Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
7. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
8. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or Assistant Superintendent, working collaboratively with the wellness advisory committee, shall report annually to the Board on the implementation of this policy and any other Board policies related to nutrition and physical activity.

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](#))

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

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

Management Resources:

CSBA PUBLICATIONS

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

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

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

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

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

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

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

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

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

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>

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/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.html>

Policy FALLBROOK UNION HIGH SCHOOL DISTRICT

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