

**Student Wellness
Students**

BP 5030

The Spencer Valley School District Board recognizes the link between a student's physical and emotional health and his or her ability to learn. Although the District does not participate in any federal nutrition programs, the Board desires to provide a comprehensive wellness program promoting healthy eating, nutritional education, physical activity, and personal safety for district students and staff. To this end, 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 - School Health Services)
- (cf. 6142.1 - 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, school 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)

To fulfill this requirement, the Superintendent or designee may appoint one or more District or school staff members, as appropriate, to ensure that the school complies with this policy. The Superintendent or designee may also invite feedback on District and school wellness activities from staff, other district constituency groups or committees, parents/guardians, students, volunteers, and/or other appropriate persons interested in school health issues (see Appendix A).

The school group or committee 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/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

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

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness (See Appendix A). (42 USC 1758b)
(cf. 0000 - Vision)
(cf. 0200 - Goals for the School District)

The District's nutrition education 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 not be limited to, information about the benefits of healthy eating for learning, disease prevention, healthy weight, 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, school gardening programs, and summer learning programs.
(cf. 5148.2 - Before/After School Programs)
(cf. 6177 - Summer Learning Programs)

To reinforce the district's nutrition education program, 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.
(cf. 1325 - Advertising and Promotion)

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 extra-curricular activities, summer learning programs, in-class physical activity breaks, and other structured and unstructured activities (see Appendix A).
(cf. 5142.2 - Safe Routes to School Program)
(cf. 6145 - Extracurricular and Co-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 students' access to opportunities for physical activity (see Appendix A).
(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly 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. The Superintendent may promote work-site wellness programs and may provide opportunities for regular physical activity amongst employees, and encourage staff to serve as role models for healthy eating and physical fitness.
(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through the school newsletter, handouts, parent/guardian meetings, the school

web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The District may also seek out volunteers from the larger community to help promote healthful habits and lifestyles within the school environment (see Appendix A).

(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)

The District recognizes that a students' emotional and mental health play a very important part of a safe and positive school environment. In order to ensure that students 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 (see Appendix A).

The District shall prohibit bullying and harassment of all students, including bullying on the basis of weight or health condition. Steps to report bullying by students or parents/guardians are available online at svesd.net at the bottom of the homepage under Quick Look section.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

Nutritional Guidelines for Foods Available at School

For all foods available during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity (see Appendix A). (42 USC 1758b)

In order to maximize the District's ability to provide nutritious meals and snacks, Spencer Valley 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 school shall provide access to free, potable water during meal time 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. This may include allowing students to refill reusable water bottles with clean, potable water during the school day. Well water is routinely tested quarterly and on a yearly cycle, and the results are made public each June.

School meals may be prepared fresh on-site, shall meet or exceed state and federal nutritional standards, may not include pre-packaged foods whenever possible, may offer a vegetarian option to students, and may include a gluten-free alternative.

Students shall be discouraged from bring non-nutritious food items from home such as candy, soda, and sports drinks. Families and volunteers shall be encouraged to support the District's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional celebrations such as student birthdays, holidays, etc. These celebrations shall be held during lunch or after school and not in the classrooms when possible. Staff shall be prohibited from using non-nutritious food items for school performance rewards or incentives.

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

(cf. 1230 - School-Connected Organizations)

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. This assessment shall include the extent to which Spencer Valley is in compliance with this policy, and the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture and other federal and state agencies and nongovernmental organizations, as well as a description of the progress made in attaining the goals of the wellness policy (see Appendix A). (42 USC 1758b)

The District shall establish indicators used to measure the implementation and effectiveness of the District activities related to student wellness. Such indicators may include, but are not limited to:

- Descriptions of the District's a) nutrition education, b) physical education, and c) health education curricula and the extent to which they align with state academic content standards and legal requirements.
- Results of the state's physical fitness test at applicable grade levels.
- Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity.
- A description of District efforts to provide additional opportunities for physical activity outside of the physical education program.
- A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.

The Superintendent or designee shall invite feedback on district and school wellness activities 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.

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.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

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

Spencer Valley shall post the District's policies and regulation 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 safety laws and regulations made available and prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
49430-49434 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, 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
220.1-220.23 National School Breakfast Program

COURT DECISIONS

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

Management Resources:

CSBA PUBLICATIONS

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

Monitoring for 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
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 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

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

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

FEDERAL REGISTER

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

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/nl>

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>

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/nl/Healthy/wellnesspolicy.html>

Policy

SPENCER VALLEY SCHOOL DISTRICT

Approved:

13 April 2016

Santa Ysabel, California

Appendix A – Examples of District Practices

School Health Council/Committee

A School Board Member coordinates the student wellness program evaluation. School advisory groups, the Local Control Accountability Planning Group (LCAP), and Site Advisory Council serve in advisory roles.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

Examples of programs Spencer Valley has participated in or currently participates in to meet goals may include:

- A weekly gardening program in which students participate in composting, tilling, weeding, planting, watering, and harvesting a variety of garden vegetables.
- Cooking classes using garden produce grown through the school gardening program that highlight cultural education.
- Participation in the County of San Diego's comprehensive initiative *Live Well San Diego*. This initiative uses community partnerships to convene working groups, conduct program activities, and utilize pooled resources to improve the health, safety, and overall well-being of residents throughout San Diego County.
- Partnership with community farmers, growers, and local distributors to provide fresh, locally-grown produce for school lunches and snacks. This Farm-To-Table education may be supplemented with field trips to local farms or orchards, and may include community volunteer involvement to provide nutritious meals for special school events.

Examples of physical education activities Spencer Valley has participated in or currently participates in may include:

- Interschool athletic competitions which offer students the opportunity to compete with schools from the surrounding communities.
- A Par Course located on the school grounds which is accessible to the students during after-school hours, and may be used during physical education. The Par Course and school play structures are also accessible to members of the community during after-school hours and on the weekends in order to promote physical fitness opportunities to the community as a whole. School policies concerning safety shall apply at all times.

Examples of joint use agreements within the larger community to make District facilities available for recreational or sports activities outside the school day may include:

- Community yoga classes which are available at a discounted rate to District staff members and parents and students of Spencer Valley School.
- Community belly dancing classes and practice sessions for the local belly dancing troupe.
- Providing an overnight use of facilities for the annual Rancho Family YMCA Annual Ride Across California

Examples of the District seeking out volunteers from the larger community to help promote healthful habits and lifestyles within the school environment may include:

- Utilizing student volunteers from Julian High School to serve as tutors and mentors to Spencer Valley students.
- Utilizing Julian Art Guild (JAG) members as volunteers to lead art and creativity projects that foster self-expression, creativity, and self-knowledge.

Examples of the District seeking out partnerships that play an important part of a safe and positive school environment through supporting emotional and mental health may include:

- Contracting with Vista Hill to provide counseling services for at-risk youth and conducting educational opportunities that promote positive self-esteem, avoiding risk, and cultivating mental health.
- Participating in Julian Pathways' Backcountry Collaborative meetings to address community health concerns and network with a variety of mental, behavioral, and physical health organizations that serve the District's area.
- Encouraging staff to participate in Trauma Informed School training that address the emotional safety needs of at-risk youth in order to improve students' emotional and mental health while providing a safe space at school.
- Conducting Morning Circles with the entire student body and staff in order to come together as a school, promote positive self-esteem, cooperative behaviors, and encourage creativity and understanding amongst the students.
- Participating in and enacting curriculum through Digital Citizenship to address safety concerns on student Internet use such as cyber-bullying, leaving a digital footprint, and exploring what it means to be a good digital citizen.

Nutritional Guidelines for Foods Available at School

Guidelines will be accessed from available California Department of Education references listed in website section of BP 5030 reference page.

Program Implementation and Evaluation

The District shall establish indicators used to measure the implementation and effectiveness of the District activities related to student wellness. Such indicators may include, but are not limited to:

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- A description of District efforts to provide additional opportunities for physical activity outside of the physical education program.
- A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.
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These indicators may be used at least once every two years to gather information when evaluating the wellness policy's goals.