

## **Students**

### **STUDENT WELLNESS**

Providing an environment that supports student wellness in all aspects is important to the Mountain Empire Unified School District. Recognizing that meeting the needs of the whole child will enhance academic achievement, the Governing Board aspires to have facilities and services that broadly support student wellness. The Board shall establish and implement a wellness policy, which includes guidelines for health education, nutrition services, physical education, and health promotion for staff and students. By creating this policy, the Governing Board intends to ensure that its school environment promotes and protects student health, well being, and ability to learn. While drafting this policy in part to comply with federal law, the Board also considers the creation and enactment of this policy as essential to meeting the standards it expects of the Mountain Empire Unified School district.

- (cf. 0000 - Vision)
- (cf. 0200 - Goals for the School District)
- (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. 5141.23 - Infectious Disease Prevention)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - Student Health and Social Services)
- (cf. 5142 - Safety)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

#### ***School District Wellness Council***

Recognizing the importance of broad based community support in developing this policy, the Board has involved parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

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

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

The school 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, the council's charges may include planning and implementing activities to promote health within the school or community.

***Nutrition Education Goals***

The Board shall adopt the following goals for nutrition education to promote student wellness and improve students' eating behaviors.

(cf. 6142.8 - Comprehensive Health Education)

Goals for nutrition education will include:

1. Providing nutrition education as part of the health education and physical education curriculum in grades *Pre*- K-12 and, as appropriate, shall be integrated into core academic subjects and offered through after-school programs.
2. Ensuring that nutrition education curriculum is based on research and is consistent with state's curriculum frameworks.
3. Providing ongoing professional development for teaching nutrition.
4. Promoting nutrition education in the school community outside the classroom such as cafeteria-based nutrition education, nutritional messages as part of school announcements, ~~and~~ parent education, **and school gardens**

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

***Physical Education and Physical Activity Goals***

The Board shall adopt the following goals for physical activity and physical education that will give students opportunities to develop skills, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active lifestyle.

Goals for physical education and physical activity will include:

1. Ensuring the state mandated minutes for physical education instruction are met in grades 1-12.

***All elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days (CA Ed Code 51223)***

2. Offering physical education programs that are based on research and consistent with the expectations established in the state's curriculum frameworks.
3. Ensuring that all elementary school students will have at least 20 minutes per day of supervised recess.
4. Providing opportunities for all students in grades *Pre*-K-12 to ***engage in moderate to vigorous physical activity (MVPA)*** ~~be physically active~~ on a **daily** basis through physical education, recess, school athletic programs, extracurricular programs, after-school programs, and/or other structured and unstructured activities.
5. Providing opportunities for professional development for all teachers who provide physical education instruction.

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6145.2 - Athletic Competition)

***Other School-Based Activities Designed to Promote Student Wellness***

In order to establish a school environment that provides consistent wellness messages and is conducive to healthy behaviors, the board shall adopt goals for other school-based activities that may impact student wellness. These shall include:

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1. The Superintendent shall encourage staff to serve as positive role models. He/she shall promote 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.  
(cf. 4131- Staff Development)
2. To encourage consistent health messages between the home and school environment, the Superintendent or Principals 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.  
(cf. 1113 - District and School Web Sites)  
(cf. 6020 - Parent Involvement)
3. The Board will work to eliminate 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, or other means.  
(cf. 1325 - Advertising and Promotion)
4. 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.  
(cf. 3553 - Free and Reduced Price Meals)
5. The Superintendent shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.
6. The Superintendent also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
7. 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 that they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

***Nutrition Guidelines for Foods Available at School***

The Board shall adopt nutrition guidelines 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 1751 Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. 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, and fundraisers during school hours) shall meet or exceed state standards including SB 965 and SB 12 and federal nutrition standards by July 1, 2007.

***Snack- A food that is generally regarded as supplementing a meal.***

**Acceptable Snack- A food item containing:**

- **No artificial Trans fat**
- **No more than 35% of its calories from fat**
- **No more than 10% of its calories from saturated fat**
- **No more than 35% of its total weight from sugar including naturally occurring and added sugar**
- **No more than 175 calories per individual food item (for elementary students)**
- **No more than 250 calories per individual food item (for middle, junior high or high school students)**

**Acceptable School Beverages**

- **Drinking Water- No added sweetener**
- **Fruit based drinks-No less than 50% vegetable juice, no added sweetener**
- **Milk-2%,1%, nonfat, soy, rice and other similar nondairy milk**
- **Electrolyte replacement beverages and caffeinated beverages will not be sold on campus during school hours.**

**Drinking Water**

- **All students and staff will be provided access to clean drinking water at no cost.**

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)

(cf. 6300 - Preschool/Early Childhood Education)

(cf. 1230 - School-Connected Organizations)

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***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)

***Staff***

In order to create a stronger Wellness Community, the Superintendent shall encourage all staff to serve as role models for healthy lifestyle behaviors.

The district shall:

- **Promote staff wellness programs that support employees' efforts to improve their personal health and fitness**
- **Provide on-going professional development that reflects the wellness policy to teachers, school/district food service personnel, other staff and members of the wellness council.**
- **Promote physical activity by Informing staff about available community resources including, but not limited to exercise classes, joint use agreements and if available, discounted gym memberships.**

***Program Implementation and Evaluation***

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall

designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)  
(cf. 0500 - Accountability)

The Superintendent shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school district wellness council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board annually 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)

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 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

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

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

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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

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

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

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) 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>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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: [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)  
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***Adopted: 02/15/06***