

## **Student Wellness**

The Board of Education 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 designee 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 superintendent or designee may appoint a school health council or other committee consisting of parents/guardians, students, food service employees, district and school site administrators, board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues.

The school health council or committee shall 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 the planning and implementation of 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 in a manner that the district determines appropriate. Schools will provide all students in kindergarten through grade eight the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All K-8 students (including students with disabilities and/or special healthcare needs and those in alternative educational settings) will receive physical education instruction as designated in Education Code [51210](#), [51222](#), and 51233.

Physical education instruction will be delivered by a teacher credentialed to teach physical education.

Class size will be consistent with the requirements of good instruction and safety.

The district will administer a physical fitness test annually to students as required in Education Code [60800](#). Students will receive their individual fitness test results upon completing the test.

The health education program in grades K-8 shall include nutrition education and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students in grades K-8 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, as well as recess, school athletic programs, extracurricular programs, before- and after-school programs, and/or other structured and unstructured activities.

The superintendent or designee shall encourage staff to serve as positive role models and may provide opportunities for regular physical activity among employees.

Professional development in health education 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 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 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, or other means.

#### Health Services

A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.

Counseling and school psychological services will promote social and emotional development, enhance resiliency, and provide protective buffers within the school community. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning.

#### 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.

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.

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.

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 served, sold, or given away to students during the school day, including foods and beverages provided through the district's food service program, student stores, vending machines, fund-raisers, or other venues, shall meet or exceed Senate Bill 12 guidelines.

The superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fund-raising purposes. He/she also shall prohibit school staff from using non-nutritious foods as a reward for student accomplishments and the withholding of food or beverages as punishment.

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 or celebrations. Foods and beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party or celebration.

Class parties or celebrations shall be held after the last lunch period or be incorporated into the school lunch program through Nutrition Services. The frequency of class parties or celebrations shall be left to the discretion of the site administrator.

Nutrition Services shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.

Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, district sponsored, before- and after-school programs.

School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible.

School meals shall use foods low in sodium and limit sources of trans fatty acids, whenever possible.

Nutrition Services shall monitor and implement food safety procedures for all food sold, served, or consumed on school premises with the exception of food brought from home for individual consumption or staff-only functions.

Nutrition Services shall use the USDA nutrient-based menu planning option as the basis for school meal menu planning.

Schools shall provide an eating environment that reinforces classroom nutrition instruction in a space that is adequate and sheltered for cafeteria eating and food preparation.

Nutrient analysis of all meals shall be available for parents and students to see.

In elementary schools, lunch shall be scheduled after a morning recess, whenever possible.

Students shall have access to hand-washing facilities before eating any school meal or snack.

#### 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. The superintendent/designee shall effectively communicate the goals and directives of the district's wellness policy with all staff, students, and parents.

The superintendent or designee shall recommend for board approval specific quality indicators that will be used to measure the implementation of the policy districtwide 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 fund-raisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school wellness committee, parents/guardians, students, and other appropriate persons.

The superintendent or designee shall report to the board at least every two years 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](#))