

# OCEANSIDE UNIFIED SCHOOL DISTRICT

**CLASSIFICATION: STUDENTS**

**BOARD POLICY: 5040**

**SUBJECT: STUDENT WELLNESS**

**ADOPTED: 4/25/06**

**RESPONSIBLE DEPARTMENT: BUSINESS**

**REVISED:**

**NEXT REVIEW: 4/08**

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The Board of Education recognizes the link between student health and learning, and desires to provide a school environment that promotes healthy eating and physical activity for district students.

The board policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. The superintendent or designee may appoint a student wellness committee consisting of representatives from the above groups to assist with policy development and advise the district on health-related issues, activities, policies, and programs.

## **Nutrition Education and Physical Activity Goals**

The board adopts the following goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness:

1. The district's nutrition education and physical education programs shall be based on current 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.
2. Nutrition education shall be provided as part of the health education program in grades K-12.
3. All students in grades K-12 shall engage in physical activity on a regular basis. Opportunities for physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
4. Staff shall be encouraged to serve as positive role models for students with regard to nutrition and physical activity.
5. Professional development shall be provided to staff to include instructional strategies to develop health knowledge and skills and to promote healthy behaviors.
6. To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate wellness information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or

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

7. The board discourages 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.

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

The board believes that foods and beverages available to students at district schools should support the health curriculum and promote wellness. Accordingly, the board adopts the following nutrition guidelines for all foods and beverages available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

1. All foods and beverages sold to students, including foods and beverages provided through the district's child nutrition program, as well as student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.
2. School organizations shall be encouraged to use healthy food items or nonfood items for fundraising purposes.
3. School staff shall avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
4. School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting snacks donated 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.

### **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.

All district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

### **Program Implementation and Evaluation**

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 or designee shall recommend for board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each 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; 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, parents/guardians, and students.

The superintendent or designee shall report to the board annually on the implementation of this policy and other board policies related to nutrition and physical activity.

## **Legal Reference**

### ***Education Code***

<a href="#">49430-49436</a>	Pupil Nutrition, Health, and Achievement Act of 2001
<a href="#">49490-49493</a>	School breakfast and lunch programs
<a href="#">49500-49505</a>	School meals
<a href="#">49510-49520</a>	Nutrition
<a href="#">49530-49536</a>	Child Nutrition Act
<a href="#">49540-49546</a>	Childcare food program
<a href="#">49547-49548.3</a>	Comprehensive nutrition services
<a href="#">49550-49560</a>	Meals for needy students
<a href="#">49565-49565.8</a>	California Fresh Start pilot program
<a href="#">49570</a>	National School Lunch Act
<a href="#">51222</a>	Physical education
<a href="#">51223</a>	Physical education, elementary schools

### ***Code of Regulations, Title 5***

<a href="#">15500-15501</a>	Food sales by student organizations
<a href="#">15510</a>	Mandatory meals for needy students
<a href="#">15530-15535</a>	Nutrition education
<a href="#">15550-15565</a>	School lunch and breakfast programs

### ***United States Code, Title 42***

<a href="#">1751-1769</a>	National School Lunch Program, especially:
<a href="#">1751</a> Note	Local wellness policy
<a href="#">1771-1791</a>	Child Nutrition Act, including:
<a href="#">1773</a>	School Breakfast Program
<a href="#">1779</a>	Rules and regulations, Child Nutrition Act

### ***Code of Federal Regulations, Title 7***

<a href="#">210.1-210.31</a>	National School Lunch Program
<a href="#">220.1-220.21</a>	National School Breakfast Program