## Board Policy 5030: Student Wellness

The Governing Board 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 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.

### School Wellness Committee

The Superintendent/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 a Wellness Committee whose membership may include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the Wellness Committee members.

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

### Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b)

The district's nutrition education and physical education programs 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.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral
health. Nutrition education shall be provided as part of the kindergarten through 6th grade health

education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before-
and after-school programs, summer learning programs, and school garden programs.

All students in grades K-6 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 school athletic
programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students
to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

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 opportunity for
physical activity.

Professional development shall be regularly offered to the nutrition program director, managers, and staff, as well as health education
and physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills
related to student health and wellness.

The Board recognizes that a safe, positive school environment is also conducive to students’ physical and mental health and thus
prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

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

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutritional guidelines which are
consistent with 42 USC 1758, 1766, 1773 and 1779 and federal regulations which support the objectives of promoting student
health and reducing childhood obesity. (42 USC 1758b)

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times 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.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising
purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students’ academic
performance, accomplishments, or classroom behavior.

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 parties. Class parties or celebrations shall
be held after the lunch period when possible.

To reinforce the district’s nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that
do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site
complies with the district’s wellness policy. (42 USC 1758b)

Director of Student Services 858-755-9301, ext

3694

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school
administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other
appropriate persons.

The assessment shall include 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)

Notifications
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 shall make the policy, and any updates to the policy, available to the public on an annual basis. They shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (42 USC 1758b)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE. The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

Legal Reference:

EDUCATION CODE
33350-33354 CDE responsibilities re: physical education 38086 Free fresh drinking water
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
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
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

COURT DECISIONS

Management Resources:

CSBA PUBLICATIONS
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012  
Physical Activity and Physical Education in California Schools, Research Brief, April 2010  
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

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

WEB SITES
CSBA: http://www.csba.org  
Action for Healthy Kids: http://www.actionforhealthykids.org  
Alliance for a Healthier Generation: 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  
School Nutrition Association: http://www.schoolnutrition.org  
Society for Nutrition Education: http://www.sne.org  