

Board Policy – BP 5030

Student WellnessSTUDENTSStudent Wellness

The Superintendent recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, wellness promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

~~To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through newsletters, handouts, parent/guardian meetings, EDCOE web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.~~

School Wellness Council

The Superintendent or designee shall encourage pParents/guardians, students, food service employees, physical education teachers, school health professionals, school administrators, and members of the public ~~may to~~ participate in the development, implementation, and periodic review and update of the student wellness policy. ~~Existing school committees may be utilized to develop policy recommendations.~~ (42 USC 1758b; 7 CFR 210.30)

~~To fulfill this requirement, e~~Existing school committees may be utilized.~~.-~~ The Superintendent or designee may also appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.~~to develop policy recommendations.~~

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 council members.

The wellness council 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 EDCOE shall adopt 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; 7 CFR 210.30)

The EDCOE's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and 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 health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs.

~~The EDCOE prohibits the marketing and advertising of non-nutritious foods and beverages. Students shall be provided opportunities to be physically active on a regular basis.~~ 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 school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

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

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.

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.-

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the EDCOE shall adopt nutritional guidelines which are consistent with 42 USC 1758, 1766, 1773 and 1779 and federal regulations and

which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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 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.

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

The Superintendent believes that foods and beverages available to students during the school day, including those available outside EDCOE's reimbursable food services program, should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutrition standards adopted by EDCOE for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

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.

EDCOE programs shall encourage parents/guardians or other volunteers to support student nutrition 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 EDCOE's nutritional education program, The EDCOE prohibits the marketing and advertising of non-nutritious foods and beverages that do not meet nutritional standards for the sale of foods and beverages on campus during the school day. (7CFR 210.30) . ~~Students shall be provided opportunities to be physically active on a regular basis.~~

~~EDCOE programs shall encourage parents/guardians or other volunteers to support student nutrition 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.~~

Program Implementation and Evaluation

~~The Superintendent shall designate one or more employees to ensure that programs comply with this policy.~~

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

(Title or Position)

(Phone Number)

(Email Address)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

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)

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.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations 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.

Notifications

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy **and shall make the policy, and any updates to the policy, available to the public on an annual basis.** He/she shall inform the public of EDCOE's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30) ~~periodically measure and make available to the public an assessment of the extent to which EDCOE programs 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.~~

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health ~~information~~ **information** to parents/guardians through the most effective methods of communications, including **newsletters, handouts,**

parent/guardian meetings, EDCOE web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, 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. (7 CFR 210.30)

~~Each K-12 program shall post the EDCOE's policies and regulations on nutrition and physical activity in public view in central eating areas. (EC 49432)~~

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Free fresh drinking water

49430-~~49436-49434~~ 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-~~49561-49562~~ Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51210.~~1-51210.2~~ Course of study, grades 1-6;

51210.4 Nutrition Education

51220 Course of study, grades 7-12

51222 Physical education;

51223 Physical education, elementary schools

51795-51796.~~5-8~~ 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

1751-1769j National School Lunch Program, especially:

1758b_ Local wellness policy

1771-~~1791-1793~~ Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.~~31-33~~ National School Lunch Program;

[210.30 Wellness policy](#)

220.1-220.21 National School Breakfast Program

COURT DECISIONS

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

First Reading: November 6, 2012

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