

STUDENTS

Student Wellness

The **County Board of Education (Board)** and Superintendent recognize the link between student health and learning and desire 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 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/guardians and community involvement in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Superintendent or 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 student wellness policy.

To fulfill this requirement, 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.

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~~ **may** advise the **Board and Superintendent** ~~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 **El Dorado County Office of Education (EDCOE)** shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, evidence-based strategies and techniques shall be reviewed and considered.

~~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.

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~~ EDCOE may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board and Superintendent recognize 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.

In order to maximize ~~the EDCOE's district's~~ ability to provide nutritious meals and snacks, all EDCOE student programs ~~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 EDCOE 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 Board and Superintendent believe 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, 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.

Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that **each EDCOE student program** complies with ~~this the district's~~ wellness policy.

Food Service Manager

(Title or Position)

530-295-2496

(Phone Number)

bhiggins@edcoe.org

(Email Address)

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

The assessment shall include the extent to which **EDCOE student programs** ~~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.

The Superintendent or designee shall invite feedback on ~~district and school~~ **EDCOE** wellness activities from food service personnel, ~~school~~ **program** 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 ~~this the district's~~ wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both **EDCOE** ~~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.

To encourage consistent health messaging between the home and school environment, the Superintendent or designee may disseminate health 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 the~~ **EDCOE student programs** ~~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 References on next page.

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
49550-49562 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
51795-51798 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
1771-1793 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.33 National School Lunch Program;
210.30 Wellness policy
220.1-220.21 National School Breakfast Program

First Reading: April 4, 2017
Second Reading: May 2, 2017
Adoption:
Supersedes: Policy adopted December 4, 2012