

## **CARDIFF SCHOOL DISTRICT**

The Governing Board recognizes the important connection between health and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health, support the reduction of childhood obesity, and provide a strong foundation for children's future health and well being.

### **School Health Council**

The Superintendent or designee shall appoint a school health council or other committee consisting of representatives of parents/guardians, students, school food service professionals, school administrators, Board representatives, teachers, and members of the public.

The council shall serve as a resource to school sites for implementing, monitoring, and reviewing districtwide nutrition, physical education, and physical activity policies. The council shall also develop a plan for implementing the district's wellness policy and measuring implementation of that policy.

The school health council will meet a minimum of 2 times during the year. Meetings shall be open to the public.

### **Goals for Nutrition Education**

Pursuant to the requirements of the Education Code, nutrition education shall be provided as part of the health education program in grades K-6 and, as appropriate, shall be integrated into instruction in core academic subjects.

### **Goals for Physical Education and Physical Activity**

#### **Physical Education**

The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle. Physical education activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate in the achievement of common goals. The district shall meet the minimum requirements of 200 minutes every 10 days for physical education as specified in the Education Code

#### **Physical Activity**

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, recess, school athletic programs, extracurricular programs, and other structured and unstructured activities.

The district shall:

- Require at least 20 minutes a day of supervised recess/lunch recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity.

- Provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions.
- Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.
- Require after school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
- Make school facilities and open spaces available to students, staff, Cardiff community members and agencies during non-school hours, subject to the district's facility use policy.
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement for these rules and procedures.
- Promote physical activity among staff and encourage staff to engage in regular physical activity.
- Ensure that physical activity is not used as a punishment and discourage withholding physical activity (e.g. recess) as a punishment.

### **Goals for Other School Health Activities**

The Board recognizes the importance of providing an environment that promotes students' mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.

The district shall:

- Provide all students access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.
- Provide students access to credentialed school counselors, psychologists, or trained personnel who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises.
- Require schools to provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe.
- Require all school-based before and after-school programs be aligned with the health and wellness policies adopted by the district.
- Promote parent/guardian outreach efforts that emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
- Provide consistent health education to parents and families, including but not limited to nutrition and physical activity, (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).
- Encourage all parents to obtain an oral health screening for their child from a dental professional prior to entering kindergarten or first grade and learn about and practice good dental health care.
- Promote staff wellness programs that support employees' efforts to improve their personal health and fitness so they can serve as role models for promoting the health of others, including students.
- Provide appropriate and continuing professional development that is supportive of the adopted school wellness policy to teachers, school/district food service personnel, other staff and members of the school health council.

## **Guidelines for Reimbursable Meal Programs**

The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide a nutritious breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.

The district shall:

- Maximize its ability to provide nutritious meals and snacks by ensuring that all district schools participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
- Ensure foods and beverages provided through federally reimbursable school meal programs 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.
- Ensure that school food service departments use either the USDA or SHAPE California nutrient-based menu planning options as the basis for school meal menu planning.
- Share with students and parents information concerning the nutritional content of school meals, to the extent possible.
- Schedule meal period at appropriate times (e.g., lunch between 11:00 a.m. and 1:00 p.m., lunch to follow recess in elementary schools) and allow adequate, uninterrupted periods for meals.
- Provide student access to hand washing or hand sanitizing before meals and snacks.
- Provide a clean, safe, and pleasant eating environment.

## **Guidelines for Other Student Foods and Beverages**

The Board believes that foods and beverages available to students at district schools should support the health curriculum, contribute to the reduction of childhood obesity and promote optimal health. All foods and beverages that are sold to students at school, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The district shall:

- Encourage school organizations to use food items that meet or exceed state and federal nutrition standards or non-food items for fundraising purposes and encourage fundraising projects that promote physical activity.
- Ensure that foods and beverages that do not meet nutrition standards are not promoted in any way (e.g., through signage, vending machine fronts, school supplies), and are sold to students only in accordance with Education Code requirements.
- Offer and promote healthy food and beverage products at all school-sponsored events.
- Require that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards.
- Ensure that schools will not use foods or beverages that do not meet the nutrition standards as rewards and that food is not withheld as a punishment.
- Require that schools limit celebrations that involve food during the school day and encourage the servings of healthful foods.
- Encourage parents to send a healthful snack daily. Educate parents about what is healthy and appropriate for students' snacks and lunch.

## **Policy Implementation and Evaluation**

The district superintendent or designee shall ensure district wide compliance with this policy. The district superintendent or designee shall assign operational responsibility for implementing this policy to at least one person at the district level or at each school. School/district food service staff and other members of the school health council shall provide continued assistance in implementing this policy.

### **Implementation of this Student Wellness Policy shall be evaluated as follows:**

- The School Health Council shall conduct a baseline assessment of nutrition and physical activity programs and policies, to be compiled at the district level.
- The school district shall repeat its nutrition and physical activity assessment at least every two years to determine compliance and measure progress toward implementation of this policy.
- The district superintendent or designee shall report every two years on wellness policy compliance to the school board, school health council, parent/teacher organizations, school administrators, and the school nutrition department. All stakeholders should be informed of findings related to policy compliance.

As necessary, the wellness policy shall be revised to set new priorities and to address changes in state and federal law.