

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 build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

(cf. [0000](#) - Vision)

(cf. [0200](#) - Goals for the School District)

(cf. [3513.3](#) - Tobacco-Free Schools)

(cf. [3514](#) - Environmental Safety)

(cf. [5131.6](#) - Alcohol and Other Drugs)

(cf. 5131.61 - Drug Testing)

(cf. [5131.62](#) - Tobacco)

(cf. [5131.63](#) - Steroids)

(cf. [5141](#) - Health Care and Emergencies)

(cf. [5141.23](#) - Infectious Disease Prevention)

(cf. [5141.3](#) - Health Examinations)

(cf. [5141.31](#) - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - Student Health and Social Services)

(cf. [5142](#) - Safety)

(cf. [5146](#) - Married/Pregnant/Parenting Students)

(cf. [6142.1](#) - Sexual Health and HIV/AIDS Prevention Education)

(cf. [6164.2](#) - Guidance/Counseling Services)

School Health Council/Committee

The Board's 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. (42 USC [1751](#) Note)

The Superintendent or designee shall appoint and maintain a wellness advisory committee consisting of representatives of the above groups. The committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

(cf. [1220](#) - Citizen Advisory Committees)

(cf. [9140](#) - Board Representatives)

The Wellness Advisory Committee shall:

1. Periodically review board policies and administrative regulations relative to the food service, children nutrition and wellness programs.
2. Assist in developing a marketing plan for school meals.
3. Assist in the selection of foods to be offered through the food services program.
4. Assist in the development of communication strategies to inform all stakeholders regarding the district's wellness program.
5. The wellness advisory committee shall assist the superintendent or designee in preparing the annual report to the Board regarding the district's compliance with state and federal nutrition standards for foods and beverages.

At the discretion of the Superintendent or designee, the committee's charges may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities as well as additions and improvements to school facilities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC [1751](#) Note)

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and state and federal regulations, designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6010 - Goals and Objectives)

(cf. [6011](#) - Academic Standards)

(cf. [6143](#) - Courses of Study)

Nutrition education shall be provided as part of the health education program in grades 9-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

(cf. [6142.8](#) - Comprehensive Health Education)

All students in grades 9-12 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, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities such as intramural programs, differentiated exercise and dance/performance groups.

(cf. [6142.7](#) - Physical Education)

(cf. [6145](#) - Extracurricular and Co-curricular Activities)

(cf. [6145.2](#) - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. [4131](#) - Staff Development)

(cf. [4331](#) - Staff Development)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1113 - District and School Web Sites)

(cf. [6020](#) - Parent Involvement)

The Board prohibits 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.

(cf. [1325](#) - Advertising and Promotion)

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC [1751](#)Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, 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.

(cf. [3312](#) - Contracts)

(cf. [3550](#) - Food Service/Child Nutrition Program)

(cf. [3554](#) - Other Food Sales)

(cf. 5148 - Child Care and Development)

(cf. 6300 - Preschool/Early Childhood Education)

Foods sold to students, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code [49430](#), [49431.2](#))

1. Each entree item shall:

- a. Not exceed 400 calories
 - b. Contain no more than four grams of fat per 100 calories
 - c. Be categorized as an entree item in the National School Lunch or School Breakfast program
2. For each snack item that supplements a meal:
- a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
 - b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
 - c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.
 - d. Its total calories shall not exceed 250 calories.

Beverages sold to students shall meet the standards specified in items #1-5 below. (Education Code [49431.5](#))

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk
5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

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 use healthy, pre-packaged foods and to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. The food service staff may provide information regarding affordable, nutritious alternatives.

(cf. [1230](#) - School-Connected Organizations)

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 functions and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per function. Donated foods and beverages for these occasional class functions must be pre-packaged. 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. (42 USC [1751](#) Note)

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, to the extent possible. Furthermore, district schools shall provide meals that comply with state and federal guidelines and regulations.

(cf. [3553](#) - Free and Reduced Price Meals)

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Assistant Superintendent of Educational Services, Director of Student Services, Director of Food Services, and site Principals are charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC [1751](#) Note)

(cf. [0500](#) - Accountability)

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 district 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; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; availability and hygienic conditions of existing facilities; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons. The California Project LEAN Key Policy Elements Worksheet A will be used in the implementation monitoring process.

The Superintendent or designee, working collaboratively with the wellness advisory committee, shall report annually to the Board on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code [49432](#))

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Policy FALLBROOK UNION HIGH SCHOOL DISTRICT

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