

*adopted at JUI
mtg May 10, 2012*

Julian Union High School School District

Student Wellness Policy

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, and members of the public. The council may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

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

The school health council will meet a minimum of three 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-12 and, as appropriate, shall be integrated into instruction in core academic subjects and offered through before and after-school programs.

The district shall:

- Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition education and with other components of student wellness specified in this policy.
- Integrate current, scientifically accurate nutrition content into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science, as well as into the instruction offered in before and after-school programs.

- Require at least 20 minutes a day of supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and 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.
- Offer extracurricular physical activity programs and interscholastic sports programs, as appropriate.
- 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, community members and community 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 of these rules and procedures.
- Promote physical activity among staff and provide convenient opportunities for staff to engage in regular physical activity.

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 all students access to credentialed school counselors and psychologists who provide 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.
- Encourage all students to obtain an oral health screening from a dental professional prior to entering kindergarten or first grade and learn about and practice good dental health care.
- Require all school-based before and after-school programs be aligned with the student wellness policy 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.

and promote optimal health. All foods and beverages that are 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.

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 foods or beverages are not used as rewards for student accomplishments or withheld as punishment.
- Require that schools limit celebrations that involve food during the school day and encourage the serving of healthful foods.

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 and evaluating 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, in collaboration with the district superintendent, shall submit for board approval a plan that includes specific quality indicators (e.g., nutrient analysis of school meals, physical activity offerings and student participation rate, school meal participation rates, sales of non-nutritious foods/beverages from fund-raisers and other venues, feedback from school/district food service personnel, administrators, members of the school health council, parents, and other appropriate persons) for implementing and evaluating this student wellness policy.
- Every school shall conduct a baseline assessment of nutrition and physical activity programs and practices, to be compiled at the district level.