

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.

School Health Council

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, child nutrition professionals, school administrators, Board representatives, and members of the public.

The Superintendent or designee may appoint a school health council or other committee consisting of representatives of the above groups. 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.

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

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

The Wellness Council will act as the National School District Wellness Policy Council (as provided in Federal Legislation) and will assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The Council will serve as a resource to school sites for implementing those policies. An individual school wellness council may be formed and would consist of a group of individuals representing the school and community, and may include parents/guardians, teachers, students, representatives of child nutrition services and health professionals.

Child Nutrition Services Program

The Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district nutrition education program, food available on school premises shall:

1. Be carefully selected so as to contribute to the student' nutritional well-being and the prevention of disease.
2. Meet or exceed nutritional standards specified in law and administrative regulation.
3. Be prepared in ways, which will appeal to students, retain nutrition quality and foster lifelong healthy eating habits.

4. Be served in age-appropriate quantities.

5. Be sold at reasonable prices.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any prepared snacks, which they may donate for occasional class parties.

Professional development for child nutrition services personnel shall include nutrition education and safe food handling.

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)

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 student's academic performance, accomplishments, or classroom behavior.

(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 parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period.

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district's child nutrition services program, including sales by student or adult organizations for fundraising purposes.

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 to the extent possible, including the National School Lunch and Breakfast Programs, as well as after-school snack and summer programs.

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

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. Schools will provide all students in kindergarten through grade six the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

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 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)

All K-6 students (including students with disabilities and/or special healthcare needs and those in alternative educational settings) will receive physical education instruction as designated in Education Code [51210](#), [51222](#), and 51233.

The district will administer a physical fitness test annually to students as required in Education Code [60800](#). Students will receive their individual fitness test results upon completing the test.

Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

The health education program in grade K-6 shall include nutrition education and, as appropriate, shall be integrated into core academic subjects and offered through before-and after-school programs.

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

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, before-and after-school programs, and other structured and unstructured activities.

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

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

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

Professional development in health education 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. 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)

Health Services

A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services, preventing and controlling communicable diseases and other health problems, and providing on-site emergency care for illness or injury.

Counseling and school psychological services will promote social-emotional development, enhance resiliency, and provide protective buffers within the school community. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and

will help build a systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. The Superintendent or designee shall effectively communicate the goals and directives of the district's wellness policy with all staff, students, and parents/guardians.

(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 districtwide 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; and feedback from child nutrition personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years 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](#))

Policy NATIONAL SCHOOL DISTRICT

adopted: June 11, 2008 National City, California