

Student Wellness

District Wellness Policy

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. 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/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, Employee 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 or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, PTA Council, and/or others interested in school health issues.

The school health council or committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

STUDENT WELLNESS

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.
- 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.
- Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.
- All students in grades K-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, 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. 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. To encourage consistent health messages between the home and school, staff shall be encouraged to discuss health topics with parents/guardians.

school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. The Board prohibits 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.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods available on campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

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 foods and beverages sold to students, including foods and beverages provided through the district food service program, student stores, vending machines, fundraisers, or other venues, shall not 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 encourages school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. 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 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 if possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall not exceed federal regulations.

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.

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 recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. The 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 food service 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 print view within all school cafeterias or in other central eating areas.

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

[Food Guidelines for Schools](#)

[Food Guidelines for Schools \(Spanish\)](#)

Foods Available on Campus

- *Only compliant foods and beverages will be sold on campus from 30 minutes before to 30 minutes after the school day.*
- *Only compliant snacks are recommended to be served during the school day.*
- *Only compliant foods are recommended for use as rewards.*
- *Birthday celebrations that include food items should take place after lunch.*

Compliant snacks contain

- No more than 35% of calories from fat.
- No more than 10% of calories from saturated fat.
- No more than 35% sugar by weight.
- No more than 175 calories per individual food/snack item.

Compliant entrées contain

- No more than 400 calories per entrée.
- No more than 4 grams of fat per 100 calories.
- Entrées do not need to meet the above listed snack standards.

Compliant beverages

- Fruit-based drinks with no less than 50 percent fruit juice and are without added sweetener
- Vegetable-based drinks no less than 50 percent vegetable juice and are without added sweeteners.
- Drinking water that is without added sweeteners.
- Milk (two percent fat, one percent fat, nonfat, soymilk, rice milk or other similar nondairy milk)
- Electrolyte replacement beverages containing no more than 42 grams of sugar per 20 oz serving.

Rewards

*Class/Student reward(s) from
teacher/staff to student(s)*

When rewarding students for academic performance or good behavior, non-food items are recommended. If food items (snack or entrée) are given as a reward, they must meet or exceed SB12 & SB965 as listed.

Celebrations & School Sponsored Activities

*ACE/Good Citizen Awards, Graduation,
Birthday Celebrations, Dances*

All persons providing beverages and snacks for class celebrations and school sponsored events should be encouraged to provide items that adhere to SB12 and SB965 as listed. Class and/or birthday celebrations should be planned for after lunch.

Fundraising Activities and Food Sales During the School Day

During the school day, student organizations may sell only one food item on campus upon approval. The sale must be after the noon meal, and the food cannot be prepared on campus. They may only have four sales per school per year, and the food item offered must not be the same as offered in school cafeteria on the same day. All other fundraising or food sales must take place 30 minutes before or after the school day.