LEMON GROVE SCHOOL DISTRICT

STUDENTS BP 5030

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.

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The district will:

1. Establish and sustain a Health and Wellness Council consisting of a group of individuals who represent the school and community, including principals, resource teacher (physical education), teachers, school nurse, parents, students (when appropriate), child nutrition services director/designee, health professionals, community organizations, and members of the public at large.

2. Convene the Health and Wellness Council at least four times during the school year at hours convenient for public participation. The committee will discuss implementation, monitoring, and revision of the local school wellness policy, and provide resources and/or policy recommendations to schools and the Board.

3. Charge the Health and Wellness Council, Superintendent, and site administrators with annually ensuring that the local school wellness policy is implemented, monitored, and revised through the use of implementation surveys and through biennial reports to the Board.

Nutrition and Physical Activity Goals

The Board understands the importance of having a consistent message about healthy habits where we live, learn, work and play. For that reason, the District will collaborate with community organizations, doctors, child care providers, and other health initiative partners, such as the City of Lemon Grove, to support the same four healthy habits of the "5-2-1-0" campaign every day:

5 - fruits and vegetables
2 – hours or less of recreational screen time*
1 – hour or more of physical activity
0 – sugary drinks (increase water intake)

*Keep TV/computer out of the bedroom. No screen time under the age of two.

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 content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Students will participate in physical education a minimum of 200 minutes every 10 days (grades K-6) and a minimum of 400 minutes every 10 days (grades 7-8).

All students 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 and recess and also may be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

Denial of recess privileges shall not be used as a consequence for poor citizenship, behavior or non-completion of classwork or homework. Similarly, the running of laps or the assignment of other physical tasks, such as push-ups, shall not be used as a consequence for not meeting behavioral or academic expectations.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support 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, taking into consideration the needs of students with special dietary needs. Nutritional 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, or other venues, shall meet or exceed state and federal nutritional standards.

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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

Sharing of Food and Beverages

Schools should strongly discourage students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

Rewards

Staff and other entities (businesses, sponsors, and/or organizations) will use only nutritionally compliant foods or nonfood incentives as a reward for a student's academic performance, accomplishments, or classroom behavior. The district will emphasize nonfood incentives as alternatives to all school administrators and staff members.

Nutrition Education and Promotion (New Section 204 of the Healthy, Hunger-Free Kids Act of 2010)

Nutrition education shall be provided as part of the health education program in grades Pre-K through 8th, and as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

Schools should provide nutrition education and engage in nutrition promotion that might:

1. Be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

2. Be integrated into other classroom subject area instruction such as language arts, math, physical education, science, and social sciences.

3. Include developmentally appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, and field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.

4. Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.

5. Link educational and promotional activities with child nutrition services and nutrition-related organizations and community services.

6. Promote individual school site health and wellness fairs where nutrition and physical activity information and resources can be shared with parents and the community.

7. Create/expand community partnerships to increase the range of nutrition resources and physical activity options available to students and staff, on and off campus.

School Gardens

School gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving, and tasting self-grown food.

The district supports:

1. The use of school property for school gardens that promote nutrition education and physical activity that is integrated with other subject area instruction to enhance learning.

2. Exploring and establishing partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate.

3. The sustainability of school gardens through activities including, but not limited to, grant writing, fundraising, and/or in-kind donations of materials or other resources.

4. The site administrator/designee to be responsible for supervising all materials, resources, and services requested for the school site's garden program, making sure that requests adhere to district protocols and policies.

The Board may enter into a joint-use agreement to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to the promotion of those consistent with California Nutrition Standards and guidelines set forth by the district.

The promotion of healthy foods including fruits, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.

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 fundraising events.

School staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g., coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the district's health messaging and wellness policies.

Communications with Parents and Other Community Members

Integrating health education into every segment of a child's day is very important to the district. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential. Additionally, the district will assist and support parents' efforts to provide a healthy diet for their children by:

1. Offering healthy eating workshops and presentations for parents.

2. Making information and resources available through the district wellness website, materials sent home with students (flyers), and through district/school site electronic messaging (with permission).

3. Providing access to nutritional analysis of school menus/meals through the district child nutrition services website or in written format upon request.

4. Strongly encouraging parents to send healthy lunches and snacks that comply with California Nutrition Standards and guidelines set forth by the district as outlined above.

5. Specifically relating to food portion and/or serving size appropriate for the child and refraining from sending foods and/or beverages that are of low nutritional value.

6. Providing parents with a list of foods that meet the district snack, celebrations, and fundraising standards and guidelines.

7. Informing parents about children sharing their foods or beverages with others during meal or snack times due to concerns about allergies and other restrictions on some children's diets.

8. Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on the school site.

Staff Wellness

The district recognizes the link between employee health and well-being as vital to the work and mission of the district. The district's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for district personnel. The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Staff Wellness Subcommittee

The Health and Wellness Council shall solicit and/or identify, in conjunction with the Lemon Grove Teachers Association (LGTA), California School Employees Association (CSEA), district staff members to serve as Staff Wellness representatives on a subcommittee of the Health and Wellness Council.

The committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness.

The plan will be based on input solicited from district and school site staffs and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among all district staff.

The Staff Wellness Subcommittee representative(s) will report regularly as part of the Health and Wellness Council.

Individual school sites will encourage activities that support personal efforts by staff to maintain and model a healthy lifestyle.

The Superintendent/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 may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Healthy Worksite Environments

The worksite wellness initiatives shall address the primary components of a healthy lifestyle including healthy eating, physical activity, tobacco use cessation, a drug- and alcohol-free lifestyle, and stress management.

Examples of workplace policies that support wellness:

1. Provide smoke-free workplace environment/policies.

2. Promote healthy food policies for work events (meetings, workshops).

3. Encourage participation in community/district/school site wellness and physical activities.

4. Work with food vendors to offer healthier selections.

5. Board Policy 4033, Lactation Accommodation

Program Implementation and Evaluation

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level

2. Number of minutes of physical education instruction offered at each grade span

3. Number and type of exemptions granted from physical education

4. Results of the state's physical fitness test

5. An analysis of the nutritional content of meals served based on a sample of menus

6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals

7. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and other appropriate persons

8. Any other indicators recommended by the Superintendent and approved by the Board

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.

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

Legal Reference
EDUCATION CODE
33350-33354 CDE responsibilities re: physical education
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494 School breakfast and lunch programs
49500-49505 School meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education
CODE OF REGULATIONS, TITLE 5
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs
UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program, especially:
1758b Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Adopted: 2/28/06
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