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## WELLNESS

The District, in partnership with parents and the community, is committed to providing a healthy school environment. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well-being, and ability to learn. The District has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages, and physical activity opportunities possible and by providing other health-supporting programs and opportunities. Therefore, the District will:

- Establish and sustain a District Wellness Committee consisting of a group of individuals who represent the school and community, including principals, Resource Teacher (Physical Education), teachers, school nurses, parents, students (when appropriate), Child Nutrition Services Director/designee, health professionals, community organizations, and members of the public at large.
- Convene the District Wellness Committee 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.
- Charge the District Wellness Committee, District 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.

*(cf. 1100 - Communication with the Public)*

*(cf. 1112 - Public Press, Radio and Television)*

*(cf. 3513.3 - Tobacco-Free Schools/Smoking)*

*(cf. 5131.6 - Alcohol and Other Drugs)*

*(cf. 5131.62 - Tobacco)*

*(cf. 5141 - Health Care and Emergencies)*

*(cf. 5141.22 - Infectious Diseases)*

*(cf. 5141.3 - Health Examinations)*

*(cf. 5141.31 - Immunizations)*

*(cf. 5141.32 - Health Screening for School Entry)*

*(cf. 5142 - Safety)*

*(cf. 6020 - Parent-Guardian Involvement)*

*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)*

**WELLNESS** (continued)

*FOODS & BEVERAGES, NUTRITION EDUCATION, PHYSICAL EDUCATION,  
AND OTHER SCHOOL ACTIVITIES*

School Nutrition, Physical Education, and Physical Activity Goals

The Board shall adopt goals for nutrition, nutrition education and promotion, physical education, physical activity, and other school-based activities such as school gardens that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1758b)

*(cf. 0100 - Philosophy and Goals)*

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/standards and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

*(cf. 6143 - Courses of Study)*

School Nutrition

The Board believes that all foods and beverages available to students at District schools should support the health curriculum and promote optimal health.

The Board shall adopt nutritional guidelines that are consistent with 42 USC 1773 and 1779 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 1758b)

*(cf. 1325 - Advertising and Promotion)*

Nutrition standards adopted by the District for all foods and beverages sold, served, or distributed to students through the District's food service program, student stores, vending machines, fundraisers, special events and/or celebrations, or other venues shall meet or exceed local, state, and federal nutrition standards.

*(cf. 3312 - Contracts)*

*(cf. 3550 - Food Service/Child Nutrition Program)*

*(cf. 3554 - Other Food Sales)*

*(cf. 5148 - Child Care)*

## **WELLNESS** (continued)

### SCHOOL MEALS

The only foods that can be sold to students at an elementary/middle school from midnight through 30 minutes after school are reimbursable school meals and foods and beverages that comply with the California Smart Snacks in Schools nutrition standards (<http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc>)

### 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 1751-1769, 1758b, and 1771-1791 and shall meet the nutritional standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773)

They should:

- Be nutritious, appealing, and attractive to students.
- Serve only unflavored low-fat (1%) and unflavored fat-free milk or nutritionally-equivalent nondairy alternative during breakfast.
- Serve only unflavored low-fat (1%) and unflavored or flavored fat-free milk or nutritionally-equivalent nondairy alternative during lunch.
- Provide access to free, fresh drinking water during meal times in the food service area(s) of the school. (SB 1413)

*(cf. 3550 - Food Service/Child Nutrition Program)*

*(cf. 3554 - Other Food Sales)*

### Free and Reduced Price Meals

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.

*(cf. 3553 - Free and Reduced Price Meals)*

The District and schools will make every effort to eliminate any social stigma associated with, and prevent the overt identification of students eligible for, free and reduced price school meals.

*(cf. 3312 - Contracts)*

*(cf. 3550 - Food Service/Child Nutrition Program)*

*(cf. 3551 - Food Service Operations/Cafeteria Fund)*

*(cf. 3553 - Free and Reduced Price Meals)*

*(cf. 3554 - Other Food Sales)*

*(cf. 5141.32 - Health Screening for School Entry)*

## **WELLNESS** (continued)

### School Meals Nutritional Information

To encourage consistent health messages between the home and school environments, the Superintendent/designee shall provide and disseminate health information to parents/guardians and students about the nutritional content of meals through District or school menus, cafeteria menu boards, placards, 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.

### Meal Time, Scheduling, and Environment

Schools shall:

- Require students to sit down and eat breakfast for at least 10 minutes and require students to sit down and eat lunch for at least 20 minutes before being released.
- When possible, suggest lunch meal times follow lunch recess.
- Promote schools' participation in the District breakfast program.
- Promote salad bar location in cafeteria serving area.
- Appropriate supervision will be provided in lunch seating areas to ensure enforcement of rules for safe behavior.

*(cf. 3550 - Food Service/Child Nutrition Program)*

### Seamless Summer Food Option Program (SSFOP)

The SSFOP at the District provides meals to children from low-income families during fall, spring, and summer school break periods. The District shall provide information on locations and times of the SSFOP to the community via newspaper, marquee, flyers, and District website. The SSFOP is not only available to District students; it is open to the public ages 1-18).

### Nutritional Standards for Beverages

The only allowable beverages that may be sold to elementary/middle school students are:

- Water with no added sweetener.
- Fruit and vegetable-based drinks that contain 100% fruit or vegetable juice and have no added sweetener.
- Unflavored low-fat (1%) milk, unflavored or flavored fat-free milk, soy milk, rice milk, and/or nutritionally equivalent nondairy milk.

## **WELLNESS** (continued)

Not allowed:

- Soft drinks (all carbonated sodas).
- Sports drinks.
- Beverages containing caffeine.

## OTHER FOOD PROVIDED or SOLD

### Foods and Beverages Sold Individually (Other Food Sales)

The Board believes that foods and beverages sold to students on school campuses before, during, and after the school day should promote student health and reduce childhood obesity. Food sales are prohibited during school hours unless the organization is legally organized as a nonpartisan charitable organization, the purpose of the solicitation is nonpartisan and charitable, and the solicitation has been approved in accordance with Board Policy. Any food sales conducted outside the District's food service program conducted by nonpartisan groups, including those conducted by parent groups, shall meet nutritional standards specified in law, Board Policy, and Administrative Regulations and shall not reduce student participation in the District's food service program.

The Board authorizes the Superintendent/designee to approve the sales of foods and beverages outside the District's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at school student stores for fundraising purposes.

- (cf. 1230 - Community/Booster Organizations)*
- (cf. 1321 - Fundraising/Solicitations)*
- (cf. 3550 - Food Service/Child Nutrition Program)*
- (cf. 3551 - Food Service Operations/Cafeteria Fund)*
- (cf. 3553 - Free and Reduced Price Meals)*
- (cf. 3554 - Other Food Sales)*

## Snacks

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's nutritional needs with an emphasis on serving healthy snacks that include fruits and vegetables and water as the primary beverage.

- During the school day, schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations.

## **WELLNESS** (continued)

- The District will disseminate a list of healthy snack items to school staff, after-school program personnel, volunteers, and parents.
- The District strongly encourages parents to send healthy snacks that comply with California Nutrition Standards as outlined above, specifically related to food portion and/or serving size appropriate for child, and refrain from sending foods and/or beverages that are of low nutritional value (such as soda).
- All foods and beverages provided in after-school programs must meet or exceed the National School Lunch Program or California Smart Snacks in Schools nutrition standards.

### USDA Smart Snacks in Schools

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:
  - Calories: 200 calories or less for a snack, 350 calories or less for an entrée
  - Sodium: 200 mg or less for a snack, 480 mg or less for an entrée
  - Total Fat: Not more than 35% of the total calories come from fat
  - Saturated Fat: Not more than 10% of the total calories come from saturated fat
  - Trans Fat: 0 g of trans fat
  - Sugar: Not more than 35% of the total calories come from sugar (natural and added)

### 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

The use of food as a reward for a student's academic performance, accomplishments, or classroom behavior is strongly discouraged. If choosing to use food as a reward, staff and other entities (businesses, sponsors, and/or

## WELLNESS (continued)

organizations) will use only nutritionally-compliant foods. The District will emphasize non-food incentives as alternatives to all school administrators and staff members. Staff is encouraged to use physical activity as a reward when feasible.

*(cf. 1230 – Community/Booster Organizations)*

*(cf. 1325 - Advertising and Promotion)*

*(cf. 5126 - Student Awards and Incentives)*

### Celebrations, School-Sponsored Events, and Fundraising

To support and encourage children's health and school nutrition education efforts, school fundraising activities should limit the frequency of non-nutritious food items sold; and for carnivals/festivals, schools are encouraged to balance healthy food items with non-nutritious food offerings.

Any school-related program, fundraiser, or other activity sponsored by community/booster organizations on school campuses shall be authorized and conducted according to Board Policy, Administrative Regulations, and school rules.

#### 1. School-Sponsored Events/Celebrations During School Day

- For events hosted on school campuses from midnight through 30 minutes after the school day ends:
  - Organizers must ensure that:
    - All food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, pre-packaged, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure.
    - No home cooked foods should be served to students in order to minimize the risk of food-borne illnesses.
  - Organizers are strongly encouraged to ensure that:
    - All donated or purchased foods and beverages served meet the Smart Snacks in Schools nutrition standards (foods and beverages *sold to students must meet* the California Smart Snacks in Schools nutrition standards).
- Schools shall limit celebrations that involve food during instructional time to no more than two times per school year.
- If possible, the celebration should take place during the last half hour of the school day.
- Birthday Celebrations: No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday.

**WELLNESS** (continued)

The District encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.

2. School-Sponsored Events After School Day

- For events hosted on school campuses more than 30 minutes after the school day ends, (such as an open house, parent meetings, carnivals, etc.), organizers are strongly encouraged to balance non-nutritious food and beverage offerings with healthy food items that meet California Smart Snacks in Schools nutrition standards.

3. Fundraisers

School organizations and staff are strongly encouraged to sell only non-food items or foods and beverages that:

- meet the California Smart Snacks in Schools nutrition standards for fundraising purposes.
- Foods and beverages sold on campus from midnight through 30 minutes after school ends must meet California Smart Snacks in Schools nutrition standards
- Fundraisers that include physical activity are strongly encouraged.
- The District will make available a list of preferable fundraising activities.

*(cf. 1230 - Community/Booster Organizations)*

*(cf. 1321 - Fundraising/Solicitations)*

*(cf. 1325 - Advertising and Promotion)*

*(cf. 3554 - Other Food Sales)*

**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 K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. (42 USC 1758b)

The District aims to teach, encourage, and support healthy eating by students and others while on the school site. Schools should provide nutrition education and engage in nutrition promotion that might include, but is not limited to, the following:

- 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.
- Be integrated into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences.

**WELLNESS** (continued)

- Include developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.
- Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free dairy products, unflavored milk, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.
- Link educational and promotional activities with Child Nutrition Services and nutrition-related organizations and community services.
- Promote individual school site health and wellness fairs where nutrition and physical activity information and resources can be shared with parents and the community.
- Create/Expand community partnerships to increase the range of nutrition resources and physical activity options available to students and staff, on and off campus.

Nutrition Promotion and Marketing in Schools

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards/signboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

- 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 fruit, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.
- 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.
- Students should be encouraged to consume water through education about the health benefits of water, allowing students to refill reusable, capped water bottles, with clean potable water during the school day to consume in the classroom, and by maintaining clean, functioning water fountains.

*(cf. 1321 - Fundraising/Solicitations)*  
*(cf. 1325 - Advertising and Promotion)*  
*(cf. 3554 - Other Food Sales)*

## **WELLNESS** (continued)

### 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:

- 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.
- 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.
- 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.
- 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. (Education Code 51795-51796.5)

*(cf. 6143 - Courses of Study)*

### PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

*Physical education* is defined as instructional time with emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind per California Education Code. (Education Code 51210(g))

*Physical activity* is defined as vigorous activity provided before school, during school through activities such as running clubs, intramurals, and recess, and in after-school programs (60-90 minutes recommended per day).

All students in Grades K-8 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. Schools shall encourage participation in after-school sports, intramurals, and other non-competitive physical activity programs through in-school announcements, school website, flyers, and posters.

*(cf. 6142.7 - Physical Education)*  
*(cf. 6143 - Courses of Study)*

## **WELLNESS** (continued)

### Physical Education

The Board recognizes the positive benefits of physical activities for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activities. In addition to promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals and should be consistent with California Physical Education Content Standards that emphasize nutrition education, daily moderate-to-vigorous physical activities, and lifelong health and safety behaviors.

*(cf. 5121 - Grades/Evaluation of Student Achievement)*

*(cf. 6142.7 - Physical Education)*

*(cf. 6143 - Courses of Study)*

*(cf. 6190 - Evaluation of the Instructional Program)*

- Schools shall comply with the State of California required instructional minutes in physical education providing for a total period of time of not less than 200 minutes each 10 school days for elementary school students and 400 minutes for middle school students. Daily physical education is highly recommended. (Education Code 51210, 51223)
- All students in Grades K-8 including students with disabilities, with special healthcare needs, and in alternative educational settings will receive physical education services (modified and/or adapted). Exemptions include students who are ill or injured and a modified program cannot be provided or the student is enrolled for one-half of the school day or less. (Education Code 51241)
- Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.
- Student involvement in other physical activities such as lunchtime intramurals, before- or after-school activities, and/or recess cannot be counted towards meeting the physical education minutes requirement.
- The District shall provide physical education training opportunities for all teachers involved in providing physical education instruction. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
- The principal/designee shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, and/or inclement conditions.
- Teachers and other school and community staff will not use physical activity as punishment (e.g., running laps, doing push-ups).

## **WELLNESS** (continued)

- Teachers and other school and community staff are discouraged from withholding opportunities for physical activity (e.g., recess, Physical Education) as punishment.

### Physical Activities Recess:

- All elementary school students should have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities through predetermined, structured activities (run/walk programs, intramurals, games, etc.).
- The District encourages schools to schedule lunch recess before the designated lunch period.
- Schools should discourage extended periods (e.g., two or more hours) of inactivity. When activities such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks for moderate physical activities.

*(cf. 4131 - Staff Development)*  
*(cf. 6142.7 - Physical Education)*

### Integrating Physical Activities Inside the Classroom:

For students to receive the nationally recommended amount of daily physical activity of at least 60 minutes per day and fully embrace being active as a personal health behavior, students need opportunities for physical activities throughout the day. Toward that end, the following is highly recommended:

- Integrating health education into other classroom activities will enhance the knowledge and skills needed to maintain a physically active lifestyle while discouraging sedentary behaviors and/or activities such as prolonged television viewing.
- Classroom teachers are encouraged to take short physical activity breaks between lessons or classes, as appropriate.

### Physical Performance Testing

- On an annual basis, students in Grades 5, 7, and 9 shall undergo the physical performance testing designated by the State Board of Education.
- Students with a physical disability and students who are physically unable to take all parts of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

## **WELLNESS** (continued)

- Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing. (Education Code 60800)
- Each student's scores on the physical performance test shall be included in his/her cumulative record. (5 CCR 1044)
- Each school shall report the aggregate results of its physical performance testing administered in its annual school accountability report card.

*(cf. 6142.7 - Physical Education)*

*(cf. 6162.5 - Student Assessment)*

## EARLY CHILDHOOD EDUCATION PROGRAMS

### PHYSICAL ACTIVITY IN EARLY CHILDHOOD EDUCATION PROGRAMS

All children need enough active playtime throughout each day to develop and practice gross motor and movement skills appropriate for their age. Active play includes moderate to vigorous activities such as rolling, crawling, scooting, running, climbing, dancing, hopping, galloping, skipping, and jumping. Staff should model healthy, active behaviors by participating in physical activity as much as possible.

- Each day children will accumulate at least 30 minutes of physical activity (structured and unstructured)
- Children will not sit for more than 30 minutes at a time.
- Daily schedule will be posted showing child's opportunity for outdoor play.
- Screen time
  - Screen time will only be used for educational or physical activity purposes
  - No screen time during meals and snacks
- Safety
  - Children wear clothing that allows them to participate fully, move freely, and play safely. Closed-toe shoes are required.
  - Provide safe indoor and outdoor play areas that are safe, clean, and actively supervised.

### PARENT EDUCATION & STAFF TRAINING

Staff provides educational materials and opportunities for parents to learn about health and safety practices throughout the year (e.g., newsletters and parent education classes)

## **WELLNESS** (continued)

### NUTRITION IN EARLY CHILDHOOD EDUCATION PROGRAMS

Research shows all children need a variety of nutrient-dense foods that include protein, carbohydrates, oils, vitamins, and minerals, with an amount of calories that prevents hunger, fosters healthy growth, and prevents obesity.

#### Staff Role

- Staff is offered the same food and beverages served to children.
- Staff encourage children to serve themselves meals and snacks under supervision.
- Staff do not use food and/or beverages as a reward or a punishment.

#### Nutrition Education

Nutrition education is offered to children that include fun, hands-on activities based on the children's developmental stage which give children the knowledge and skills needed to make smart food choices.

#### Nutrition Guidelines for Children

- Centers/Sites offer healthy food to children that meet the requirements of the Child and Adult Care Food Program (CACFP).
- Age appropriate servings (portion sizes) are offered.

#### Special Dietary Concerns

Children with special needs related to their ability to eat or nutrition requirements must have written instructions from a doctor about food(s) that are to be omitted and safe alternatives.

### CELEBRATIONS

- All food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, pre-packaged, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure
- No home cooked foods should be served to students in order to minimize the risk of food-borne illnesses.
- Schools shall limit celebrations that involve food during instructional time to no more than two times per school year.
- If possible, the celebration should take place during the last half hour of the school day.
- Birthday Celebrations: No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday. The District encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.

**WELLNESS** (continued)

OTHER ACTIVITIES TO PROMOTE WELLNESS

Safe Routes to School

The District:

- Will assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school.
- Will, when appropriate, work together with local public works, public safety, and/or police departments in those efforts.
- Will explore the availability of federal Safe Routes to School (SRTS) funds administered by the California Department of Transportation to finance such improvements.
- May identify a coordinator or establish District or school site committees to oversee, coordinate, and communicate SRTS activities.
- Members of the SRTS committee at both the District and school levels shall include students, parents, principal, other school staff, and representatives from local city or law enforcement agencies.

*(cf. 1230 - Community/Booster Organizations)*

*(cf. 1330 - Use of School Facilities)*

*(cf. 1410 - Local Agencies (including law enforcement, fire, health, welfare, recreation))*

*(cf. 3540 - Transportation)*

*(cf. 3541.1 - School-Related Trips)*

*(cf. 5141 - Health Care and Emergencies)*

*(cf. 5142.2 - Safety Patrols/Crossing Guards)*

Staff Wellness

The District recognizes the link between employee health and well-being as vital to the work and the 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.

1. Staff Wellness Subcommittee

- The District Wellness Committee shall solicit and/or identify, in conjunction with the teachers' organization, District staff members to serve as Staff Wellness representatives on a subcommittee of the District Wellness Committee.
- The Committee shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness.

## **WELLNESS** (continued)

- 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 District Wellness Committee.
- 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.

### 2. 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:

- Provide smoke-free workplace environment/policies.
- Promote healthy food policies for work events (meetings, workshops).
- Ensure lactation accommodation (Labor Code section 1030, 1031)
- Encourage participation in community/District/school site wellness and physical activities.

*(cf. 3513.3 - Tobacco-Free Schools/Smoking)*

*(cf. 4020 - Drug and Alcohol-Free Workplace Notice to Employees)*

### 3. Food Service and Vending Machines

District/schools are encouraged to make available healthy snacks/foods and beverages in vending machines, in cafeterias, and at meetings, workshops, and catered events.

- Vending Machines: Providing at least 15 to 20 percent healthy snacks and beverages in machines and clear identification of healthy snacks is strongly encouraged.
- Food Storage and Preparation: Environmental accommodations for food preparation and storage (e.g., sinks, refrigerators, microwaves) on the District/school site are encouraged to support employees in bringing healthy lunches and snacks to work.

## WELLNESS (continued)

- Voluntary Food and Beverages at Work-Related Events: Principals, administrators, and meeting leaders should encourage presenters to make every effort to offer healthy options at meetings and work-related social gatherings if food and beverages are brought in by employees as part of the event.

“Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events” can be found at <http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>

*(cf. 1230 - Community/Booster Organizations)*  
*(cf. 1321 - Fundraising/Solicitations)*  
*(cf. 1325 - Advertising and Promotion)*  
*(cf. 3312 - Contracts)*  
*(cf. 3550 - Food Service/Child Nutrition Program)*  
*(cf. 3551 - Food Service Operations/Cafeteria Fund)*  
*(cf. 3554 - Other Food Sales)*

### School Site Wellness Councils

By August 2020, each school site will identify a wellness lead. In addition, schools are encouraged to create a School Site Wellness Council. The Superintendent/designee may appoint a School Health Council consisting of various stakeholders. The Council may include District administrators, parents, classroom teachers, students, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

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

*(cf. 1220 - Citizen Advisory Committees)*  
*(cf. 9140 - Board Representatives)*

### Student Participation

The District will sponsor a Child Nutrition Advisory Council to elicit student input into the Child Nutrition Program. Students will be encouraged to prepare healthy menu items and to grow and cook fresh fruits and vegetables with appropriate adult

**WELLNESS** (continued)

supervision. Schools will further be encouraged to develop intergenerational programs that involve active older adults who serve as role models to support children to eat nutritious food and engage in challenging activities.

*(cf. 0500 - Accountability)*

**PROGRAM IMPLEMENTATION AND EVALUATION**

Superintendent/designee shall designate at least one person within the District and the site administrator to oversee the implementation and evaluation of the Wellness Policy. Site administrators with assistance from school staff, Parent and Teacher Organizations, and School Site Council at each school are charged with the operational responsibility for ensuring that the school site implements the District's Wellness Policy. (42 USC1758b)

*(cf. 0500 - Accountability)*

Districtwide and at each District school these measures shall include, but not be limited to:

- Food service directors, supervisors, and kitchen staff will have adequate training and the USDA professional standards for state and local nutritional programs will be followed.
- 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.
- Feedback from food services personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.
- Quarterly student nutrition advisory groups to elicit student input into new food and beverage considerations to the District's meal program.
- Principal wellness survey to monitor each school's progress implementing the District's Wellness Policy.
- Listing of presentations/reports to various parent and/or community groups (DAC/DELAC, PTA/PTO/PTC, Parent Advisory, parent meetings, and community agencies and/or groups).
- Annual Grade 5 Physical Fitness Testing results reporting.
- Biennial height and weight surveillance measures.
- Summary of District/school events that support positive healthy lifestyles such as wellness or fitness fairs; A-Z salad bars; SRTS programs; wellness presentations to students, parents/guardians, and community members; and schools and/or events encouraging intergenerational programs that involve

**WELLNESS** (continued)

active older adults who serve as role models to support children eating healthy and being physically active.

The Superintendent/designee shall report to the Board every year on the implementation of this policy and any other Board policies related to nutrition and physical activities.

COMMUNICATION & POSTING REQUIREMENTS

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:

- Offering healthy eating workshops and presentations for parents.
- Making information and resources available through the District wellness website, and through District/school site electronic messaging (with permission).
- Providing access to nutritional analysis of school menus/meals through the District Child Nutrition Services website or in written format upon request.
- 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.
- Specifically relating to food portion and/or serving size appropriate for child and refraining from sending foods and/or beverages that are of low nutritional value.
- Providing parents with a list of foods that meet the District snack, celebrations, and fundraising standards and guidelines.
- 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.
- 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. (42 USC 1758b)

*(cf. 1230 - Community/Booster Organizations)*

*(cf. 1321 - Fundraising/Solicitations)*

*(cf. 3550 - Food Service/Child Nutrition Program)*

*(cf. 3554 - Other Food Sales)*

## **WELLNESS** (continued)

### Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activities 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.

Each school shall demonstrate communication of the Wellness Policy to parents/guardians by posting policies on its school website and/or providing links to District policies, providing information in a parent handbook or flyer, or through parent-related presentations like PTA/PTO/PTC and/or school site committees.

*(cf. 0500 - Accountability)*

#### Legal Reference:

Public Law - 111-296 - "Healthy, Hunger-Free Kids Act 2010", Final Rule-Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)

#### 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 to 6

51220 Course of Study, Grades 7 to 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

1766a Meal Supplements for Children in After School Care

1769a Fresh Fruit and Vegetable Program

1769j Ensuring Safety of School Meals

15575-15578 Food and Beverage Restrictions

#### UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program

**WELLNESS** (continued)

1751 Note local wellness policy (repealed) add 1758b

1771-1791 Child Nutrition Act

1773 School Breakfast Program

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

Management Resources:

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten through Grade Twelve, 2009

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

Health Framework for California Public Schools, Kindergarten through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: [www.csba.org](http://www.csba.org)

Action for Healthy Kids: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

California Department of Education, Nutrition Services Division: [www.cde.ca.gov/ls/nu](http://www.cde.ca.gov/ls/nu)

**WELLNESS** (continued)

California Department of Public Health: [www.cdph.ca.gov](http://www.cdph.ca.gov)  
California Healthy Kids Resource Center: [www.californiahealthykids.org](http://www.californiahealthykids.org)  
California Project LEAN (Leaders Encouraging Activity and Nutrition): [www.californiaprojectlean.org](http://www.californiaprojectlean.org)  
California School Nutrition Association: [www.calsna.org](http://www.calsna.org)  
Center for Collaborative Solutions: [www.ccscenter.org](http://www.ccscenter.org)  
Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)  
Dairy Council of California: [www.dairycouncilofca.org](http://www.dairycouncilofca.org)  
National Alliance for Nutrition and Activity: [www.cspinet.org/nutritionpolicy/nana.html](http://www.cspinet.org/nutritionpolicy/nana.html)  
National Association of State Boards of Education: [www.nasbe.org](http://www.nasbe.org)  
National School Boards Association: [www.nsba.org](http://www.nsba.org)  
School Nutrition Association: [www.schoolnutrition.org](http://www.schoolnutrition.org)  
Society for Nutrition Education: [www.sne.org](http://www.sne.org)  
U.S. Department of Agriculture, Food Nutrition Service, wellness policy:  
[www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html)

Policy Adopted: 06/20/06      CHULA VISTA ELEMENTARY SCHOOL DISTRICT  
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