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**Student Wellness**

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The Board of Trustees 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 coordinate and align district efforts to support student wellness through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC [1758b](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5); 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

At the discretion of the Superintendent or Assistant Superintendent, the committee's charges may include planning and implementing activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC [1758b](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5); 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students in grade 9-12 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

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 programs and may provide opportunities for regular physical activity among employees.

To encourage consistent health messages between the home and school environment, the Superintendent, Assistant Superintendent or Principal may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web sites, and other communications. This should include information on menu choices for the month and nutritional value of menu items. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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, free give-aways, or other means.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines which are consistent with 42 USC [1773](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/191993/5) and [1779](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/191999/5) 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](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5))

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.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code [38086](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/658655/5) and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or 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 shall encourage 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 class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code [49431.9](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/1094078/5); 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

Foods sold to students, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code [49430](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/249308/5), [49431.2](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/387711/5))

1. Each entree item shall:

a. Not exceed 400 calories

b. Contain no more than four grams of fat per 100 calories

c. Be categorized as an entree item in the National School Lunch or School Breakfast program

2. For each snack item that supplements a meal:

a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.

b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.

c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.

d. Its total calories shall not exceed 250 calories.

Beverages sold to students shall meet the standards specified in items #1-5 below. (Education Code [49431.5](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/315532/5))

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener

2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener

3. Drinking water with no added sweetener

4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soymilk, rice milk, or other similar nondairy milk

5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving, have water as the first ingredient, contain at least 10 but no more than 90 milligrams of potassium per 8 ounces and contain no added caffeine.

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](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/191968/5) 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, including the National School Lunch and School Breakfast Programs, to the extent possible. Furthermore, district schools shall provide meals that comply with state and federal guidelines and regulations. When approved by the California Department of Education, the district may sponsor a summer meal program.

Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC [1758b](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5); 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

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The assessment shall include 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. (42 USC [1758b](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5))

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards

6. Results of the state's physical fitness test at applicable grade levels

7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or Assistant Superintendent, working collaboratively with the wellness advisory committee, shall report annually to the Board on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code [49432](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/249312/5); 42 USC [1758b](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/685413/5); 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5), including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR [210.31](http://www.gamutonline.net/district/fallbrookhigh/displayPolicy/189882/5))

Policy FALLBROOK UNION HIGH SCHOOL DISTRICT

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