

Policy 5030: Student Wellness 

Status: ADOPTED

Original Adopted Date: 12/09/2010 | **Last Revised Date:** 07/22/2021 | **Last Reviewed Date:** 07/22/2021

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 and activity, health services, nutrition services, psychological and counseling services, and 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; 7 CFR 210.30)

To fulfill this requirement, the Superintendent or designee shall appoint a school wellness council or other District committee and a wellness council coordinator. The council or committee may also include District administrators, educators, curriculum directors, counselors, before-and after-school program staff, health practitioners 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 include planning, implementation, and evaluation of 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; CFR 210.30)

The District's nutrition education and physical education programs shall be based on current 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 in grades K-12 and will be age-appropriate, skill building education that focuses on behavior change and, as appropriate, shall be integrated into core academic subjects and offered through before-and after-school programs, summer learning programs, and school garden programs.

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 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.

The Board may enter into a joint use agreement or memorandum of understanding 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.

Professional development shall 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.

Nutrition Guidelines for Foods and Beverages Available at Schools

For all foods and beverages available on each campus during the school day, the District shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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 District takes steps to ensure that students qualifying for free or reduced-priced meals are not overtly identified in any way. Cashless cafeterias are encouraged - all students, regardless of the type of payment they make for school meals, use a biometric reader, or enter a unique code at the cash register.

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 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that foods and beverages available to students and staff at District schools, should support the health curriculum and promote optimal health. Nutritional standards adopted by the District for all foods and beverages available to students and staff, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues, shall, as much as possible, meet or exceed state and federal nutrition standards.

Resources will be made available to schools to determine if a food or beverage is compliant with the nutrition guidelines for fundraising and donations for celebrations.

The Board *strongly discourages* the use of non-nutritious foods as rewards or incentives for students.

School staff shall encourage parents/guardians or other volunteers to follow the District's nutrition education program when selecting any snacks which they may donate for school approved class parties or celebrations. Class parties or celebrations shall be held after the lunch period when possible.

To support 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. (7 CFR 210.30)

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)

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; 7 CFR 210.30)

Executive Director of Educational Excellence and Innovation

760-726-2170 ext. 92100
curriculumandinstructiondept@vistausd.org

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

The Board shall establish a plan for monitoring the implementation and compliance of all the District wellness policies. The Superintendent shall designate at least one (1) person within the District and a representative at each school site to ensure that the school sites comply with the District's wellness policies.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

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)

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.
4. Results of the state's physical fitness test at applicable grade levels
5. 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
6. A description of District efforts to provide additional opportunities for physical activity outside of the physical education program
7. 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.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the District's wellness policy conducted by the California Department of

Education (CDE) every three years.

The assessment results of both the District and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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 to 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; 42 USC 1758b; CFR 210.30)

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 websites, 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 210.30, 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 available to the public. (7 CFR 210.30)

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (<https://simbli.eboardsolutions.com/SU/XRplus4RLLYimplusWgA9Ei2urkQ==>), (AD-3027) found online at: How to File a Complaint (<https://simbli.eboardsolutions.com/SU/j7lepegtuk5rt8880KrG5w==>), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

fax: (202) 690-7442; or

email: program.intake@usda.gov (<https://simbli.eboardsolutions.com/SU/Ei7XbHXXuUpluszskVeLxd3fg==>)

This institution is an equal opportunity provider.

Legal Reference:
EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
38086 Free fresh drinking water
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
49550-49562 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
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
1771-1793 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.33 National School Lunch Program. Especially
210.30 Wellness policy
220.1-220.21 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Integrating Physical Activity into the School Day, Governance Brief, April 2016
Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Physical Activity and Physical Education in California Schools, Research Brief, April 2010
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
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003
Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

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, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005 rev. 2012

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS
Fit, Healthy and Ready to Learn, rev. 2012
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

WEB SITES

CSBA: <http://www.csba.org> (<https://simbli.eboardsolutions.com/SU/W3QxkK2FPsDsQBnMIENxGg==>)

Action for Healthy Kids: <http://www.actionforhealthykids.org>
(<https://simbli.eboardsolutions.com/SU/xxAK2fQslshjxSZOpOC52YLdQ==>)

Alliance for a Healthier Generation: <http://www.healthiergeneration.org>
(<https://simbli.eboardsolutions.com/SU/NEHaJJOnloYQnBez4JOmlQ==>)

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/lis/nu>
(<https://simbli.eboardsolutions.com/SU/O5xpn2rTFL2uz0BslshlorGXQ==>)

California Department of Public Health: <http://www.cdph.ca.gov>
(<https://simbli.eboardsolutions.com/SU/plusKghL3cnZRJOzDybcVsugA==>)

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>
(<https://simbli.eboardsolutions.com/SU/UIQrKJdjQmplusqrsishSH0yKyQ==>)

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>
(<https://simbli.eboardsolutions.com/SU/lzuCbbhn3rBrfeZTSNnVCw==>)

California School Nutrition Association: <http://www.calsna.org>
(<https://simbli.eboardsolutions.com/SU/KnWOpY7WknrOcdh5fJ85QQ==>)

Center for Collaborative Solutions: <http://www.ccscenter.org>
(<https://simbli.eboardsolutions.com/SU/xYvpxt3MXVrzRslsh31fdlzZg==>)

Centers for Disease Control and Prevention: <http://www.cdc.gov>
(<https://simbli.eboardsolutions.com/SU/Gfx4spY2pCn7TBGishp9oA==>)

Dairy Council of California: <http://www.dairycouncilofca.org>
(<https://simbli.eboardsolutions.com/SU/1oh0mYFcWYXqifx3CFJ8gA==>)

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>
(<https://simbli.eboardsolutions.com/SU/GZJffQ4Hi71GbK8ILPjKsg==>)

National Association of State Boards of Education: <http://www.nasbe.org>
(<https://simbli.eboardsolutions.com/SU/p9EGJQrfe1c2fVDHCT1QRQ==>)

School Nutrition Association: <http://www.schoolnutrition.org>
(<https://simbli.eboardsolutions.com/SU/plusSD0Pzwx4FSHZZJGvLRPw==>)

Society for Nutrition Education: <http://www.sne.org>
(<https://simbli.eboardsolutions.com/SU/B7qJJXpy356plusplusrFcplusSBGNA==>)

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
(<https://simbli.eboardsolutions.com/SU/8xT4X7GPYV3Dx8asishWVYqJg==>)

U.S. Department of Agriculture, Healthy Meals Resource System: <http://healthymeals.fns.usda.gov>
(<https://simbli.eboardsolutions.com/SU/PaPXHulzKnqvabN1RMJelw==>)

Policy Reviewed:

1st Reading: November 18, 2010

2nd Reading & Adoption: December 9, 2010

Revised, 1st Reading: October 18, 2018

Revised, 2nd Reading & Adoption: November 15, 2018

Revised, 1st Reading: June 24, 2021

Revised, 2nd Reading & Adoption: July 22, 2021

Supporting Documents



[BP 5030 Student Wellness, Revised, 2nd Reading and Adoption 7.22.2021](#)