



# **Bonsall Unified School District Local School Wellness Policy**



## **Commitment to Student Wellness**

The Governing Board acknowledges the critical relationship between student health and academic success. Recognizing that schools are uniquely positioned to influence lifelong health behaviors, the district is committed to creating an environment that promotes student wellness, reduces childhood obesity, and supports healthy decision-making. Schools will play an active role in fostering physical and mental well-being by offering comprehensive wellness programs and engaging the broader school community.

## **District Health Council**

To guide the district's wellness efforts, the Superintendent or designee shall appoint a District Health Council. This council may include parents and guardians, school nutrition staff, administrators, Board representatives, district officials, health professionals, school nurses, physical education and health educators, counselors, and other stakeholders committed to student health. The Council will support school sites in the implementation, monitoring, and evaluation of wellness initiatives across the district. It will develop and maintain a comprehensive plan for implementing and assessing the district's wellness policy. The Council will convene at least twice each year. All meetings will be open to the public and announced through district social media, email communications, and/or the district website.

## **Nutrition Education**

All K–12 students will receive standards-based nutrition education that is scientifically accurate, developmentally appropriate, and integrated into classroom instruction.

The District will:

- Remain in compliance with the Child Nutrition WIC (Women, Infants and Children) Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.
- Reinforce messaging on healthy eating by coordinating education efforts between classroom-based nutrition education and nutrition services.
- Ensure before and after-school programs support healthy nutrition practices.
- Provide grade level specific instructional approaches that will emphasize experiential learning to engage students and their families in developing lifelong healthy eating behaviors. Students will demonstrate their understanding of nutrition by applying current dietary guidelines, setting health goals, and making informed decisions.
- Provide communication with families that includes health messaging through newsletters, school websites, television, signs, and district partners.



- Monitor all marketing and advertising accessible to students during the school day to ensure alignment with wellness goals.
- Build relationships with outside organizations to support District wellness goals and enhance the collective health of students and the community.

## **Physical Education and Physical Activity**

The District is committed to providing high-quality physical education that equips students with the knowledge, skills, and confidence to maintain an active lifestyle. Physical education will be provided as part of the standard curriculum, with a focus on fostering positive self-image, teamwork, and physical competence. In accordance with Education Code sections 51210, 51222, and 51223, the minimum requirements for physical education will include:

- Students in grades 1 through 6 will receive at least 200 minutes of physical education every ten school days, while students in grades 7 through 12 will receive at least 400 minutes over the same period.
- Within physical education classes, students will engage in moderate to vigorous physical activity for as much of the class period as possible. Exemptions will be granted only to students whose medical conditions preclude participation in general, modified, or adapted programs, as defined in Education Code 51241.
- During times of high pollution, extreme heat, or other adverse conditions, physical education activities will be appropriately adjusted, and students will be given access to adequate hydration.
- Participation in other physically active programs, such as intramural sports, will not substitute for physical education requirements.
- Physical education facilities will be prioritized for instructional use during the school day.
- Parents and guardians receive notification about and have access to their children's physical fitness test results.

All K–12 students will also be provided with regular opportunities to be physically active through recess, extracurricular programs, athletic teams, and structured or unstructured activities both during and outside the school day. Recess periods of at least 20 minutes daily will be supervised and structured to encourage physical activity. After-school child care and enrichment programs will also include moderate to vigorous physical activity.

## **School Health Activities**

The District recognizes the importance of fostering a school environment that supports both physical and mental health.

- All students will have access to a credentialed school nurse or a designated staff member certified in CPR or first aid.
- In times of crisis, students will have access to licensed school counselors or psychologists who can offer emotional support and guidance.
- Each school is required to maintain a safe and healthy school environment through the



development of a site-specific emergency plan.

- Students will be encouraged to complete an oral health screening prior to entering kindergarten or first grade and to develop sound dental hygiene practices.
- Schools will maintain a comprehensive health file for each student, which includes health questionnaires, checkups, and records as required by grade level.
- The district supports professional development for staff by encouraging and providing opportunities for CPR and First Aid certification.
- Outreach efforts to parents and guardians will highlight the link between student health and academic performance and promote consistency in health messaging between home and school.
- Health education information will be shared through school and district websites, parent meetings, and other communication channels.
- The district further promotes staff wellness as part of a comprehensive approach to supporting the school community.

## **Reimbursable Meal Programs**

Adequate nutrition is essential for student development and learning. The Governing Board supports California's Universal Meals Program and provides free breakfast and lunch to all students in the district. Efforts will be made to ensure families are informed of this offering and that meals are attractive and appealing to students. The district strictly prohibits the stigmatization or identification of students with unpaid meal debt or who qualify for free or reduced-price meals.

Qualified child nutrition professionals will administer meal programs and participate in ongoing professional development in line with USDA standards. Meals will be served in a clean, safe environment with access to hand washing or sanitizing stations. All schools will participate in the National School Breakfast and Lunch Programs, and students will receive at least 30 minutes of uninterrupted lunch time. Fresh, potable water will be made available at no cost wherever lunch is served.

School meals will meet or exceed all state and federal nutritional guidelines. This includes providing meals with age-appropriate caloric values, no more than 10 percent of total calories from fat, no trans fats, and no more than the minimum allowed sodium and added sugars. Meals will include required age-appropriate servings of protein and whole grains, as well as at least two vegetable and two fruit options daily, with a weekly rotation that exposes students to a minimum of five different vegetables. Only nonfat or 1% milk will be offered.

## **Other Foods and Beverages Available to Students**

The Governing Board promotes providing nutritious food options that enhance child development and academic performance.

- All food and beverages sold to students on campus during the school day must meet USDA and California Smart Snacks in Schools standards.
- When food is provided outside of sales, it must be individually wrapped, Smart Snack-compliant items from a pre-approved list, or be approved by the Director of Child Nutrition.



- A current list of Smart Snack-compliant snacks will be maintained on the Child Nutrition Services page of the district website.
- No competitive food sales or food-related fundraisers may take place during the school day, which is defined as beginning at midnight before and ending 30 minutes after the school day concludes.
- When food is used in school sponsored fundraisers, the items must be Smart Snack-compliant and meet or exceed nutrition standards.
- The district encourages fundraising activities that promote physical activity. In the event that a school or student organization chooses an afterschool food based fundraiser, they are required to use Smart Snack compliant food items that meet or exceed all state and federal nutrition standards.
- Snacks served during after-school care or enrichment programs will contribute positively to students' diets and be Smart Snack compliant.
- Classroom celebrations should focus on physical activity and games. Each classroom is limited to a maximum of four food-based celebrations annually.
- Food will not be used as a reward for academic or extracurricular achievements.
- To promote food safety and prevent allergic reactions, students will be discouraged from sharing food or drinks during mealtimes.
- The district prohibits the sale or distribution of caffeine-containing items in schools.
- Marketing of non-compliant food and beverages through signage, vending machines, or logos is not allowed.
- The use of locally grown produce will be emphasized.

## **Wellness Policy Outreach and Assessment**

The Superintendent or designee, along with school principals, is responsible for ensuring compliance with the wellness policy across all sites. An annual report will be submitted to the Governing Board detailing district-wide wellness activities, access points for the wellness policy, the contact information of the district's Wellness Lead, and results from the most recent triennial assessment.

The District Health Council will meet at least twice per year and continue to provide support in implementing and reviewing the wellness policy. Meetings will be open to the public and announced via the district's social media accounts, email, and/or the district website. The policy will be formally assessed every three years, as mandated by federal regulations. This assessment will include an evaluation of compliance and effectiveness, with any necessary updates incorporated based on the findings. The updated wellness policy and assessment will be posted in each school's cafeteria or central eating area, as well as on the Child Nutrition Services website.

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all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint 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:

1. mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Mail Stop 9410  
Washington, D.C. 20250-9410;
2. fax:  
202-690-7442; or
3. email:  
Program.Intake@usda.gov.

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