Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 07/26/2006 | **Last Revised Date:** 06/24/2026 | **Last Reviewed Date:** 06/24/2026

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating, nutrition education, physical activity, and sustainability for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education and services, physical education and activity, 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.

Wellness Committee

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.

To fulfill this requirement, the Superintendent or designee will create a district Wellness Committee and school site wellness committees that should include 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. The Wellness Committee shall meet three times each year.

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

Goals for Nutrition Education, Physical Education, and Physical Activity

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; 7 CFR 210.30)

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

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.

The Superintendent or designee shall promote green school practices that conserve natural resources, reduce the impact of District operations on the environment, and protect the health of students, staff, and community as outlined in Board Policies 3510, 3511, and 3511.1.

Nutrition Education

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 core academic subjects in the regular educational program. Nutrition education may be offered through before- and after-school programs, summer learning programs, and school garden programs.

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

Offering each grade span a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

As appropriate, integration into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences that is consistent with Board Policy 6142.5.

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.

Promoting the consumption of water, fruits, vegetables, whole-grain products, and healthy dairy products, and reducing the consumption of added sugar and saturated fat to foods, healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise.

Linking educational and promotional activities with Child Nutrition Services and nutrition-related organizations and community services.

Nutritional lessons have been established for all students in each grade span.

Physical Education/Activity

Research shows that students who are physically active tend to be healthier, more engaged in school, and better prepared to learn. Physical activity supports student physical health, mental well-being, and academic success.

District wide emphasis on the importance of physical activity on and how it helps to improve academic performance by increasing concentration, memory and problem-solving skills; boosts mental health by reducing stress, anxiety, and symptoms of depression; increases energy levels and helps students stay alert throughout the day; promotes better behavior by improving self-discipline and reducing disruptive behavior; support physical health by strengthening muscles and bones, maintaining a healthy weight, and improving cardiovascular endurance; enhances social skills through teamwork, communication, and cooperation in sports and group activities; improves quality of sleep which is critical for developing students to be able to optimally learn and grow; and builds self-confidence and self-esteem as students develop new skills and achieve personal goals.

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, sport-specific PE opportunities, 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 consistent with Board Policy 6142.7.

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.

Health Education and Support Services

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. Counseling staff shall be available to meet with students to discuss academic, social, or personal difficulties, as well as other issues that may impact student learning.

Nutritional Guidelines for All Foods Available at School

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 the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board shall adopt nutrition guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. In keeping with federal guidelines, the school day is defined as from midnight to thirty minutes after the instructional day ends. (42 USC 1751 Note)

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

The District's food service program shall give priority to serving unprocessed foods and fresh fruits and vegetables at every meal and all school sites.

District schools are encouraged to establish school gardens and/or farm-to-school projects to increase the availability of safe, fresh, seasonal fruits and vegetables for school meals and to support the district's nutrition education program.

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, After School Snack Programs, and sponsoring a Summer Meal Program, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

Nutrient analysis of all meals shall be available for parents and students to see.

The Board supports the use of health-promoting marketing strategies for our meal programs. To the extent possible, school food service shall commit to incorporating Smarter Lunchrooms Movement tools and strategies, which are evidence-based, simple, low-cost changes that are shown to improve student participation in the school meal program while encouraging consumption of whole grains, milk, fruits, vegetables and legumes, and decreasing plate waste and processed foods.

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 by serving water in an appealing manner.

All food items used for fundraising purposes during the school day shall meet or exceed federal guidelines.

The Board makes it a practice not to use food to reward students for good behavior or for the completion of an assignment.

Nutrition services shall monitor and implement food safety procedures for all foods sold, served, or consumed on school premises with the exception of food brought from home for individual consumption or staff only functions.

All food items and/or donations of food items by outside parties shall meet or exceed California Nutrition Standards and guidelines set forth by the District. School staff shall encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any food or beverages they may donate for an occasional class party. All food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, prepackaged, and prewrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure. No home-cooked meals should be served to students in order to minimize the risk of foodborne illnesses.

To reinforce the district's nutrition education program, the Board encourages the marketing of nutritious food and beverages through signage, vending machine fronts, logos, scoreboards, and other marketing materials. The Board prohibits the marketing and advertising of foods and beverages that do not meet Smart Snack in Schools standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

The Board of Trustees intends that, insofar as possible, school food services shall be a self-supporting, nonprofit program. To increase cost effectiveness, the Superintendent or designee shall centralize and direct the purchasing of foods and supplies, the planning of menus, and the auditing of all food service accounts for the district in consultation with the district Wellness Committee.

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)

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

The assessment shall include the extent to which district schools are in compliance with this policy and other related policies identified herein, 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) This assessment shall be presented to the Board of Trustees.
