Valley Center-Pauma Unified School District

Board Policy

BP 5030

Students

Student Wellness

The Governing Board 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.

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. (42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee may appoint a wellness committee consisting of representatives of the above groups. 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 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 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; 7 CFR 210.31)

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.

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.

Students will be provided adequate time (minimum of 20 minutes) to eat lunch. Appropriate supervision shall be provided in cafeterias and lunch areas, and rules for safe behavior shall be consistently enforced.

All students in grades K-12 shall be provided physical education per the California educational code. This includes a minimum of 200 minutes per 10 school days for grades 1-6, 400 minutes per 10 school days for grades 7-8, and two years of physical education for grades 9-12. 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. The district discourages staff from using physical activity as a disciplinary consequence; on the contrary, physical activity should be used as a reward for positive behavior (e.g., extra recess when time allows).

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.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

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.

The Superintendent or designee will establish a district procedure for site principals, physical education and all teachers concerning authorized student activities during adverse weather conditions. This policy will delineate approved activities based on rising heat-index ratings, as well as activities during other adverse conditions such as cold, wet and windy conditions.
To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship

between student health and academic performance. Information about the nutritional content of meals will be publicized and shared with students, parents, and staff.

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, or other means.

Nutrition Guidelines for Foods Available at School (From midnight to one-half hour after 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)

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 has adopted board policies and administrative regulations that govern the operations of the Child Nutrition Services (CNS) program to ensure compliance with all federal and state regulations. Such policies and regulations provide details on elements that include (but are not limited to):

a) How the district takes steps to protect the privacy of students who qualify for free or reduced-price meals (see Board Policy and Administrative Regulations 3553)
b) How the district handles feeding children with unpaid meal balances without stigmatizing them (see Board Policy and Administrative Regulations 3551)
c) How the district encourages the purchase of local foods for the school meals program (see Board Policy 3551)
d) How the district regulates the sale of food and beverages outside of the district's CNS program, including the prohibition on sales of caffeinated beverages during the school day (see Administrative Regulation 3554)

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area 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 district also provides free, potable water to students throughout the entire school day by providing drinking fountains and water bottle filling stations at each school site.

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, or other venues, shall meet or exceed state and federal nutrition standards. Such standards, commonly referred to as Smart Snacks, can be reviewed at the USDA website (https://www.fns.usda.gov/cn/toolsschools-focusing-smart-snacks.

The Child Nutrition Department shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu. Students shall have the opportunity to provide input on local, cultural, and ethnic favorites.

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 focusing classroom celebrations on activities (e.g., physical movement activities), rather than food. Exemptions for infrequent school-sponsored fundraisers are addressed in the district's Administrative Regulation 3554. Foods and beverages served at school or classroom celebrations are encouraged to meet the District's Nutritional Standards for fat, sugar, calories, and sodium content. Class parties or celebrations should be held after the lunch period when possible. Nutritional standards will be listed on the District's website.

Program Implementation and Evaluation

The Superintendent designates the school district's Chief Business Officer as the individual responsible for ensuring that each school site complies with the district's wellness policy. The Chief Business Officer may be reached by calling 760-749-0464. (42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

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 Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district

school. These measures shall include, but not be limited to, 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; results from physical fitness assessments, number of minutes of physical education offered at each grade span, a description of school site efforts to provide additional opportunities for physical activity outside the physical education program, descriptions of wellness activities, and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

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 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; 7 CFR 210.31)

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, 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)

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or

local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form External link opens in new window or tab. (PDF), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: 833-256-1665 or 202-690-7442; or

email: program.intake@usda.gov
This institution is an equal opportunity provider.

Legal Reference:
EDUCATION CODE
-33354 CDE responsibilities re: physical education
Free fresh drinking water
-49434 Pupil Nutrition, Health, and Achievement Act of 2001
-49494 School breakfast and lunch programs
-49505 School meals
-49520 Nutrition
-49536 Child Nutrition Act
-49546 Child care food program
-49548.3 Comprehensive nutrition services
-49562 Meals for needy students
-49565.8 California Fresh Start pilot program
National School Lunch Act
Course of study, grades 1-6
-51210.2 Physical education, grades 1-6
Nutrition education
Course of study, grades 7-12
Physical education
Physical education, elementary schools
-51798 School instructional gardens
-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5
-15501 Food sales by student organizations
Mandatory meals for needy students
-15535 Nutrition education
-15565 School lunch and breakfast programs UNITED
STATES CODE, TITLE 42
-1769j National School Lunch Program, especially: b
Local wellness policy
-1793 Child Nutrition Act, especially:
School Breakfast Program
Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE 7
-210.33 National School Lunch Program, especially:
Wellness policy
-220.22 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, April 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
Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
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, January 2015
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 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
Action for Healthy Kids: http://www.actionforhealthykids.org
Alliance for a Healthier Generation: http://www.healthiergeneration.org
California Department of Education, Nutrition Services Division: http://www.cde.ca.gov/ls/nu
California Department of Public Health: http://www.cdph.ca.gov
California Healthy Kids Resource Center: http://www.californiahealthykids.org California Project LEAN (Leaders Encouraging Activity and Nutrition): http://www.californiaprojectlean.org
California School Nutrition Association: http://www.calsna.org
Center for Collaborative Solutions: http://www.ccscenter.org
Centers for Disease Control and Prevention: http://www.cdc.gov
Dairy Council of California: http://www.dairycouncilofca.org
National Alliance for Nutrition and Activity: http://www.cspinet.org/nutritionpolicy/nana.html
National Association of State Boards of Education: http://www.nasbe.org
School Nutrition Association: http://www.schoolnutrition.org
Society for Nutrition Education: http://www.sne.org
U.S. Department of Agriculture, Food Nutrition Service, wellness policy: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
U.S. Department of Agriculture, Healthy Meals Resource System: http://healthymeals.fns.usda.gov

Adopted: June 8, 2006
Revised: August 9, 2007 Revised: April 19, 2012
Revised: May 12, 2016
Revised: August 10, 2023