

District Wellness 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 build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Food Advisory Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

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

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

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 district will strive to have all food offered to students in the district to, whenever possible, be fresh, locally grown, contain whole grains, contain minimal or no sugar, contain minimal or no trans-fats, and will avoid foods exposed to potentially harmful additives and procedures.

The District will provide support to allow nutrition education as part of the health education program in grades K-12 and, as appropriate, nutrition education shall be integrated into core academic subjects and offered through after-school programs.

All students in grades K-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, recess, school athletic programs, extracurricular programs, after-school programs, and other structured and unstructured activities.

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education (or its equivalent of 100 minutes/week for elementary school students and 200 minutes/week for students in grades 6 through 10) for the entire school year.

All students will spend at least 50 percent of physical education class time participating in moderate to vigorous activity. District will provide appropriate curriculum materials to support this goal.

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

Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

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.

Nutrition Guidelines for Foods Available at School

The Board discourages 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.

The Board shall adopt nutrition guidelines 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.

The Board believes that foods and beverages available to students during the school day 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, or other venues, shall meet or exceed state and federal nutrition standards.

The foods used during classes as part of the learning process shall follow the nutrition guidelines for snacks at school.

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.

Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a

punishment.

The foods used for school-sponsored events, should follow the nutrition guidelines for snacks at school. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for reasonable fundraising activities.

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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible, and be limited to no more than one food or beverage that does not meet the District's nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers.

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.

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.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy.

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 and student participation rates in school meal programs.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Prior to each said report, the Superintendent shall confer with Food Advisory Committee to collect information on the progress and challenges encountered implementing the Wellness Policy.

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.