

Student Wellness

BP 5030 Students

Pursuant to federal law, the following parties have jointly developed this wellness policy: Calaveras Unified School District Nutrition Services staff members, Governing Board members, support staff members, school administrators, teaching staff members, community members and parents.

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 Board understands that students need to be physically active and eat nourishing food to grow, learn and maintain healthy physical and mental development. 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. (1)

The Superintendent or designee will establish and maintain a district-wide Wellness Policy Committee. The Superintendent or designee shall encourage and publicize the opportunity for Calaveras Unified School District students, parents/guardians Nutrition Services staff members, Governing Board members, school administrators, teaching staff members, physical education teachers, school health professionals, and members of the public to participate on the committee. (42 USC 1758b) Any individual school that has a wellness team should appoint a representative to the district-wide committee. The committee will be charged with the oversight of this policy. The committee will meet a minimum of four times per school year and report to the Governing Board at least once per year. (3)

The purposes of the committee shall be to:

- Serve as a resource to schools and families
- Establish consistent health messaging between the home and school environment (2)
- Establish goals/objectives and develop an implementation plan for this policy
- Monitor the implementation of this policy
- Evaluate the district's progress on policy goals
- Make available to the public an assessment/evaluation of the implementation of this policy, including the extent to which schools are in compliance with this policy, the extent to which this policy compares to model wellness

policies, and to describe the progress made in attaining the goals of this policy.

- Recommend revisions to this policy, as the committee deems necessary and/or appropriate

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b) (4)

The district's nutrition education and physical education programs shall be based on 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. (5)

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy habits and beneficial physical activity.

The nutrition education program shall include, but it 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. (6)

To reinforce the district's nutrition education program, 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, free give-aways, or other means.(7)

The goal of providing a comprehensive learning environment shall be accomplished through the objectives stated in AR 5030.

Goal #2. The district will support and promote proper dietary habits contributing to students' health status and academic performance.

It is recommended that all foods and beverages available on school grounds and at school-sponsored activities should meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

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

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards. (11)

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. (12)

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. (13)

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. Class parties or celebrations shall be held after the lunch period when possible.

The Superintendent or designee shall promote drinking water as an essential component of student wellness by providing access to free, safe, potable water in varied locations on school campuses and 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 goal of supporting and promoting proper dietary habits shall be accomplished through the objectives stated in AR 5030.

Goal #3. The district will provide opportunities for students and staff to engage in physical activity.

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. (8)

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. (9)

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 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 behavior. Professional development shall be offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.(10)

The goal of providing additional opportunities for students to engage in physical activity shall be accomplished through the objectives stated in AR 5030.

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b) (14)The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

To determine whether the policy is being effectively implemented district-wide and at each district school, the following indicators shall be considered: AR 5030 (e)

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. Number of minutes of physical education instruction offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test at applicable grade levels
5. An analysis of the nutritional content of meals and snacks served in all district programs, based on a sample of menus and production records
6. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
7. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate
10. Feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after- school program staff, and/or other appropriate persons
11. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. 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) 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 assessment results 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.

Posting Requirements

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. (Education Code 49432) Each school shall also post a summary of nutrition and

physical activity laws and regulations prepared by the California Department of Education.(optional)

(1)

(cf.1020 – Youth Services)

(cf. 3513.3 Tobacco Free Schools)

(cf. 3514 Environmental Safety)

(cf. 3555 -Nutrition Program Compliance)

(cf. 5131.6 Alcohol and Other Drugs)

(cf. 5131.61 Drug Testing)

(cf. 5131.62 Tobacco)

(cf. 5131.63 Steroids)

(cf. 5141 Health Care and Emergencies)

(cf. 5141.22 Infectious Diseases)

(cf. 5141.3 Health Examinations)

(cf. 5141.31 Immunizations)

(cf. 5141.32 Health Screening for School Entry)

(cf. 5141.6 School Health Services)

(cf. 6142.1 Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 Guidance/Counseling Services)

(2)

(cf. 1100 Communication with the Public)

(cf. 1112 Media Relations)

(cf. 1113 District and School Web Sites)

(cf. 1114 District Sponsored Social Media)

(cf. 6020 Parent Involvement)

(3)

(cf. 1220 Citizen Advisory Committees)

(cf. 9140 Board Representatives)

(4)

(cf. 0000 Vision)

(cf. 0200 Goals for the School District)

(5)

(cf. 6011 Academic Standards)

(cf. 6142.7 Physical Education and Activity)

(cf.6142.8 Comprehensive Health Education)

(cf. 6143 Courses of Study)

(6)

(cf. 5148.2 Before/After School Programs)

(cf. 6177 Summer Learning Programs)

(7)
(cf. 1325 Advertising and Promotion)

(8)
(cf. 5142.2 Safe Routes to School Program)
(cf. 6145 Extracurricular and Cocurricular Activities)
(cf. 6145.2 Athletic Competition)

(9)
(cf. 1330.1 Joint Use Agreements)

(10)
(cf. 4131 Staff Development)
(cf. 4231 Staff Development)
(cf. 4331 Staff Development)

(11)
(cf. 3312 Contracts)

(cf. 3554 Other Food Sales)

(12)
)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)

(13)
(cf. 1230 School Connected Organizations)

(14)
(cf. 0500 Accountability)
(cf. 3555 Nutrition Program Compliance)

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

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 - 49561 Meals for needy students
49565 – 49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1- 6
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,
1758b Local wellness policy
1771-1791 Child Nutrition Act,
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
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

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

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, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

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

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.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>

(11/07 7/11) 4/13

CSBA PUBLICATIONS

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

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

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

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003BP 5030 (g)

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

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California Project LEAN (Leaders Encouraging Activity and Nutrition):
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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>
National School Boards Association: <http://www.nsba.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>

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.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

Second Reading/Adoption:
November 19, 2013

CALAVERAS UNIFIED SCHOOL DISTRICT
San Andreas, California