

Students

STUDENT WELLNESS

BP 5030

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 all 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.

(cf. [0000](#) - Vision) (cf. [0200](#) - Goals for the School District) (cf. [3513.3](#) - Tobacco-Free Schools) (cf. [3514](#) - Environmental Safety) (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. [5141.23](#) - Infectious Disease Prevention) (cf. [5141.3](#) - Health Examinations) (cf. [5141.31](#) - Immunizations) (cf. [5141.32](#) - Health Screening for School Entry) (cf. [5141.6](#) - Student Health and Social Services) (cf. [5142](#) - Safety) (cf. [5146](#) - Married/Pregnant/Parenting Students) (cf. [6142.1](#) - Sexual Health and HIV/AIDS Prevention Education) (cf. [6164.2](#) - Guidance/Counseling Services)

Student Wellness 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. (42 USC [1751](#) Note)

The Superintendent or designee may appoint a District Student 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.

(cf. [1220](#) - Citizen Advisory Committees) (cf. [9140](#) - Board Representatives)

The Student 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 may include planning and implementing activities to promote health within the school or community. Since 2004, these activities have been performed by the Student Nutrition Advisory Committee (SNAC), which has reported to the District Advisory Committee (DAC).

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.

(42 USC [1751](#) Note)

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.

(cf. [6010](#) - Goals and Objectives) (cf. [6011](#) - Academic Standards) (cf. [6143](#) - Courses of Study)

The nutrition education program shall include, but not be limited to, information about the benefits of healthy eating for learning, disease prevention, weight, 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.

(cf. [6142.8](#) - Comprehensive Health Education)

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, before- and after-school programs, and other structured and unstructured activities.

(cf. [6142.7](#) - Physical Education) (cf. [6145](#) - Extracurricular and Cocurricular Activities) (cf. [6145.2](#) - Athletic Competition)

Professional development shall be regularly 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.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(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)

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*)

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 among employees

The Board prohibits the marketing and advertising of non-nutritious programs and may provide opportunities for regular physical activity foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means. (cf. [1325](#) - Advertising and Promotion)

Nutrition Guidelines for Foods Available at School

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. (42 USC [1751](#) Note)

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.

(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)

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 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, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. [3312](#) - Contracts) (cf. [3550](#) - Food Service/Child Nutrition Program) (cf. [3554](#) - Other Food Sales)
(cf. [5148](#) - Child Care and Development) (cf. [6300](#) - Preschool/Early Childhood Education)

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 student's academic performance, accomplishments, or classroom behavior. (cf. [1230](#) - School-Connected Organizations)

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. Teachers shall endeavor to hold class parties or celebrations after the lunch period.

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. (42 USC [1751](#) Note)

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. cf. [3553](#) - Free and Reduced Price Meals)

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. (42 USC [1751](#) Note) (cf. [0500](#) - Accountability)

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. This report will be scheduled on the Board Action Calendar (BAC) effective with the 07/08 school year.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but not be limited to:

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. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. 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
4. 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
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

The Superintendent or designee shall invite 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.

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.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

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.

Legal Reference:

EDUCATION CODE

[49430-49436](#) Pupil Nutrition, Health, and Achievement Act of 2001 [49490-49493](#) 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 [49550-49560](#) Meals for needy students [49565-49565.8](#) California Fresh Start
pilot program
[49570](#) National School Lunch Act [51222](#) Physical education [51223](#) Physical education, elementary schools

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, especially: [1751](#) Note Local wellness policy [1771-1791](#) Child Nutrition Act, including:
[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

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Laytonville Unified School District
Laytonville, CA