

Board Policy

District Wellness Policy

BP 5030

Students

The Governing Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The school day environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance.

The Specific Wellness Goals, fulfilling Section 204 requirements of Public Law 108-265, include:

1. Health Council - The school district shall develop and sustain a Health Council comprised of representatives of parents, students, nutrition/exercise professionals and employees. The Health Council shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. The council may also be charged with planning and implementing activities to promote health within the school and community.
2. Nutrition and Physical Education - The district's nutrition education and physical education programs shall be based on research, consistent with the expectation 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)

Nutrition education shall be provided as part of the health education program in grades 9-12, and, as appropriate, be integrated into core academic subjects.

(cf. 6142.8 - Comprehensive Health Education)

3. Physical Activity - All students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity may be provided through physical education, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities, such as intramurals.

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

4. Other School-Based Activities Designed To Promote Wellness - To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through newsletters, handouts, meetings, website, and other communication. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1113 - District and School Web Sites)

(cf. 6020 - Parent Involvement)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall encourage regular physical activity among employees.

Professional Development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. 4131 - Staff Development)

(cf. 4331 - Staff Development)

5. Nutrition Guidelines For All Foods Available - 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/served to students shall meet or exceed state and federal nutrition standards.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she shall encourage school staff to avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments, or behavior.

(cf. 1230 - School-Connected Organizations)

6. Monitoring and Evaluation - The Superintendent shall designate the principal at each school to be given the operational responsibility for ensuring that the school site

implements the district's wellness policy. The Health Council shall develop a plan to implement and measure the success of the District Wellness Policy and monitor the effectiveness of the policy. The Health Council shall report annually to the board regarding the effectiveness of this policy using quality indicators that shall be used to measure the implementation of the policy district wide and at each school site. (42 USC 1751)

(cf. 0500 - Accountability)

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, 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

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

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

Food Safety Requirements, Fact Sheet, October 2007

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

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

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 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

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CALIFORNIA PROJECT LEAN PUBLICATIONS

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

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

Making It Happen: School Nutrition Success Stories, 2005

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

Team Nutrition, Food and Nutrition Services, 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>

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_steps.html

Policy ANDERSON UNION HIGH SCHOOL DISTRICT
adopted: April 19, 2011 Anderson, California

Administrative Regulation

District Wellness Policy

AR 5030

Students

To achieve the wellness policy goals:

1. Health Council

The school district will work within the existing Health Council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Board shall sustain the Health Council to discuss nutrition and physical activity related topics of concern in the school community. (Education Code 49433) The council will serve as a resource to school sites for implementing those policies. The committee will report annually to the board, in April, regarding the effectiveness of this policy.

The membership of the Health Council may include, but is not limited to, the following members: school administrators, food service staff, teachers, students, parents/guardians, physical and health education teachers, dietitians, health care professionals and interested community members. The Health Council shall meet regularly during the school year.

The policies on nutrition and physical activity shall address the District's Health Master Plan.

(cf. 1220 - Citizen Advisory Committees)

2. Nutrition and Physical Education

a. Nutrition Education

Nutrition and Health education shall be incorporated into District curriculum to address the District's Health Master Plan goals.

(1) Provide teachers with training and resources to integrate nutritious eating.

(2) Support and encourage staff efforts to increase nutrition education and nutrition education materials throughout all classrooms on campus.

b. Physical Education

The physical education program shall build interest and proficiency in movement skills and encourage students' lifelong fitness through physical activity. In addition to promoting high levels of personal achievement and a positive self-image, physical education activities should

teach students how to cooperate in the achievement of common goals.

(cf. 5121 - Grades/Evaluation of Student Achievement)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6145.2 - Athletic Competition)

(cf. 6146.1 - High School Graduation Requirements)

Instruction in physical education shall be made available for a total period of time of not less than 400 minutes each 10 school days for students in grades 9 through 12. (Education Code 51222). At least 50 percent of physical education class time shall engage students in moderate to vigorous activity.

During the month of February, March, April or May, students in grade 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take the entire test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

In order to ensure that students engage in healthful levels of vigorous physical activity:

- a. Schools shall establish specific learning goals and objectives for physical education consistent with California Physical Education Framework and Standards.
- b. Professional development opportunities for physical education shall be available to teachers and administrators.
- c. Only students passing the physical performance testing administered in the 9th grade may be granted exemption from courses in physical education for two years any time during grades 10 to 12, inclusive. (Education Code 51241) Starting with the Class of 2010, all students will be required to pass the state required physical performance testing. Students failing to meet the state requirement will be required to take a physical education class until they have passed it.
- d. The physical performance testing may be administered to pupils in grades 10 to 12, inclusive. A student who passes this physical performance test in any of grades 10 to 12, inclusive, is eligible for an exemption listed in 3 above. (Education Code 51241)

3. Physical Activity

a. Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district may reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

b. Physical Activity Breaks

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

c. Physical Activity Opportunities Before and After School

High schools are encouraged to offer extracurricular physical activity programs. All high schools, as appropriate, will offer interscholastic sports programs. Schools shall offer a range of activities that meet the needs, interests, and abilities of all students, which would include referring students to recreational opportunities provided by community services. Expanded opportunities for before school, lunchtime, and after school physical activity for students and staff shall be explored.

d. Safe Routes to School

When appropriate, the district will work together with local public works, public safety, and/or police departments to make it safer and easier for students to walk and bike to school. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

4. Other School-Based Activities Designed to Promote Wellness

a. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- (1) Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- (2) Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- (3) Promote the school meal program and healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- (4) Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sale of fruit for fundraisers; and coupons for discount gym memberships.

b. Role Modeling of Healthy Lifestyles

Staff shall be encouraged to model good eating and physical activity habits.

c. Communication with Parents

The school district shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district shall promote family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health. The Superintendent or designee shall encourage nutrition and physical activity information through newsletters, school open house events, healthy eating seminars for parents, school web sites, and nutrient analyses of school menus, and other means as identified (this information will be translated and culturally tailored, as needed and appropriate).

d. Staff Wellness

The school district highly values the health and well-being of every staff member and shall promote staff health and wellness via educational materials in the teacher's lounges and staff meetings.

All District schools shall post the District's Health Master Plan.

5. Nutrition Guidelines for All Foods Available

To reinforce the district's nutrition education program, foods provided on school premises shall be:

- a. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
- b. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
- c. Served in age-appropriate quantities and at reasonable prices
- d. Meet or exceed nutritional standards specified in state and federal law and district policy or regulations.

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 5141.32 - Child Health and Disability Prevention Program)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 3550 - Food Service/Child Nutrition Program)

Effective August 2006, the Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

Food Service Program and Other Foods on Campus

a. School Meals

Meals served through the National School Lunch and Breakfast Programs shall:

- (1) be appealing and attractive to students;
- (2) be served in clean and pleasant settings;
- (3) meet, at a minimum, nutrition requirements established by local, state, and federal law;
- (4) offer a variety of fruits and vegetables;
- (5) serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- (6) explore methods for serving more whole grains.

Schools should:

- (1) engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices (e.g. using Project LEAN youth to survey students); and
- (2) share information about the nutritional content of meals with parents and students. The information could be made available on menus, a website, on cafeteria menu boards, placards or other point-of-purchase materials.

b. Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools shall:

- (1) operate the breakfast program
- (2) encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means

c. Free and Reduced-Priced Meals

The school district shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. The school district shall encourage the use of electronic identification and payment systems.

(cf. 3553 - Free and Reduced Price Meals)

d. Meal Times and Environment

The school district shall make every effort to ensure that:

- (1) meals are served in a pleasant environment with sufficient time for eating
- (2) tutoring, club, or organizational meetings or activities should not be scheduled during mealtimes, unless students may eat during such activities; and school site leadership shall be involved to improve cafeteria decor and atmosphere

e. Other Food Sales

Food sales by school-related groups shall be in compliance with local, state, and federal law and shall not impair student participation in the district's food service program.

- (cf. 1230 - School-Connected Organizations)
- (cf. 1321 - Solicitations of Funds from and by Students)
- (cf. 3312 - Contracts)
- (cf. 3550 - Food Service/ Child Nutrition Program)
- (cf. 3551 - Food Service Operations/ Cafeteria Fund)
- (cf. 3553 - Free and Reduced Price Meals)

The Superintendent or designee shall ensure that all food and beverages sold/served outside of the Food Service program meet nutrition standards and are in compliance with local policy, state and federal regulation, including the standards listed below.

f. Nutritional Standards for All Foods and Beverages Available Outside of the Reimbursable School Meal (i.e., foods sold/served individually through vending machines, cafeteria a la carte sales, fundraisers, school stores, etc.)

All beverages sold/served on campus, from the morning arrival of students on the school campus until one half hour after the close of the school day, shall comply with SB 965 [(Escutia, 2005) effective 7-01-07] standards (Education Code 49431.2).

g. Vending

The District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance.

h. Fresh Produce

The Food Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program. Pre-packaged salads and/or salad bars, as well as fresh fruit may be available at each school site. Produce from school gardens may be made available to the cafeteria for school meals and a la carte sales and to appropriate student groups for fundraisers.

i. Fundraising Activities

To support student health and school nutrition-education efforts, school fundraising activities are encouraged to be non-food based. If fundraisers are food based, foods and beverages shall meet the above nutrition standards for meals or for foods and beverages sold individually. The school district encourages fundraising activities that promote physical activity.

j. Rewards and National and Cultural Celebrations

The District encourages celebrations and rewards that are non-food based or that use foods and beverages meeting the nutritional standards.

k. School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Healthy food and beverage choices shall be available and identified wherever food is offered or sold within the Anderson Union High School District. This includes foods sold outside of the school day in the cafeteria, vending machines, concession stands, food carts, fundraisers, class parties, or other school events. This policy is not meant to restrict current food offerings or income generated from these foods, but rather to ensure that students always have access to healthy foods so they have the opportunity to make healthy choices. Foods and beverages sold/served during the school day must meet criteria specific above.

5. Monitoring and Evaluation

a. Monitoring

The superintendent shall designate the principal at each school to ensure compliance with established district-wide nutrition and physical activity wellness policies. Data on the components of the Health and Wellness Policy will be provided by the Health Council Annually.

b. Policy Review

Assessments shall be made as needed to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district shall review the nutrition and physical activity policies, practices, and the provision of an environment that supports healthy eating and physical activity. The school district and individual schools within the school district shall revise the wellness policies and develop work plans to facilitate their implementation, as needed.