

CLASSIFICATION: Students**ADOPTED: 4/13/16****REVISED:****REVIEWED: 4/13/16****SUBJECT: Student Wellness****PAGE: 1 of 4**

The County Board of Education recognizes that there is a significant link between student health and learning and desires to promote healthy eating and physical activity for students in the schools under the jurisdiction of the County Superintendent of Schools. The County Board of Education acknowledges the variety of educational settings in which these students are served and directs that the goals and requirements presented in this policy shall be implemented to the greatest extent possible in each educational setting.

The County Superintendent of Schools or his/her designee(s) is directed to coordinate efforts to support student wellness by providing a healthy school environment and through site-specific programs and services that align with the County Board of Education's goals for nutrition, physical activity, and other wellness activities and nutrition guidelines for foods available at school.

The County Superintendent of Schools or his/her designee(s) shall implement strategies for engaging parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle and shall encourage the participation of parents/guardians, students, school administrators, physical education teachers, school health professionals, and the general public in the implementation and periodic review and update of this student wellness policy.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The County Board of Education establishes the following goals for nutrition promotion and education, physical activity, and other activities that promote student wellness.

1. Nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the State curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
2. Information shall be provided to students about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. As appropriate, nutrition education shall be integrated into academic subjects in the regular educational program, before- and after-school programs, summer learning

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programs, and school garden programs.

3. 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, giveaways, or other means.
4. All students shall be provided opportunities to be physically active on a regular basis. As appropriate to the educational setting, opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, 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/or other structured and unstructured activities.
5. The County Superintendent of Schools or his/her designee(s) may provide access to health services at or near school sites and/or may provide referrals to community resources.
6. Health information and this wellness policy shall be available to parents/guardians through websites, newsletters, parent/guardian meetings, and/or other means of communication. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Nutritional Guidelines for Foods Available at School

The County Board of Education directs that all foods and beverages available at schools under the jurisdiction of the County Superintendent of Schools shall be consistent with state and federal nutrition standards and shall support the objectives of promoting student health and reducing childhood obesity. The school day is defined as one-half hour before the start of the school day to one-half hour after the end of the school day.

The following nutritional guidelines are established in support of these objectives.

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1. All 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. The County Superintendent of Schools may sponsor a summer meal program.
2. All students shall have access to free, potable water in food service areas during meal times. Consumption of water shall be encouraged by educating students about the health benefits of drinking water and by serving water in an appealing manner.
3. All foods and beverages sold to students during the school day, including those available outside the food services program, such as in student stores, vending machines, and other venues, shall meet or exceed state and federal nutritional standards.
4. School organizations shall be encouraged to use healthy food items or non-food items for fundraising purposes, and school staff shall be encouraged to avoid the use of non-nutritious foods as a reward for academic performance, accomplishments, or classroom behavior.
5. Parents/guardians and other volunteers shall be encouraged to support student wellness by considering nutritional quality when donating snacks. Class parties or celebrations shall be held after the lunch period whenever possible.

Program Implementation and Evaluation

The County Superintendent of Schools shall maintain an administrative regulation that implements strategies in support of the student wellness policy of the County Board of Education.

Assessments of the student wellness policy shall be conducted in accordance with regulations of the U.S. Department of Agriculture and shall include an evaluation of the extent to which schools have implemented the goals and activities presented in 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 overall progress made in attaining the goals of this wellness policy. The public shall be informed and updated

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regarding the assessment results and the content and implementation of this policy during a regularly scheduled meeting of the County Board of Education.

Posting Requirements

The County Superintendent of Schools shall ensure that this student wellness policy is available to the public on the San Diego County Office of Education and school websites and is posted in public view in all school cafeterias or other central eating areas.

Board Bylaw: 9311

Administrative Regulation: 3570, 5140

Legal References: Education Code
38086, 49430 – 49434, 49490 et seq.
California Code of Regulations, Title 5
15500-15065, 15575 - 15578
United States Code, Title 42
1751 – 1769, 1771 – 1791
Code of Federal Regulations, Title 7
210.1 – 210.31, 220.8, 220.12

Management Resources:

California Department of Education, Nutrition Services Division:

www.cde.ca.gov/re/di/or/nsd.asp

Centers for Disease Control and Prevention: www.cdc.gov

***Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies*, California School Boards Association, 2012**

***Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide*, California School Boards Association, 2012**

United States Department of Agriculture, Food and Nutrition Service:

www.fns.usda.gov/school-meals/child-nutrition-programs