

LEMON GROVE SCHOOL DISTRICT  
(NEW BOARD POLICY)

**Students**

BP 5030

**STUDENT WELLNESS**

**Introduction**

*Background*

Comprehensive student wellness is a core value of the Board of Education of the Lemon Grove School District (hereinafter “District”). The District recognizes that social, emotional, and physical health are fundamental for each student to achieve his or her maximum potential. The District has a longstanding commitment to creating school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical fitness. The District’s first wellness policy was adopted in 2006, a year before districts participating in the National School Lunch Program, or any program in the Child Nutrition Act of 1966, were mandated to adopt a school wellness policy for all schools under their jurisdictions.

While the District’s wellness policy was considered ahead of its time a decade ago, the last revisions to this policy occurred in 2013. Since then, the wellness policy requirement established by the Child Nutrition and WIC Reauthorization Act of 2004 has been further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The HHFKA expands the scope of the wellness policy; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policy. The intent is to strengthen local school wellness policies, so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the nutrition and physical activity environment in each school.

A multidisciplinary committee of diverse stakeholders including families, staff, students, City agencies, and nonprofit organizations, with the assistance of members of our district governing board, developed recommendations for a revised wellness policy. To develop the next generation of the wellness policy, the District Wellness Committee, researched the most recent scientific literature on the effect of nutrition and physical education (PE)/activity (PA) on student achievement and health, and reviewed District-specific data on student health and academic achievement gaps.

The District Wellness Committee has collaborated with District staff from a variety of departments, including Nutrition Services, Early Childhood Education, Extended Day Program, Leadership Cabinet, Student Services, General Services, District Nurse, and School Leaders to develop an updated wellness policy.

The development of the updated wellness policy was guided by the following: (1) recommendations from the District Wellness Committee; (2) the Healthy Hunger-Free Kids Act of 2010; (3) guidelines from the USDA, California Department of Education, and the Centers for Disease Control and Prevention; (4) sample wellness policies from the California School Board Association and other school districts; (5) the Wellness Policy first approved by LGSD’s Board of Education in 2006; (6) District policies and practices that reflect our commitment to improving the health of students, families, and staff and the academic outcomes of all students.

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This collaborative approach to writing the updated wellness policy was supported by the leadership of the District Board of Education, the Superintendent and various community partners. The District Wellness Committee conducted research to ensure the updated wellness policy meets or exceeds state, federal, and local guidelines.

*Research Findings*

*The research findings summarized below are from multiple sources, including: LGSD Wellness Committee Policy Recommendations; Making the Case for Healthy, Freshly Prepared School Meals, Center for Ecoliteracy; USDA Food and Nutrition Service; the Centers for Disease Control and Prevention; the California School Boards Association; the American Journal of Preventive Medicine; and the American Heart Association.*

Several studies have consistently documented the powerful connection between health and academic achievement, with poor health often negatively affecting students' attendance, grades and ability to learn in school. Adolescents with poorer general health are less likely to graduate from high school on time or attend college or post-secondary education.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States. Major factors for these diseases, such as unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Obesity rates have doubled in children and tripled in adolescents over the last two decades in the United States, and physical inactivity and excessive calorie intake are the predominant causes of obesity. While obesity affects all genders and all racial and age groups, low-income children and food insecure children may be at even greater risk.

Regular physical activity and high-quality diets are associated with higher levels of academic performance, longer attention spans, increased work capacity, and more class participation. A California Department of Education study of the Fitnessgram found that physically fit children scored twice as well on academic tests as unfit children.

Both physical education and recess promote activity and a healthy lifestyle. According to the Centers for Disease Control and Prevention, time spent in recess appears to have a positive relationship with children's attention, concentration, and on-task classroom behavior.

Well-nourished children are tardy or absent less often. They have fewer behavioral problems, require fewer visits to the school nurse, and are less susceptible to obesity, diabetes, and a variety of other preventable health problems that lead to early death.

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School meals are important in determining if students get the nutrition they need to succeed academically. Students, on average, consume about 35 percent of their daily calories at school, and many consume half or more of their calories at school.

Participants in National School Breakfast and Lunch programs are less likely to have nutrient inadequacies; more likely to consume fruit, vegetables, and milk; and less likely to consume desserts and snack food than children who do not.

Consumption of sweetened beverages, including soda, sports drinks, fruit flavored punches, and consumption of 100% juice, promote excess calorie intake with little to no nutritional value added. Research shows that sweetened beverages are linked to obesity, diabetes and other chronic diseases.

Nutrition education programs are an effective way to increase the consumption of fruits and vegetables and create healthy habits for life.

Employees who have poor health are more likely to miss work or have trouble concentrating at work. In addition to improving the overall health of staff, wellness programs for staff may increase their capacity to be positive role models for students.

*Declarations*

The District endeavors to provide each student with an equal opportunity to succeed by promoting intellectual growth, creativity, self-discipline, cultural and linguistic sensitivity, democratic responsibility, economic competence, and physical and mental health so that each student can achieve his or her maximum potential.

The District's wellness policy is ambitious because student health and wellness is of paramount importance; the policy aims to provide all school administrators with a framework to actively promote the health and wellness of all students. The wellness policy is meant to inspire and empower. Each school shall implement and uphold the policy to best fit the needs, concerns, and resources of its local community.

Students may not understand their level of health or know how to incorporate healthier behaviors and actions in their day-to-day lives. To strengthen academic outcomes, we must create environments that promote good eating habits and physical activity.

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.

Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behavior patterns.

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The District is committed to providing quality school meals and ensuring that during the school day all foods and beverages made available to students adhere to the District’s nutrition guidelines, support the health curriculum, and promote optimal health.

The District’s physical education program and physical activity efforts support its coordinated wellness program and provide students with the skills and knowledge they need to be active as children, adolescents, and throughout the stages of adulthood. Integral to this effort is supporting safe physical and social environments in and outside of school where students are active.

The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle and be role models for students, families and peers.

The District’s approach to wellness is aligned with the *Whole School, Whole Community, Whole Child* model from the Centers for Disease Control and Prevention which outlines an ecological approach that is directed at the whole school, with the school in turn drawing its resources and influences from the whole community and serving to address the needs of the whole child.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



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**Definitions**

The following definitions apply to terms used in this wellness policy (hereinafter “Policy”).

**A la carte**

A selection of food items each priced separately.

**Administrative Regulations**

Detailed operational directions developed by LGSD staff to put Board policy into practice.

**Competitive Foods & Beverages**

Any food or beverage outside the federally reimbursable school meal programs available to students on the school campus and at any time during the school day. This includes all foods and beverages available for sale to students, and/or donated to schools for students, and/or brought by families or teachers for classroom parties or school celebrations.

**District’s Nutrition Guidelines**

The District’s nutrition guidelines are a description of the minimum standards for all foods and beverages, including the type and amount of fat, sodium, sugar, calories, and other nutrients and food qualities. The standards meet or exceed the standards outlined in federal, state, and local policies. Student Nutrition Services updates the standards as new nutritional science information becomes available.

**District Wellness Committee**

The District Wellness Committee was formed in 2006 by the Superintendent under the guidance of Board of Education. Members include parents/guardians, staff, students, nutritionists, and healthcare professionals. The purpose of the DWC is to support the District in the design, implementation, and enforcement of its Wellness Policy.

**Freshly Prepared**

Meals that are fully prepared and individually packaged within twenty-four (24) hours.

**Juice**

100% fruit and/or vegetable juice with no added sweeteners.

**Marketing**

Advertising and other promotions in schools. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of food or beverage products made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

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**Meal Charges**

Students with no qualifying meal application on file and/or no money to pay on the day of service can “charge” their meal with the understanding that their family will reimburse the District at a later date. At the end of the school year, the District must pay the balance of any outstanding meal charges per USDA regulations.

**Non-Compliant**

Any food or beverage that does not comply with the District’s nutrition guidelines.

**Nutrition Education**

A standards-based sequential pre-K through 8 instructional program that builds nutrition knowledge, attitudes, and skills that help students make lifelong healthy eating choices.

**Nutrition Promotion**

Strategies, social marketing, materials, and oral and written communications that provide methods to shift cultural norms toward healthier foods and beverages.

**Physical Activity**

Behavior consisting of bodily movement that requires energy expenditure above the normal physiological (muscular, cardio respiratory) requirements of a typical school day, such as walking and biking to and from school.

**Physical Education**

A standards-based sequential pre-K through 8 instructional program that engages students in a range of physical activities and prepares students to incorporate the long-term benefits of activity into a healthy lifestyle.

**School Campus**

School buildings and grounds under the jurisdiction of the Board of Education.

**School Day**

Starting from the time students are first admitted to the school campus in the morning to 30 minutes after the end of regularly scheduled afterschool programs.

**School Wellness Committee**

A school wellness committee is a group of school representatives from different segments of the school community who collaborate to address health and wellness in their school.

**Sold**

Sold means the exchange of food and/or beverages for money, coupons, vouchers, or order forms.

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**Sweetened Beverage**

Any beverage that contains added caloric sweeteners, including sodas, energy drinks, sweetened iced teas, sports drinks, flavored water, sweetened juices, juice nectars, and fruit punches

**Wellness**

An interactive process of becoming aware of and practicing choices to create a healthy and balanced lifestyle, which includes but is not limited to nutrition, nutrition education, physical activity, and physical education.

**Wellness Policy**

Written document that guides the school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

**Student Wellness Policy**

This *Student Wellness Policy* imagines a paradigm shift that will require resources and multiple years to fully operationalize. The goal is to create a framework to help all school administrators actively promote student health and wellness. The approach to implementing the various elements of this wellness policy will be respectful of all communities and sensitive to risks associated with trying to control what people eat. It is also designed to engage community partners in a strategic and collaborative manner to ensure services and resources are leveraged to achieve district health and wellness goals.

The district wellness policy is organized into nine sections:

- (1) Nutrition services
- (2) Nutrition guidelines for all foods and beverages
- (3) Nutrition promotion
- (4) Nutrition education
- (5) Food and beverage marketing
- (6) Competitive Foods and Beverages
- (7) Physical education
- (8) Physical activity
- (9) Social-Emotional Wellbeing
- (10) Staff wellness

*Nutrition Services*

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, the School Breakfast Program, the Child and Adult Care Food Program, and the Summer Food Service Program.

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Nutrition Services (NS) and the Early Childhood Education (ECE) shall offer school meal programs that aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

NS and ECE will ensure that all students who participate in school meal programs have access to the same high quality food and nutrition guidelines across all schools.

Hunger is such an extreme impediment to academic achievement that no student shall be denied a school meal because of an inability to pay. Because the cost of feeding students whose families do not qualify for government sponsored meals and cannot afford to pay for their own meals reduces the amount of money available to pay for other education related expenses. NS shall create detailed administrative regulations that outline the steps families, schools, and Nutrition Services will take steps to minimize the financial implications of feeding all students regardless of ability to pay.

Students will be allowed to eat or finish their breakfast in class at the beginning of the school day, and all eligible District schools shall partner with NS and/or ECE to implement federal breakfast expansion models, for example, Breakfast in the Classroom, Grab n' Go, Second Chance Breakfast.

NS and ECE will ensure that all school sites are in compliance with food safety code and are capable of storing and serving fresh food that is locally prepared.

All school nutrition program staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

*Nutrition Guidelines For all Foods and Beverages*

The District's nutrition guidelines shall meet or exceed current LGSD standards as outlined in the District's predecessor policy and the current meals contract (IFB No.MS-2012), and the standards outlined in applicable federal, state, and local policies, including but not limited to 42 USC 1758 and 1766; 42 USC 1773 and 1779; and the USDA's recently published Smart Snacks nutrition standards required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), with the objectives of promoting student health and reducing childhood obesity.

The District's nutrition guidelines are included in its current meals contract, including the requirement that all school meals will be freshly prepared and not frozen.

The District's nutrition guidelines shall keep current with nutritional science and will be updated as new information becomes available. The Superintendent, or his designee, shall convene a group of nutrition experts (e.g., registered dietitian nutritionists/medical professionals) to advise the Director of Nutrition Services throughout the school year and to complete an annual review of the



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District's nutrition guidelines. Findings from the annual review of the District's nutrition guidelines shall be shared with the Board of Education and the District Wellness Committee.

The District's nutrition guidelines shall apply to all foods and beverages sold or served to students, staff and families on every PreK-8 campus and administrative building, including but not limited to: snacks; rewards; celebrations; school meals; a la carte service in the cafeteria; vending machines; donated food; school stores; snack bars/concession stands; fundraisers on school grounds; classroom-based activities; staff and parent meetings; and after school programs.

District funds can only be used to purchase foods and beverages that meet the District's nutrition guidelines.

The District's nutrition guidelines shall not impact culinary education programs' curriculum in schools. However, to the extent that such programs are selling or serving food to students on campus during the school day the food must comply with the District's nutrition guidelines.

To promote hydration; free, safe, unflavored drinking water will be available to all students throughout the school day. Students shall be provided access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Sweetened Beverages (i.e., any beverage that contains added caloric sweeteners, including sodas, energy drinks, sweetened iced teas, sports drinks, flavored water, sweetened juices, juice nectars, and fruit punches) will not be sold or served to LGSD students, staff or families at any time on any district property.

All vending machines on District property, including schools and central offices, shall adhere to the District's nutrition guidelines. Adult vending machines may contain unsweetened coffee or tea beverages.

Within a month after the Board of Education approves the Policy, NS will develop and make publically available a detailed description of the District's specific nutrition guidelines for all foods and beverages. This detailed description will be designed to provide students, teachers, administrators, families, community partners, and vendors with a comprehensive understanding of the District's nutrition guidelines for all foods and beverages sold or served to students, staff and families on every PreK-8 campus and administrative building.

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*Nutrition Promotion*

Schools will promote healthy food and beverage choices for all students throughout the school campus. Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what meal programs are available at their school.

NS and ECE will embrace tools and strategies to create environments and food service venues that encourage students to make healthy nutrition choices; improve student participation in school meals; encourage the consumption of more whole grains, fruits, vegetables, and legumes; and decrease plate waste.

NS and ECE will post the following information on the web: a description of the Federal Child Nutrition programs in which the District participates as well as any unique school meal activities that are provided; a description of the District's nutrition guidelines for school meals and all other foods available to students during the school day; the current menus including nutritional information for the foods being served; guidelines regarding food allergies; administrative regulations regarding competitive foods and beverages; and policies regarding the availability and locations of free drinking water throughout the school day, including during the meal service.

NS will involve the students in the selection of new food choices in the school meals programs.

District staff will not use food or beverages as a reward for students' academic performance, accomplishments, or classroom behavior. The District will provide teachers and other relevant school staff a list of alternative ways to reward children.

*Nutrition Education*

Nutrition education shall be provided as part of the comprehensive integrated health education program for all PreK-8 students, as delineated in the Board's Comprehensive Health Education Policy (6142.8). Nutrition education shall include but not be limited to information on the benefits of healthy eating for learning, disease prevention, weight management and oral health. The District's nutrition education program shall be based on the most current research and shall be designed to provide students with the knowledge, attitudes, skills, and experiences needed for healthy eating.

Nutrition education curricula will align with California Health Education Standards and as appropriate, be integrated into Common Core, other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, career education programs, and school garden programs.

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Professional development shall be annually 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.

*Food and Beverage Marketing*

To reinforce the District's nutrition education program, marketing and advertising of non-compliant foods and beverages is prohibited on the exterior of vending machines, through posters, menu boards, coolers, trashcans, food service equipment, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or any other means. These prohibitions are further reinforced by the Commercial Free Schools Act which forbids the District from entering into a district-wide exclusive contract with a soda or snack food company. It also prohibits teachers from using curricula that includes unnecessary brand name advertising and requires the Board to approve all long-term corporate sponsorships.

The District will encourage the City to provide training and information to unpermitted food vendors operating within 50 feet of all school entrances to encourage them to sell foods and beverages that meet the District's nutrition guidelines.

*Competitive Foods and Beverages*

Schools shall not invite or contract with any entity and/or individual who wishes to sell, donate, or provide any kind of food or drinks to students, even those meeting the District's nutrition guidelines, if it is in direct competition with NS's or ECE's federally funded school meal programs.

Any entity and/or individual interested in donating, serving, or selling food and/or beverages to students during the school day must be pre-approved in writing by NS and must keep their own records as proof of compliance.

Class parties or celebrations must adhere to the District's nutrition guidelines and may only be held after the lunch period. NS will provide a list of healthy party ideas to families and teachers, including non-food celebration ideas.

Any student-run fundraiser occurring on school campuses during the school day that involves food and/or beverages:

- (1) may not interfere with NS's or ECE's federally funded school meal programs;
- (2) must meet the District's nutrition guidelines;
- (3) can only be by an organization consisting solely of pupils at the school; and
- (4) must comply with the California Code of Regulations, including those outlined below.

*Conditions for all schools (PreK-8)*

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- (1) The sale must occur after the lunch period has ended.
- (2) The food and/or beverages sold cannot be prepared on campus.
- (3) The food and/or beverages sold cannot be the same item/s sold by NS or ECE at that school during the same school day.
- (4) No more than one food or beverage item is permitted per sale.
- (5) Each school is allowed a maximum of four sales per year.

*Additional conditions for Middle Schools*

- (1) No more than three categories of foods or beverages may be sold each day (e.g. sandwich, fruit, milk, etc.)
- (2) Only one student organization is allowed to sell each school day.
- (3) In addition to one student organization sale each school day, any and all student organizations may sell on the same four designated school days per school year. School administration may set these four dates.
- (4) On-campus adult-run fundraisers involving food or beverages may only occur 30 minutes after the end of the school day through midnight or on weekends or holidays. Food and beverages must comply with the District's nutrition guidelines, with the following exceptions:
  - a. Ten times per year, elementary parents/caregivers and staff may sell food that does not meet the Nutrition Guidelines, with approval of the site administrator. Beverages must meet the nutrition guidelines at all times.
  - b. Though it is highly recommended that food meet the nutrition guidelines, middle school parents/caregivers and staff may sell any food, any number of times with approval of the site administrator. Beverages must meet the nutrition guidelines at all times.
  - c. All off-campus fundraising will be with either non-food items, or items that meet the District's nutrition guidelines. If Principals seek to allow off-campus sales of foods and/or beverages that do not meet the nutrition guidelines, then they must receive prior written approval from the Superintendent via administrative regulation.
- (5) Within three months after the Board of Education approves the District Wellness Policy, NS must develop and disseminate detailed administrative regulations to put the Board's policies regarding *Competitive Foods and Beverages* into practice.

*Physical Education*

Physical education plays an integral role in the education of each student. Therefore, the District shall provide access to a content rich curriculum, high quality instruction, focused assessment of student learning, and supportive learning environments for each student.

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The District's physical education programs shall be based on the most current 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, which includes building skills for active transportation.

The District's physical education program shall comply with state law, Board Policy and the District's Physical Education Master Plan.

Professional development shall be annually 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.

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 will 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.

Students will be provided adequate time for recess at elementary levels and will be encouraged to engage in physical and kinesthetic activities throughout the day.

Schools shall prioritize the use of school fields and black tops for students' physical activities. District staff shall use restorative approaches to support positive student behaviors and will not withhold recess or other physical activity or physical education as a form of punishment.

Extended day programs, out of school time (which includes before and after school programs), and after school programs on District facilities, will offer an array of physical activity opportunities and ensure all students are able to participate.

The Board has entered into a joint use agreement / memorandum of understanding with the City of Lemon Grove to make district facilities or grounds available for recreational or sports activities outside the school day.

Further, the district has an administrative regulation and process in place for outside entities to request and/or to use community facilities to provide as many opportunities as possible for children to get at least 60 minutes of moderate to vigorous physical activity during the course of a day.

District staff shall work with relevant City departments and local agencies (e.g., San Diego County LiveWell) to assess walking and biking conditions at each school and leverage opportunities to

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make it easier for students to walk or bike to school. Schools shall participate in and actively promote *Walk & Roll to School Day*, and *Bike and Roll to School Week*.

*Social-Emotional Wellbeing*

The district recognizes mental and behavioral health is a continuum ranging from wellness to illness and will provide an environmental that promotes the social, emotional, and psychological well-being of students and staff. The district will:

1. Provide access to credentialed school social workers, school psychologists, school counselors, health clerks, and/or school based mental health practitioners who encourage and support students in making healthy decisions, managing emotions, and coping with trauma and/or crisis events.
2. Ensure that all school-based providers such as school social workers, school psychologist's, school counselors, and school based mental health practitioners provide preventative services within the school and collaborate with community-based providers when the student needs surpass the services available within the context of the school district.
3. Provide access to available resources that ensure development of healthy mental and behavioral functioning such as self-regulation, advocacy, resiliency, etc.
4. Provide designated staff at each school site with procedures for early identification and referral of mental and behavioral health needs among students and staff.
5. Provide students and families with annual mental and behavioral wellness event.
6. Foster a continuum of preventative school-wide efforts to develop positive relationships, social capital, and promote a culture of care within a Restorative Practices and/or Positive Behavior Interventions and Supports (PBIS) Framework.
7. Foster health and positive relations with food and promote healthy body image.
8. Encourage school sites to offer opportunities for student support groups, peer-to-peer, and mentoring programs.

*Staff Wellness*

The District cares about the well-being of staff members and understands the influence that staff actions have on student health behaviors. All staff are encouraged to promote healthy school environments by being positive role models for healthy behaviors on school property and at

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school-sponsored meetings and events where students are present, including only eating/drinking items that comply with the District's nutrition guidelines.

The District will promote work-site wellness programs and may provide opportunities for regular physical activity among employees. For example, District staff is encouraged to promote the use of *Let's Move*, *Walk to Work Day*, *Bike to Work Day*, *VEBA Health Challenges*, and other health initiatives to promote physical activity and healthy eating.

The district actively supports Healthy Worksite Environments. Worksite wellness initiatives shall address the primary components of a healthy lifestyle including healthy eating, physical activity, tobacco use cessation, a drug- and alcohol-free lifestyle, and stress management. Examples of workplace policies that support wellness:

- 1) Provide smoke-free workplace environment/policies.
- 2) Promote healthy food policies for work events (meetings, workshops).
- 3) Encourage participation in community/district/school site wellness and physical activities.
- 4) Work with food vendors to offer healthier selections.
- 5) Provide access to free or low cost exercise classes and activities at worksites.

The district recognizes the well-documented health advantage of breastfeeding for infants and mothers and shall provide a supportive environment for mothers who are breastfeeding and will follow state and federal breastfeeding laws. See Board Policy 4033, Lactation Accommodation.

The District will designate a staff wellness coordinator to develop, monitor and evaluate worksite wellness initiatives designed to promote a culture that improves the health, safety, and well-being of employees and family members.

**Implementation and Monitoring**

Additional resources will be required to effectively implement and monitor this Wellness Policy. Assuming additional resources are available, the first year will be focused on communicating the Policy to all stakeholders; and working with school communities to develop recommendations for a coordinated approach to implementing and monitoring the policy.

*Implementation*

The Superintendent directs the District Health and Well-being Committee to continue supporting the development and implementation of the Policy by participating in the development of a District

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Health and Wellness Strategic Plan, to participate in the periodic review and update of this Policy, and to advise the District on health-related issues, activities, policies, and programs. The DHWC shall have a membership that includes parents/guardians, students, nutrition services, physical education teachers, school health professionals, school administrators, social-emotional health practitioners, school staff, and members of the public. Staff from Nutrition Services (NS), Early Childhood Education (ECE), Physical Education, and School Health Programs shall share regular progress on the initiatives identified in the Strategic Plan with the District Health and Well-being Committee.

The Superintendent will designate one or more central office staff to:

- (1) support the work of the District Wellness Committee;
- (2) inform and update the public (including families, students, and others in the community) about the content and implementation of the Policy;
- (3) collaborate with school administrators and faculty to develop approaches that will inspire and empower school communities to implement the Policy;
- (4) create a strategic plan to ensure a coordinated approach to implementing the Policy; and
- (5) establish administrative regulations, guidelines, and tools to help ensure relevant departments and every school have the information and tools (e.g., templates for school wellness report cards, action plans, assessment tools, etc.) needed to implement and monitor the Policy.

School administrators and staff shall actively participate in ensuring their school is in compliance with the Policy and establishing a school climate that encourages and does not stigmatize healthy eating and physical activity.

Schools shall encourage families to support healthy eating and physical activity.

Each school is encouraged to establish and/or maintain a School Wellness Committee to help implement and evaluate adherence to the Policy. This will involve: assessing the school's healthy eating and physical activity policies and practices; writing an action plan for the school year based on the assessment; implementing the plan; and communicating wellness related policies to the school community.

Each school is encouraged to create a 'school wellness report card' that details its progress in various areas.



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Health and wellness information disseminated by the Superintendent or designee to families through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications shall emphasize the relationship between student health and academic performance, as appropriate.

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 (EC 49432).

The Superintendent will designate resources to combine this Wellness Policy with other policies related to safety, health, and wellness into a single comprehensive policy that promotes sustainable wellness practices for students and staff.

*Monitoring*

The Superintendent designates a senior staff member to produce an annual progress report that will be made readily available to the public, and that will include:

- (1) The website address for the Policy and/or information on how the public can access a copy;
- (2) A description of each school's progress implementing the Policy;
- (3) Any proposed updates or modifications to the Policy;
- (4) Contact information for the leader(s) of the Policy team; and
- (5) Information on how individuals and the public can participate.

The Superintendent designates a senior staff member to conduct an assessment of the Policy every three years to determine:

- (1) Compliance with the Policy;
- (2) How the Policy compares to model wellness policies; and
- (3) Progress made in implementing the Policy.

Designated staff shall establish indicators that will be used to measure the implementation and effectiveness of the policy. Such indicators might include: student participation rates in all school meal and/or snack programs; the extent to which foods sold on campus outside NS or ECE (e.g., vending machines) comply with nutrition guidelines; results of the state's physical fitness test at applicable grade levels; number of minutes of PE offered at each grade span; a description of other district wide or school-based wellness activities offered; student health behaviors assessed using

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student surveys (e.g., the California Healthy Kids Survey, and/or the Youth Risk Behavior Survey); percent of students who walk or bike to and from school.

The District will inform and update the public about the content and implementation of the Policy, including progress reports and assessment reports described above, and made available in Spanish whenever possible.



Please Note: This Policy overrides all terms in Board policies and administrative regulations that are inconsistent with any of its provisions, including but not limited to the following:

*Related District Policies:*

- 0000 – Vision*
- 0200 – Goals for the School District*
- 0500 – Accountability*
- 1020 – Youth Services*
- 1100 – Communication with the Public*
- 1112 – Media Relations*
- 1113 – District and School Web Sites*
- 1114 – District-Sponsored Social Media*
- 1220 – Citizen Advisory Committees*
- 1325 – Advertising and Promotion*
- 1330.1 – Joint Use Agreements*
- 3312 – Contracts*
- 3513.3 – Tobacco-Free Schools*
- 3514 – Environmental Safety*
- 3550 – Food Service/Child Nutrition Program*
- 3552 – Summer Meal Program*
- 3553 – Free and Reduced Price Meals*
- 3554 – Other Food Sales*
- 3555 – Nutrition Program Compliance*
- 4131 – Staff Development*
- 4231 – Staff Development*
- 4331 – Staff Development*
- 5131.2 – Bullying*
- 5131.6 – Alcohol and Other Drugs*
- 5131.61 – Drug Testing*
- 5131.62 – Tobacco*
- 5131.63 – Steroids*
- 5141 – Health Care and Emergencies*
- 5141.22 – Infectious Diseases*
- 5141.27 – Food Allergies/Special Dietary Needs*
- 5141.3 – Health Examinations*
- 5141.31 – Immunizations*
- 5141.32 – Health Screening for School Entry*
- 5141.6 – School Health Services*
- 5142.2 – Safe Routes to School Program*

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*5145.3 – Nondiscrimination/Harassment*  
*5145.6 – Parental Notifications*  
*5148 - Child Care and Development*  
*5148.2 – Before/After School Programs*  
*5148.3 - Preschool/Early Childhood Education*  
*6011 – Academic Standards*  
*6020 – Parent Involvement*  
*6142.1 – Sexual Health and HIV/AIDS Prevention Education*  
*6142.7 – Physical Education and Activity*  
*6142.8 – Comprehensive Health Education*  
*6143 – Courses of Study*  
*6145 – Extracurricular and Cocurricular Activities*  
*6145.2 – Athletic Competition*  
*6164.2 – Guidance/Counseling Services*  
*6177 – Summer Learning Programs*  
*9140 – Board Representatives*

*Legal Reference:*

*EDUCATION CODE*

*33350-33354 CDE responsibilities re: physical education*  
*380826 Free fresh drinking water*  
*49430-49434 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*  
*49550-49562 Meals for needy students*  
*49565-49565.8 California Fresh Start pilot program*  
*49570 National School Lunch Act*  
*51210 Course of study, grades 1-6*  
*51210.1-51210.2 Physical education, grades 1-6*  
*51210.4 Nutrition education*  
*51220 Course of study, grades 7-12*  
*51222 Physical education*  
*51223 Physical education, elementary schools*  
*51795-51798 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*  
*1751-1769j National School Lunch Program, especially:*  
*1758b Local wellness policy*  
*1771-1793 Child Nutrition Act, especially:*  
*1773 School Breakfast Program*  
*1779 Rules and regulations, Child Nutrition Act*

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*CODE OF FEDERAL REGULATIONS, TITLE 7*

*210.1-210.33 National School Lunch Program, especially:*

*210.30 Wellness policy*

*220.1-220.22 National School Breakfast Program*

*COURT DECISIONS*

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

*Management Resources:*

*CSBA PUBLICATIONS*

*Integrating Physical Activity into the School Day, Governance Brief, April 2016*

*Increasing Access to Drinking Water in Schools, Policy Brief, April 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*

*Physical Activity and Physical Education in California Schools, Research Brief, April 2010*

*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, January 2015*

*CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS*

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012*

*FEDERAL REGISTER*

*Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170*

*NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS*

*Fit, Healthy and Ready to Learn, rev. 2012*

*U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS*

*Dietary Guidelines for Americans, 2016*

*WEB SITES*

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

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

*Alliance for a Healthier Generation: <http://www.healthiergeneration.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>*

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*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>*

*U.S. Department of Agriculture, Healthy Meals Resource System:*

*<http://healthymeals.fns.usda.gov>*

Policy  
adopted: