

Board Policy 5030(a)

Students

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The 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)

School Health Council/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 school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

Board Policy 5030(b)

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

The school health council or 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 council's charges may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition and health 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)

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

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

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 shall be provided through physical education, 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 Co-curricular Activities)
(cf. [6145.2](#) - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Board Policy 5030(c)

Professional development shall encourage instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. [4131](#)- Staff Development)

(cf. [4331](#)- Staff Development)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. 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 Board discourages the advertising of non-nutritious 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)

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 on the school campus from the start of the school until 30 minutes after the end of the school day, 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)

Board Policy 5030(d)

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 or provide for occasional class parties or fundraising events, and by limiting foods or beverages that do not meet nutritional standards.

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 recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and

Board Policy 5030(e)

feedback from food service personnel, school administrators, the school health council or committee, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board every year on the implementation of this policy and any other Board policies related to nutrition and physical activity.

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

Board Policy 5030(f)

[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

Adopted: June 28, 2006

WEST SONOMA COUNTY UHSD
Sebastopol, California