

STUDENT WELLNESS

Students

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 in Preschool – 8th grade. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through the district Wellness Council, health education, physical education, child nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The Governing Board will 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.

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 standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Wellness Council

The Governing 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.

The Superintendent or designee shall appoint a district wellness 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.

The wellness council 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 tasks include planning and implementing activities to promote health within the school or community.

The Governing 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, or other means.

Goals for Nutrition Education

Pursuant to the requirements of the Education Code, nutrition may be provided as part of the health education programs in grade Pre K-8 and, as appropriate, shall be integrated into instruction in core academic subjects and offered through before and after-school programs.

The district may:

- Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition education and with other components of student wellness specified in this policy. School food services, in partnership with other school

departments and community organization, will work to creatively market and promote locally produced food to students through developing cafeteria themes related to local farmers and products grown in the region.

- Utilize school resources such as local farm visits and school gardens to create models for healthy activities and help students learn about their food system and apply academic concepts with hands-on activities.
- Integrate current, scientifically accurate nutrition content into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science, as well as into the instruction offered in before and after-school programs.
- Encourage schools to maintain instructional gardens (tilled ground, raised bed, container, and community garden) of sufficient size to provide students with experiences in planting, harvesting, preparation, serving and tasting foods. These experiences will be integrated with nutrition education and core curriculum, and articulated with state standards.
- Encourage instructional strategies that incorporate experiential learning opportunities (e.g., taste testing, cooking demonstrations, tours of farmers markets, and school gardens) that engage students and family members in reinforcing healthy nutrition behaviors.
- Engage students as active participants with school food services, in developing, advocating, and implementing nutrition-related policies and programs. Preschool students will learn about their food and making healthy choices.
- Develop creative and healthy campus fundraisers using on healthy food from local farms where appropriate.
- Encourage healthy snack choices for all celebrations in Pre-school-8th grade and ensure parental contributions for celebrations meet state/federal standards. Students will use acquired knowledge to practice goal setting and decision making skills with regard to healthy lifestyle choices.

Physical Education

The Governing Board supports and will provide a physical education program that builds interest and proficiency in movement skills and promotes students' lifelong fitness through physical education.

- Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.
- Physical education activities shall promote personal self-image and teach students how to cooperate to reach common goals.

The district will meet minimum requirements for physical education as specified in the California Education Code and shall:

- Require sites to perform a physical education needs assessment to determine curriculum, equipment and supplies needed.
- Ensure that student involvement in other programs involving physical activity (e.g., interscholastic or intramural sports, marching band, drill team, etc.) is not used as a substitute for meeting the physical education requirement.
- Require and document that students are receiving the CA ED Code required amount of minutes for physical education (200 minutes each 10 days in grades 1-6, and 400 minutes each 10 days in grades 7 and 8), and require that students will engage in moderate to vigorous physical activity for at least half the time.
- Require parent/guardian notification of the availability of and their right to access a student's physical fitness test results.
- Use the California Standards of Physical Education to assess student learning of the essential skills and knowledge for maintaining a physically active lifestyle as defined in the California Physical Education Content Standards.

Moderate to Vigorous Physical Activity/Joint Use Agreements

All students in grades Pre K-8 shall be provided opportunities for moderate-to-vigorous physical activity through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc.) School facilities and open spaces including fields and school gardens will be made available to students, staff, community members and community agencies during non-school hours through joint use agreements, as deemed appropriate by the governing board.

The district shall:

- Require supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions.
- Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.
- Offer extracurricular physical activity programs and interscholastic sports programs, as appropriate.
- Establish physical activity rules and safety procedures for students and staff and assign appropriate enforcement of these rules and procedures.
- Ensure that opportunities for physical activity through physical education and recess will not be used as a means of punishment. Students will not be denied or excluded from opportunities to participate in physical activity (physical education and recess) as a means for correcting behavior.

Staff

- In order to create a stronger Wellness Community, the Superintendent shall encourage all staff to serve as role models for healthy lifestyle behaviors.

The district shall:

- Promote staff wellness programs that support employees' efforts to improve their personal health and fitness.
- Provide on-going professional development that reflects the wellness policy to teachers, school/district food service personnel, other staff, and members of the wellness council.
- Promote physical activity by informing staff about available community resources including, but not limited to exercise classes, joint use agreements, discounted gym memberships.

Breastfeeding in the Workplace

- In recognition of the well documented health advantage of breastfeeding for infants and mothers, the SYSD provides a supportive environment for breastfeeding mothers. The district will follow state and federal breastfeeding laws.

Other School Health Activities

The Board recognizes the importance of providing an environment that promotes students' mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.

The district shall:

- Provide all students access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.
- Provide students' access to credentialed school counselors and psychologists , as needed ,who offer support and assistance in making healthy decisions, managing emotions, and coping with crises.
- Require schools to provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe.
- Require all students to obtain an oral health screening from a dental professional prior to May 31 of the first year the child enters school. (State law and the Education Code requirement).

Parents

The district shall:

- Educate parents and guardians on the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
- Provide consistent health education to parents and families, including but not limited to nutrition and physical activity (e.g., via de school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).

After School Program

The district shall:

- Require all school-based before and after-school programs be aligned with the student wellness policy adopted by the district.
- Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.

Foods and Beverages

The governing board believes that foods and beverages available to students through the district food service program, student stores, vending machines, fundraisers and other venues will contribute to the reduction of obesity and promote optimal health.

Furthermore, the governing board will ensure that free, potable water will be available for consumption in the place where meals are served during meal service at all district schools. (Section 203, Healthy, Hunger-Free Kids Act, 2010 and AB 1413).

The district shall:

- Ensure that school organizations will use food items that meet or exceed (as appropriate) state and federal nutrition standards or non-food items for fundraising purposes and encourage fundraising projects that promote physical activity and community building such as jog-a-thons, walkathons, and jumping rope.
- Ensure that foods and beverages meet nutrition standards, and are sold to students only in accordance with Education Code requirements.
- Offer and promote healthy food and beverage products at all school-sponsored events.

- Require that snacks served during the school day or in after-school care or enrichment programs make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards.
- Ensure that foods or beverages are not used as rewards for student accomplishments or withheld as punishment.
- Require that school celebrations that involve food during the school day encourage the serving of healthful foods. Snacks, food, which are donated shall be store purchased and meet State Senate Bill 12 nutritional guidelines. Class parties or celebrations shall be held after the lunch period.
- Site leadership will regularly monitor that all food and beverages meet the nutritional standards defined by the district’s food services program and in accordance with Education Code 49431, 49431.2, 49431.5, 49431.7 and 49434.

Child Nutrition Services

The governing board recognizes that adequate nutrition is essential to child development and learning, and that some families may not be able to provide a nutritious breakfast and lunch for their children. In accordance with the law, the district shall provide nutritionally adequate free and reduced price meals for students whose families meet federal eligibility criteria.

The district shall:

- Maximize its ability to provide nutritious meals and snacks by ensuring that all district schools participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
- Monitor portion sizes in preschool foods.
- Ensure food and beverages provided through federally reimbursable school meal programs meet or exceed (as appropriate) federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.
- Pursue sources of additional funding to improve and enhance the serving of nutritious and appealing reimbursable meals and snacks.
- Ensure that school food service departments use either the USDA or SHAPE California nutrient-based menu planning options as the basis for school menu planning. Wherever possible produce from school gardens will be incorporated into school menus.
- Share with students and parents information concerning the nutritional content of school meals, to the extent possible.
- Schedule meal periods at appropriate times (e.g., lunch between 11:00 a.m. and 1:00 p.m., lunch to follow recess in elementary schools) and allow adequate, uninterrupted periods for meals.

- Provide students access to hand washing or hand sanitizing before meals and snacks.
- Provide a clean, safe, and pleasant eating environment.

Program Implementation and Evaluation

The Governing Board shall establish a plan for measuring implementation of the policy. Schools/district, school administrators, food service staff, and other members of the school health council shall provide continued assistance in implementing this policy. The Superintendent shall designate a school administrator (or other certificated personnel) at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. Special assistance will be provided to schools not meeting this policy.

The Superintendent and Wellness Council Chairperson shall recommend for Governing 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 feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Governing Board at least each year for the first 2 years and thereafter every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity. As necessary, the wellness related policies shall be revised and or modified to reflect state and federal laws and evaluation results.

Posting Requirements

Each school shall make available the district's policies and regulations on nutrition and physical activity in the school office. (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.