

Board Policy

Student Wellness

BP 5030

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. 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.

(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 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 K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

(cf. 6142.8 - Comprehensive Health Education)

All students in grades K-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, recess, 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 Cocurricular 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.

Professional development shall include 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 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.

(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, 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)

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 students' 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 for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

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 districtwide 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 Board at least every two years 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
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

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

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

CENTERS FOR DISEASE CONTROL PUBLICATIONS

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

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) 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

Management Resources:

WEB SITES

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

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy SONOMA VALLEY UNIFIED SCHOOL DISTRICT

Adopted: May 10, 2005 Sonoma, California

Revised: February 14, 2006

Administrative Regulation

Student Wellness

AR 5030

Students

Mission

The mission of the Sonoma Valley Unified School District's Wellness Policy is to foster the overall health of the school district community by creating a variety of educational opportunities to establish life-long healthy eating habits and physical activity.

Responsibilities

The Sonoma Valley Unified School District Board of Trustees recognizes the important connection between a healthy diet and a student's ability to learn effectively to be better equipped to meet high achievement standards in school. The Board also recognizes the district's responsibility in creating an environment that fosters healthy nutrition and physical activity.

The mission shall be accomplished through:

- Nutrition and healthy lifestyle education
- Garden experiences
- Physical Activity
- Improving the nutritional quality of food served on district property
- Encouraging students to make consciously healthful choices about the food they eat.

Goals

1. Ensure that no student in the SVUSD goes hungry by increasing participation in school nutrition programs.
 - a. All schools shall offer breakfast and lunch to all students during the regular school day as well as snacks for students in district-mandated after school programs.
 - b. The district shall invest in an electronic point of sale system, therefore, eliminating the stigma around free and reduced priced meals.
 - c. Maximize participation in the school meal programs by developing a coordinated, comprehensive outreach and promotion plan for the school meal program.

- d. By implementing these options, the district shall make every effort to remain revenue neutral.
2. Ensure that all the food served and sold in schools is nutritious, fresh and appealing.
 - a. All food and beverages sold or served during school hours shall meet or exceed nutritional and other guidelines set by both federal and state government and the school district.
 - b. Nutritious and appealing foods such as fresh fruits, fresh vegetables and whole grain products shall be available during the school day and as part of meals and/or snacks whenever feasible.
 - c. Food items served and sold in schools shall be, to the extent possible, prepared from fresh, locally grown or produced and organic products based on offerings and affordability.
 - d. Food items served and sold in schools shall reflect the cultural diversity of the student population.
 - e. Schools shall encourage the purchase of nutritious items by pricing healthy items as affordably as possible to remain revenue neutral.
 - f. The district shall not contract with fast food restaurants or vendors for food items to be offered for sale during school hours unless food items meet all regulations stated in this policy.
 - g. All fund raising and food items sold on school property, regardless of time of day, shall be encouraged to meet SB19 and SB12 guidelines and be pre-approved by the site principal or designee on an individual basis (See attached SB19 and SB12 guidelines)
3. Ensure efficient service and provide inviting environments.
 - a. All schools shall contain pleasant eating areas for students and staff with adequate time for unhurried eating (Refer to Ed. Cod 49432), while fostering good manners and respect for fellow students and their environment.
 - b. The district will work toward improving kitchens to allow for fresh food preparation.
 - c. To ensure efficient service, Food Services shall provide multiple food pick up areas when necessary.
4. Integrate food service with school educational and health missions and encourage participation in environmental stewardship.

The district will promote environmental education. Students and staff will reduce waste, recycle, compost and purchase recycled and/or biodegradable products whenever feasible.

- a. Each site will determine how to implement and staff this program.
 - b. The district shall not use curriculum materials sponsored by food companies that sell sodas, unhealthy snack foods or fast foods.
 - c. Food Services, the Culinary program, and school gardens shall support each other by encouraging partnerships that exchange information and resources.
 - d. Schools shall involve the Food Service Department in order to integrate food and nutrition issues and activities into the academic curriculum.
 - e. Each school staff shall explore ways to link the goals of this Policy to current site practices (ie: class rewards, fundraising, etc)
5. Provide the environment that ensures all students' participation in physical activity consistent with the goals of the California State Physical Education Content Standards.
- a. The district shall promote physical education curricula and instruction that emphasizes enjoyable participation in physical activity and that helps students develop the knowledge of motor skills, fitness components and confidence needed to adopt and maintain physically active lifestyles.
 - b. Students will work towards performing within their "healthy zone" in order to achieve and maintain a level of health-enhancing physical fitness (See attached Fitness Gram from the state of California)
 - c. The district shall support training and development in programs and/or models that impart the knowledge and skills needed to effectively promote enjoyable, lifelong physical activity.
 - d. The district shall support activity outside the classroom that encourages and promotes lifelong physical activity. Some examples are intra-mural sports at lunchtime, jump rope contests, jog-a-thons, etc.
6. Provide opportunity for student, family and community input.
- a. The district shall establish a Sonoma Nutrition and Physical Activity Advisory Council (SNAC). The role of SNAC shall be to act as a liaison between food services and school sites and shall work toward implementing the Wellness Policy at the site level. Suggested SNAC membership consists of Director of Fiscal Services, 4 teachers, 4 students (2 from each middle school/2 from high school), 3 kitchen staff (1 from each level), 1 site administrator, 3 parents/community members and Food Service Manager. The SNAC will meet by October 31, 2006 to review their charge and establish by-laws.
 - b. Food Services shall post the monthly menu and nutritional analysis on the district Website in addition to posting it at the sites.

- c. Food Services shall post the current federal and state nutrition guidelines on all Websites.
- d. SNAC will strive to establish mechanisms for community input.
- e. The district and community are encouraged to identify and raise funds to support the implementation of the policy, particularly through applications of federal and state grants.
- f. The SNAC shall work with Superintendent or designee to report annually to the Board of Trustees on progress at each site towards the goals of this policy.

Regulation SONOMA VALLEY UNIFIED SCHOOL DISTRICT
approved: May 11, 2006 Sonoma, California