

## **Students**

BP 5030(a)

### **STUDENT WELLNESS**

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Through the comprehensive wellness program, the Jefferson Union High School District students will experience a high quality health, physical and nutrition education program, be educated in schools that provide comprehensive school health, physical wellness and nutrition services, and community collaboration to promote a lifelong healthy lifestyle.

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.

The Jefferson Union High School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The following principles support this wellness philosophy:

- a. A safe, nurturing environment is necessary for learning.
- b. The ability of students to learn is affected by social, health and economic conditions and other factors outside the classroom.
- c. Early identification of student learning and behavioral difficulties contribute to student success.
- d. Parents/guardians have a right and an obligation to participate in their child's schooling.
- e. Maintain safe, healthful and orderly campuses that promote learning.
- f. Maintain positive relations with parents/guardians and the community, emphasizing communication and inviting participation in the schools.
- g. Collaborate with other public agencies and private organizations to ensure that students' physical, social and emotional needs are met.

In order to promote student and staff wellness, the Board of Trustees has established the following guidelines:

1. Child Nutrition Programs shall comply with federal, state and local requirements. Child Nutrition Programs are accessible to all students.
2. Sequential and interdisciplinary nutrition education is provided and promoted.
3. Patterns of meaningful physical activity connect to students' lives outside of physical education.

**STUDENT WELLNESS (continued)**

4. All school-based activities are consistent with local wellness policy goals.
5. All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day will meet or exceed the current JUHSD, federal and state guidelines.
6. All foods made available on campus adhere to food safety and security guidelines.
7. The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

The Superintendent or designee shall permit parents/guardians, students, food service employees, Physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (41 USC 1758b)

*(cf. 1020 - Youth Services)*

*(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. 5141.22 - Infectious Diseases)*

*(cf. 5141.3 - Health Examinations)*

*(cf. 5141.31 - Immunizations)*

*(cf. 5141.32 - Health Screening for School Entry)*

*(cf. 5141.6 - School Health Services)*

*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*

*(cf. 6164.2 - Guidance/Counseling Services)*

**District Wellness 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) through the District Wellness Committee and the District Advisory Committee.

The Superintendent or designee may appoint a 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)*

**STUDENT WELLNESS (continued)**

The District Wellness 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 committee'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 schoolbased 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 integrated into core academic subjects and offered through before- and after-school programs.

*(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 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 designed to support district goals shall include as appropriate instructional strategies that assess health knowledge and skills and promote healthy behaviors.

*(cf. 4131- Staff Development)*

*(cf. 4331- Staff Development)*

**STUDENT WELLNESS** (continued)

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 foods and beverages of minimal nutritional value 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 in accordance with federal and state regulations 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 all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

*(cf. 3312 - Contracts)*

*(cf. 3554 - Other Food Sales)*

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 foods of minimal nutritional value 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.

**STUDENT WELLNESS (continued)****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 each 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: (see following page)*

**STUDENT WELLNESS (continued)**

*Legal Reference:*

**EDUCATION CODE**

33350-33354 CDE responsibilities re: physical education  
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  
49550-49561 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
49570 National School Lunch Act  
51210 Course of study, grades 1-6  
51220 Course of study, grades 7-12  
51222 Physical education  
51223 Physical education, elementary schools  
51795-51796.5 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**

1751-1769 National School Lunch Program, especially:  
1758b Local wellness policy  
1771-1791 Child Nutrition Act, especially:  
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  
220.1-220.23 National School Breakfast Program

**COURT DECISIONS**

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

*Management Resources:*

**CSBA PUBLICATIONS**

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

**STUDENT WELLNESS (continued)**

*Management Resources (continued):*

**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, March 2010*

**CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS**

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005*

**FEDERAL REGISTER**

*Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167*

**NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS**

*Fit, Healthy and Ready to Learn, 2000*

**U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS**

*Dietary Guidelines for Americans, 2005*

*Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*

**WEB SITES**

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

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

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>

**Policy JEFFERSON UNION HIGH SCHOOL DISTRICT**

adopted: October 1, 2013 Daly City, California