

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. 0100 – Philosophy)

(cf. 0200 – Goals for the School District)

(cf. 6142.7 – Physical Education)

(cf. 6142.8 – Comprehensive Health Education)

(cf. 3550 – Food Service/Child Nutrition Program)

(cf. 3554 – Other Food Sales)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 0500 – Accountability)

(cf. 9140 – Board Representatives)

The Board's policy related to student wellness shall be developed, implemented, and evaluated with the involvement of parents/guardians, students, school food service professionals, school administrators, board representatives, and members of the public.

The Superintendent or designee will appoint a Wellness Advisory Council consisting of representatives of the above groups. The Council will include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

(cf. 1220 – Advisory Committees)

The Wellness Advisory Council shall assist with policy development and advise the District on health-related issues, activities, policies, and programs. The Council shall assist with identifying processes for evaluating the Wellness Policy, including evaluation methods, indicators to measure success, and frequency of reports. 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.

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)

STUDENT WELLNESS (continued)

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

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, 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.

(cf. 4157/4257/4357 Staff Health and Safety)

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. All staff, including physical education teachers and athletic coaches, are encouraged to participate in professional development opportunities to increase awareness of comments, behaviors, and/or approaches that may disparage students.

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.

The Board prohibits the marketing and advertising during school hours of any foods or beverages which do not meet nutritional standards adopted by the District through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

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 objective of promoting student health and reducing childhood obesity and disordered eating, which may contribute to chronic diseases such as diabetes, eating disorders, and heart disease.

The Board believes the 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.

STUDENT WELLNESS (continued)

(cf. 4112.4/4212.4/4312.4 – Health Examinations)
 (cf. 5131.6 – Alcohol and Other Drugs)
 (cf. 5131.62 – Tobacco)
 (cf. 5141 – Health Care and Emergencies)
 (cf. 5141.3 – Health Examinations)

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
 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, especiall:
 1751 Note Local wellness policy
 177101791 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 PUBLICATIONS
 Healthy Food Policy Resource Guide, rev. 2005
CDE PUBLICAITONS
 Health Framework for California Public School, Kindergarten Through Grade Twelve, 2003
CDC 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
USDA PUBLICATIONS
 Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, Team Nutrition, Food and Nutrition Services, 2000
WEB SITE
 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.mch.dhs.ca.gov>
 California Health 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>
 National Alliance for Nutrition and Activity:
<http://www.cspinet.org/nutritionpolicy/nana.html>
 National Association of State Boards of Education: <http://www.boards@nasbe.org>
 National School Boards Association: <http://www.schoolhealth@nsba.org>
 School Nutrition Association: <http://www.asfsa.org>
 Society for Nutrition Education: <http://www.sne.org>
 U.S. Department of Agriculture:
http://www.fns.usda.gov/tm/Healthy/wellnesspolicy_steps.html

Policy
 adopted: May 4, 2005
 revised: September 6, 2006
 revised: May 25, 2007

SEQUOIA UNION HIGH SCHOOL DISTRICT
 Redwood City, California