

WHITTIER UNION HIGH SCHOOL DISTRICT
Whittier, California

BP 5030

STUDENT WELLNESS

Board 6-13-2006 Revised 11-13-2018

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. 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 Superintendent or designee shall encourage 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. (42 USC 1758b; 7 CFR 210.31)

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.

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 curriculum.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

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, recess, school athletic programs, extracurricular programs, before-and after school programs, and other structured and unstructured activities.

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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 may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

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.

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.

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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

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

(cf. 3553 - Free and Reduced Price Meals)

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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, fund raisers, or other venues, shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fund raising 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.

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.

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

Program Implementation and Evaluation

The Superintendent shall designate the Director of Food Services 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.

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The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

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The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters and websites. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 6020 - Parent Involvement)

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

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District Goals for Nutrition and Physical Activity

*Health Education Content Standards for California Public Schools
adopted by the California State Board of Education, 2008*

Students are expected to learn the six content areas listed below in high school:

1. Nutrition and Physical Activity
2. Growth, Development, and Sexual Health
3. Injury Prevention and Safety
4. Alcohol, Tobacco, and Other Drugs [ATOD]
5. Mental, Emotional, and Social Health
6. Personal and Community Health

All of the eight overarching health standards are covered in the six content areas listed above.

1. **Essential Concepts** that all students will comprehend related to enhancing health.
2. **Analyzing Health Influences** that all students will demonstrate as the ability to recognize, analyze and evaluate internal and external influences essential to protecting and enhancing health.
3. **Accessing Valid Information** that all students will demonstrate as they are exposed to numerous sources of information, products, and services in order to provide a foundation for practicing health-enhancing behaviors.
4. **Interpersonal Communication** that all students will demonstrate to enhance health and positive relationships.
5. **Decision Making** that all students will demonstrate to enhance health and guide healthy behaviors, after utilizing critical thinking and problem-solving skills.
6. **Goal Setting** that all students will demonstrate to translate health knowledge into personally meaningful behaviors.
7. **Practicing Health-Enhancing Behaviors** that all students utilize to build competence and confidence in order to use learned skills and health-enhancing behaviors in real-life situations.
8. **Health Promotion** that all students will demonstrate the ability to promote and support personal, family and community health.

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Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
38086 Free fresh drinking water
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
49550-49562 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51798 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

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Admin. Reg. 6-13-2006

Nutritional Quality of Foods and Beverages Sold and Served on Campus

All food items sold in and outside the federal reimbursable meal program shall comply with local, state, and federal requirements as stated in Board Policy and Administrative Regulation 3550 and 3554.

The schools culture can play a powerful role in influencing student participation in physical activity and the food choices they make both at school and at home. Messages sent to our students should be consistent with the student wellness policy and the entire school community should support better health, nutrition, and fitness of students.

All food served through the District shall:

- Be appealing and attractive to students.
- Be served in clean and pleasant environment.
- Meet, at a minimum, and exceed nutritional requirements established by local, state, and federal statutes and regulations.
- Meet, at a minimum, and exceed sanitation requirements established by local, state, and federal statutes and regulations.

Food/Beverage Marketing in Schools

The School District shall eliminate the marketing and advertising of unhealthy foods and beverages. Any food or beverages that do not meet the nutritional guidelines as stated in Administrative Regulations 3550 and 3554 should not be promoted in any way through signage, vending machine fronts, logos, scoreboards and school supplies.

Fund-Raising

The School District shall encourage all school-based organizations to use nonfood items for fund raising that promote physical activity. Student, parent, or school groups shall sell compliant food or beverages as fund raisers following the regulations stated in Board Policy 3554 and Administrative Regulation 3554.

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Rewards

Schools will be encouraged not to use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as punishment. Those foods and beverages that do not meet the current nutritional standards cannot be used for reward. The number of overweight students in California has reached epidemic levels. School environment must support proper nutrition and promote healthful eating habits.

Nutrition Guidelines for Student Reimbursable Meal Programs

The School District shall participate in the National School Lunch Program (NSLP) and School Breakfast Program at all schools during regular and summer school when applicable. If four hours or more of instruction occurs a meal will be available during the break of instruction. The school shall seek to maximize federal and state meal reimbursement when possible.

All school meals will meet or exceed nutrition requirements established by local, state, and federal requirements. Food and beverages sold or served as part of the federal meal program will meet the nutrition recommendations of the current United States Dietary Guidelines for Americans (<http://www.mypyramid.gov/index.html>).

Schools will do everything possible to prevent overt identification of low-income students and will ensure that those students are not stigmatized or otherwise treated differently because they participate in the NSLP or SBP.

School Meals

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to students and staff.
- Meet and may exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fresh fruits and vegetables.
- Offer 1% low-fat and non-free milk with every meal.
- Ensure that half of the served grains are whole grain.
- Serve quickly and courteously.
- Be served by professional staff.

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Food Services shall engage students through taste-testing of new entrees, snack items, and beverages, to help select items sold through the school meal programs in order to identify new, healthful, and appealing choices. In addition, food services shall share information about the nutritional content of meals with parents and students upon request.

Qualified professional staff will administer the school meal programs and are part of the educational process for students. Healthy, active, and well-nourished students are more likely to attend school, be more prepared and motivated to learn.

The District will provide continuing professional development for all food service staff. Educational programs will include appropriate certification and/or training to food service staff according to their levels of responsibility.