

**STUDENT WELLNESS**

The Board of Education 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 coordinate and align District efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

*(cf. 1020 – Youth Services)*  
*(cf. 3513.3 - Tobacco-Free Schools)*  
*(cf. 3514 - Environmental Safety)*  
*(cf. 3555 – Nutrition Program Compliance)*  
*(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 - Student Health and Social Services)*  
*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*  
*(cf. 6164.2 - Guidance/Counseling Services)*

**District Wellness Council**

The Superintendent or designee may arrange for a District Wellness Council or other District committee whose membership may include representatives of these groups: parents/guardians, students, Child Nutrition Services staff, District and school site administrators, Board representatives, health professionals, After-School Program staff, and community stakeholders.

*(cf. 1220 - Citizen Advisory Committees)*  
*(cf. 9140 - Board Representatives)*

The District Wellness council or committee shall 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, implementing, and evaluating activities to promote health within the school or community. The Superintendent or designee will establish a District Wellness Council and principals shall form site Wellness Councils.

**School Site Wellness Councils (SSWC)**

Each Alvord school site shall establish a School Site Wellness Council (SSWC). The SSWC may include members of the school community and general public which may include: parents, students, classroom teachers, physical education teachers, administrators, school health

**STUDENT WELLNESS** (continued)

professionals, school food authority, and local community stakeholders. The school site administrator shall encourage involvement in the SSWC.

**Goals for Nutrition, Physical Activity, and Other Wellness Activities**

The Board shall adopt goals for nutrition promotion, education, physical activity, and other school-based activities that are designed to promote student wellness. *(42 USC 1758b)*

*(cf. 0000 – Vision)*

*(cf. 0200 – Goals for the School District)*

The District’s nutrition education and physical education programs shall be based on research, consistent with the expectations established in the State of California’s physical/health/nutrition education curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

*(cf. 6011 - Academic Standards)*

*(cf. 6142.7 – Physical Education and Activity)*

*(cf. 6142.8 – Comprehensive Health Education)*

*(cf. 6143 - Courses of Study)*

The nutrition education program may 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.

*(cf. 5148.2 – Before/After School Programs)*

*(cf. 6177 – Summer Learning Programs)*

To reinforce the District’s nutrition education program, 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)*

All students in grades TK-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, out-of-school time programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

*(cf. 5142.2 – Safe Routes to School Program)*

*(cf. 6145 - Extracurricular and Cocurricular Activities)*

*(cf. 6145.2 - Athletic Competition)*

**STUDENT WELLNESS (continued)**

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

*(cf. 1330.1 - Joint Use Agreements)*

Professional development shall be regularly offered to health education and physical education teachers, coaches, After School Programs staff, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

*(cf. 4131/4231/4331 - Staff Development)*

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

*(cf. 1100 - Communication with the Public)*

*(cf. 1112 - Media Relations)*

*(cf. 1113 - District and School Web Sites)*

*(cf. 1114 - District-Sponsored Social Media)*

*(cf. 6020 - Parent Involvement)*

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 Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she may designate a District and/or school-based employee wellness leader responsible for promoting employee wellness. He/she may provide regular and on-going physical activity and healthy opportunities for employees. Foods and beverages served for staff meetings and school-sponsored staff events will be encouraged to meet or exceed the USDA's Smart Snack in School Nutrition Standards.

**STUDENT WELLNESS** (continued)**Nutrition Guidelines for Foods Available at Schools**

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day (extended school day) and after-school program, with all foods available on each campus during the school day, including all competitive foods and beverage (outside of the reimbursable meal), including a la carte, vending, school stores, snack carts and fundraising must meet Smart Snacks in School Nutrition Standards as set forth by the USDA by July 1, 2014. All items for sale during the school day and extended school day (extended school day is time during the before- and after-school activities that includes, but not limited to, clubs, intramural sports, After School Programs, band and choir practice, and drama rehearsals must meet the USDA Smart Snack guidelines. State and local policies can be stricter, but must meet Smart Snacks at minimum, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b) All foods and beverages served and offered to students during the school day and extended school (extended school day is time before or after regular school hours) must meet or exceed the USDA's Smart Snacks in School nutrition standards. This includes snacks that are not part of a federally reimbursed child nutrition program, and includes birthday parties, holiday parties, and school-wide celebrations.

**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 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. 3552 – Summer Meal Program)  
 (cf. 3553 – Free and Reduced Price Meals)  
 (cf. 5141.27 – Food Allergies/Special Dietary Needs)  
 (cf. 5148 – Child Care and Development)  
 (cf. 5148.3 – Preschool/Early Childhood Education)

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. 3554 - Other Food Sales)

**STUDENT WELLNESS** (continued)

The Superintendent or designee shall encourage that all foods and beverages sold in fundraisers during the school day and the extended school day meet Smart Snacks at a minimum or be pre-approved through Child Nutrition Services. This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties, and school-wide celebrations. 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. All foods and beverages served to students during the school day for school-wide celebrations shall be encouraged to meet the Smart Snack standards. Any one or more student organizations may conduct no more than four food sales of Smart Snack approved items during a school year in each school, but such sales shall be held on the same four days for any or all organizations. The sales during the regular school day are not of food prepared on the premises. The food items sold during the regular school day are not those sold by the District in the food service program at that school during that school day.

*(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 site celebrations. All foods and beverages shall be encouraged to meet Smart Snacks standards. Site celebrations shall be encouraged to be held after the lunch period when possible.

**Program Implementation and Evaluation**

The Superintendent may designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that school sites implement the District's wellness policy. (42 USC 1758b)

*(cf. 0500 - Accountability)*

*(cf. 3555 – Nutrition Program Compliance)*

The Superintendent or designee may report to the Board at least every three years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she may periodically measure and make available to the public an assessment of 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)

**STUDENT WELLNESS** (continued)

The Board and the Superintendent or designee will be encouraged to establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. Number of minutes of physical education instruction offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
3. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
4. Results of the state's physical fitness test at applicable grade levels
5. An analysis of the nutritional content of school meals/snacks served in all District programs, based on a sample of menus and production records
6. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
7. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with Smart Snacks guidelines and are approved by Child Nutrition Services
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

## STUDENT WELLNESS (continued)

In addition, the assessment results may 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.

### 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 post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

#### *Legal References:*

##### EDUCATION CODE

33350-33354 CDE responsibilities regarding physical education  
49430-49436 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 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  
220.1-220.23 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*

## STUDENT WELLNESS (continued)

*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. April 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

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 (NASBE) 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 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>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.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>

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](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy amended: March 19, 2015

Policy amended: October 6, 2011

Policy amended: March 5, 2009

Policy amended: March 15, 2007

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**ALVORD UNIFIED SCHOOL DISTRICT**  
 Riverside, California