

BP 5030

## STUDENT WELLNESS POLICY

The Governing Board recognizes the link between student health and academic achievement. Healthy, active, and well-nourished children and youths are more likely to attend school and are more prepared and motivated to learn. Moreover, the Governing Board believes that an integrated and coordinated school health program will result in school environments that promote and protect children's health, well being, and ability to learn.

The Superintendent or designee shall build a coordinated school health system that reinforces health literacy 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, and parent/guardian and community involvement.

The Superintendent or designee may establish a coordinated school health council. The coordinated school health council shall assist with guideline development and advise the district on school health related issues.

All students in grades K-12 shall be provided opportunities to be physically active. 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.

Goals for nutrition education, physical activity, and other school-based activities are designed to promote student wellness. Nutrition education shall be provided as part of the health education program in grades K-12.

Nutrition guidelines selected by the district for all foods available on each campus during the school day will have the objectives of promoting student health and reducing childhood obesity.

The Board highly values the health and well being of every staff member. The Board strongly encourages staff to adhere to nutrition standards for their well being and for the purpose of serving as role models for their students.

The Board recognizes that health services is one of the important elements of a comprehensive approach to promoting health and preventing disease and disability in children and youth and maintaining attendance, which is associated with success in school. All students will receive health screening as mandated by California Education Code.

The Board acknowledges that good physical and mental health is critical to a student's ability to learn. The District desires to collaborate with local and state health, mental health and social service providers in order to offer integrated services in or near district schools.

The Board acknowledges that parent/guardians are responsible for their children's health, including proper nutrition and adequate physical activity. Outreach to parent/guardians shall emphasize the relationship between student health and academic performance.

The Superintendent 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 the operational responsibility for ensuring that the school sites implement the district's wellness policy.

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias and in other central eating areas.

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.

(cf. 0200 - Goals for the School District)  
(cf. 0500 – Accountability)  
(cf. 1020 – Youth Services)  
(cf. 1220 - Citizen Advisory Committees)  
(cf. 1230 - School-Connected Organizations)  
(cf. 1325 - Advertising and Promotion)  
(cf. 3312 - Contracts)  
(cf. 3513.3 - Tobacco-Free Schools)  
(cf. 3514 - Environmental Safety)  
(cf. 3550 - Food Service/Child Nutrition Program)  
(cf. 3553 - Free and Reduced Priced Meals)  
(cf. 3554 - Other Food Sales)  
(cf. 4131 - Staff Development)  
(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. 5141.5 – Mental Health)  
(cf. 5141.6 - Student Health and Social Services)  
(cf. 5142 - Safety)  
(cf. 5146 - Married/Pregnant/Parenting Students)  
(cf. 5148 - Child Care and Development)  
(cf. 6010 - Goals and Objectives)  
(cf. 6020 - Parent Involvement)  
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)  
(cf. 6143 - Courses of Study)  
(cf. 6164.2 - Guidance/Counseling Services)  
(cf. 6164.4 - Identification of Individuals with Exceptional Needs)  
(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6164.11- Alcohol and Other Drugs)  
(cf. 6300 - Preschool/Early Childhood Education)  
(cf. 9140 - Board Representatives)

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

(42 USD 1751 Note)

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

Guidance for the Development of California School Wellness Policies, December 2005

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

School Nutrition ...BY DESIGN!, December 2005

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

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

Policy: WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT

Adopted: September 20, 2006