

# **Ceres USD**

## **Board Policy**

### **Student Wellness**

BP 5030  
Students

#### Wellness Promotion

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.

The Board may 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.

(cf. 0000 - Vision)  
(cf. 0200 - Goals for the School District)

#### Community Access

The Board may enter into a joint use agreement 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 opportunities for physical activity.

(cf. 1330.1 - Joint Use Agreements)

#### School Gardens

The District's schools may establish school gardens and/or farm-to-school projects to increase the availability of safe, fresh, seasonal fruits and vegetables for school meals and to support the District's nutritional education program.

#### Marketing, Healthy Food Promotion and Fundraising

The Board encourages marketing to promote healthy food and beverage options and prohibits the marketing and advertising of non-nutritious foods and beverages. Marketing to promote healthy food and beverage options will be done through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

The Board encourages healthy food and water promotion, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers, and coupons for discount gym memberships. Schools shall clearly label or mark available healthy food items so that students will recognize those that are the healthiest choices, such as fruits and vegetables. Labels/signage will be prominently displayed in the cafeteria to encourage students to make healthy choices.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Specifically, healthy food items consist of fruits, vegetables, nonfat or low fat dairy, whole grains, no sugar sweetened beverages and items with fewer than 200 calories per serving. The Superintendent or designee shall encourage physical activity (i.e. fun run, walk-a-thon, bike derby) or community service (car wash, parking at events) for fundraising options.

(cf. 1325 - Advertising and Promotion)  
(cf. 1230 - School-Connected Organizations)

### Healthy Rewards

The Superintendent or designee shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Additionally, the Superintendent or designee strongly encourages the use of non-food rewards, such as stickers, erasers, pencils, etc.

### Obesity Stigma and Bullying

The Board requires obesity stigma, teasing and bullying to be included in the Districts' anti-bullying policies. The Superintendent or designee will ensure students of all sizes are encouraged to participate in physical activities, avoid practices that single out students on the basis of body size or shape, and avoid games that limit opportunities for all students to participate and succeed. Additionally, the Superintendent or designee advises that visual materials feature a diverse combination of students being active and eating healthy.

(cf. 5131.2 - Bullying)  
(cf. 5145.3 - Nondiscrimination/Harassment)

### Nutrition Education and Promotion

The District's nutrition education programs shall be sequential, comprehensive and based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle and behaviors. Students will be taught the skills needed to make healthy food choices, read food labels and healthy menu planning.

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs.

Nutrition education programs will be developmentally appropriate, culturally-relevant, and include participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens. The programs will link with the school meal programs, other school foods, and nutrition related community services, as appropriate. District schools that have a school garden are encouraged to work with the school meal program to use the cafeteria as a learning lab.

(cf. 5148.2 - Before/After School Programs)

## Physical Education

The District's physical education curricula(s) will be based on a comprehensive, sequential and research based, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle and behaviors.

Nutrition and health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative education settings, will receive daily physical education of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for middle and high school students for the entire school year.

Student involvement in other activities involving physical activity, including interscholastic or intramural sports, will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The physical education program shall be provided with adequate space and equipment and conform to all applicable safety standards.

(cf. 6142.7 - Physical Education and Activity)

## Physical Activity

All students in grades K-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. Physical activity will be incorporated into other subject lessons and teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Teachers and other school/community personnel are encouraged not to use physical activity as punishment. Students shall not be denied participation in physical education or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.

(cf. 6145 - Extracurricular and Co-curricular Activities)

(cf. 6145.2 - Athletic Competition)

#### Recess for Elementary Students

Students in grades K-6 shall have 20 minutes each day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity and through the provision of space and equipment.

#### Physical Activity Before and After School

The District will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### Safe Routes to School – Walking and Biking

The District will encourage all students to walk or bike to school. Schools shall provide bike racks for students. When possible, schools will work with parent groups to establish Walking School Bus and bicycle training programs.

The District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public health, public works, public safety, and/or police departments in Safe Routes to School program efforts.

(cf. 5142.2 - Safe Routes to School Program)

#### Tobacco Prevention

The District will maintain a tobacco free school policy, which at minimum bans:

- tobacco use on school grounds/property at all times; and
- tobacco advertising on school property, at school events, and in written educational materials and publications; and
- tobacco promotions, promotional offers, and prizes on school property, at school events, and in written educational materials and publications.

Tobacco-use prevention will be included in all health education curriculums.

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 5131.62 - Tobacco)

#### Staff Education, Training, and Wellness

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for healthy eating and regular physical activity among employees.

#### Physical Education

All physical education will be taught by a certified teacher. The District shall provide physical education staff with professional development, including classroom management and instructional strategies designed to keep students engaged and active and to enhance the quality of physical education instruction and assessment.

#### Health Education

All health education courses will be taught by a certified teacher.

#### Other Wellness Staff

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors in nutrition, health, and physical activity.

#### Food Service Staff

All District school meal programs will be administered by qualified nutrition professionals. Food service staff will be provided related professional development which includes appropriate certification and/or training for nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

### FOOD SERVICE AND NUTRITION GUIDELINES

#### Nutrition Standards for USDA School Meals

##### Program Access and Promotion

In order to maximize the District's ability to provide nutritious meals and snacks, all 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 necessary and to the extent possible the District may provide 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 shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

#### Nutrition Standards

Nutritional standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's federally reimbursable school meal programs, student stores, vending machines, fundraisers, or other venues during the school day, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

### School Meal Participation

To promote participation in the USDA School Meal Program, District schools will utilize methods to serve school meals that encourage participation, including closed campuses, breakfast in the classroom, promotional postings or events on the Child Nutrition web page, and “grab and go” programs. The District encourages schools to allow for student and parent input on menus and taste tests.

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

(cf. 3553 - Free and Reduced Price Meals)

### Meal Environment

Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced. After obtaining food, students will have least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. Students shall be provided with a clean, safe and pleasant meal environment.

### Healthy Food Preparation

Healthy food preparation methods, including steaming, low fat, low sodium, zero trans-fat, shall always be used in the school cafeteria and food services, when appropriate.

### Nutritional Information

Students and parents will be provided information about the nutritional content of meals through posted menus, school website, etc.

The District will comply with all State and Federal nutritional guidelines and standards.

### Celebrations and 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 such food or beverage per party. Class parties or celebrations shall be held after the lunch period, when possible.

## STAKEHOLDER PARTICIPATION AND COMMUNITY ENGAGEMENT

## District Wellness/Committee

The Superintendent or designee may appoint a District health council or other committee consisting of parents/guardians, students, food service employees, District and school site administrators, Board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues.

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

The District health 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 charge(s) may include the planning, development and implementation of activities to promote health within the school or community. The school health council or committee shall conduct periodic review and updates of the District's Student Wellness Policy. The District health council or committee shall meet no less than 2 times per year.

## Student Wellness Sub-Committees

To the extent possible, the District encourages each school site to establish a separate wellness sub-committee consisting of parents/guardians, students, school site food service employees, school site administrators, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues. The school wellness sub-committee's charge(s) may include the planning and implementation of health and wellness activities for the school site.

## Community Coalition and Policy Process

To the extent possible, the District encourages staff and/or volunteers to participate in community coalitions and partnerships to stay informed, participate in the public policy process and to highlight the need for community changes to address chronic disease and related risk factors.

## PUBLIC NOTIFICATION

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. 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)

## ACCOUNTABILITY, IMPLEMENTATION, AND EVALUATION

### Implementation Plan and Support

#### Coordination, Accountability and Compliance

The Board shall establish a periodic compliance assessment and evaluation for measuring successful compliance and implementation of this Student Wellness 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 each school site complies with this policy. (42 USC 1758b)

- (cf. 0500 - Accountability)
- (cf. 3555 - Nutrition Program Compliance)

#### Training Support

To the extent possible, the District will provide training for teachers and other staff and/or volunteers to ensure knowledge and understanding of this Student Wellness Policy and the District's overall commitment to student wellness.

#### Budget Support

To the extent possible, the District will ensure budget support needed for development, implementation and evaluation of this District's Student Wellness Policy.

#### Implementation

The Board shall establish a plan for measuring implementation of this 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 each school site implements this policy.

#### Evaluation Plan, Reporting and Revision Procedures

## *Evaluation Plan*

To determine whether the policy is being effectively implemented Districtwide and at each District school, the following indicators shall be used:

1. Descriptions of the District's nutrition education, physical education, and health education curricula.
2. Number of minutes of physical education instruction offered at each grade span.
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test.
5. An analysis of the nutritional content of meals based on a sample of menus.
6. Student participation rates in school meal programs.
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs.
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

## Reporting

The Superintendent or designee shall report to the Board at least every two years on compliance and implementation of the Student Wellness Policy and any other Board policies related to nutrition and physical activity.

## Revising and Updating

The District will inform and update the public, including parents/guardians, students, and others in the community, about the development, content, updates, implementation and evaluation of the Student Wellness Policy. (42 USC 1758b)

## Legal Reference:

### EDUCATION CODE

- 33350-33354 CDE responsibilities re: 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

### EDUCATION CODE (continued)

- 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

#### 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.ccscenter.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 CERES UNIFIED SCHOOL DISTRICT

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