



# Santa Ana Unified School District

BOARD POLICY NO: 5030

EFFECTIVE: 12/11/2018

SUBJECT: **Student Wellness Policy**

CATEGORY: Students

RESPONSIBLE OFFICE(S): Teaching and Learning, Pupil Support Services

## **SCOPE:**

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. Children and youth that begin each day as healthy individuals are more receptive to the learning experience and more likely to succeed now and in the future. The Assistant Superintendent of Teaching and Learning will utilize the Whole School, Whole Community, Whole Child model to support and reinforce a healthy school environment through health education, physical education and physical activity, health services, nutrition environment and services, counseling, psychological and social services, social emotional climate, physical environment, employee wellness, family engagement, and community involvement. (cf.3513.3 - Tobacco-Free Schools) (cf. 3514 - Environmental Safety) (cf. 5131.6 - Alcohol and Other Drugs) (cf. 5141 - Health Care and Emergencies) (cf. 5141.23 - Infectious Disease Prevention) (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. 6164.2 Guidance/Counseling Services)

Therefore, SAUSD schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, oral health and school meal programs, in partnership with community services.

## **POLICY:**

### **School Wellness Committee**

The Assistant Superintendent of Teaching and Learning will coordinate a wellness committee comprised of key stake holders including, Board Members, District and school administrators, physical education teachers, school health professionals, parents/guardians, community agencies, students, and partners to participate in the development, implementation, review, and update of the district's student wellness policy. (42 USC 1758b) (cf. 1220 - Citizen Advisory Committees) (cf. 9140 - Board Representatives). The wellness committee will advise the District on health-related issues, activities, policies, and programs. At the discretion of the Assistant Superintendent of Teaching and Learning, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

### **Health and Nutrition Education Goals**

The Board believes that health education is essential to student performance and academic success. The content of health instruction will follow the Health Education Content Standards for California Public Schools, K-12, and be offered in accordance with law, Board Policy, fiscal constraints and administrative regulation.

The district's nutrition education and physical education programs will be based on research,



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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. 6142.7 Physical Education and Activity) (cf. 6143 Course of Study).

The nutrition education program will include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education will be provided as part of integrated instruction during the school day, before-and after-school programs, summer learning programs, and school gardens. (cf. 6177-Summer Learning Programs)

The Board intends for health education to be part of a comprehensive approach that promotes the health and well-being of students and staff. Instruction in health-related content areas will be supported by physical education, health services, nutrition services, psychological services, and within a safe and healthy school environment.

## **Physical Education and Physical Activity Goals**

All students in grades K-12 will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after- school programs, and other organized and unstructured activities. Physical activity breaks help students to achieve the recommended target of 60 minutes a day of physical activity to promote health and help prevent obesity. (cf. 6142.7 - Physical Education) (cf. 6145 -Extracurricular and Co-curricular Activities) (cf. 6145.2 - Athletic Competition). Additionally, the District and/or schools will offer nutrition education and physical activity opportunities for families and the community.

The Physical Education program will essential element of each school's instructional program. The program will provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. Instruction in Physical Education shall be provided for a total period of time not less than 200 minutes each ten (10) school days for students in grades 1-6 and not less than 400 minutes each ten (10) school days for students in grades 7-12. Elementary physical education will be taught by certificated teachers. Secondary physical education will be taught by certificated teachers credentialed in physical education.

Physical Education professional development is encouraged for physical education teachers and coaches, as appropriate to enhance their knowledge and skills. Professional development will include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Physical



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Activity professional development opportunities for all support staff and teachers are also encouraged as a means to strengthen organized play. Schools are encouraged to create a culture of physical activity.

School staff is prohibited from using or withholding physical activity as punishment. However, as part of Positive, Behavior, Intervention and Supports systems (PBIS), it is strongly encouraged that physical activity be used as an incentive or reward.

Schools will promote safe active transportation for walking, biking, and rolling to school, such as helmet safety regulations, safe street crossing, the use of bike racks, etc. as part of their PBIS program system. The District will work with school board members, parents, and local public works and police personnel to implement a Safe Routes to School program in support of walking, biking, and rolling to school.

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

## **Health and Nutrition Promotion Goals**

To encourage consistent health messages between the home and school environment, the Assistant Superintendent of Teaching and Learning may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or school web site, social media outlets, and other communications. Outreach to parents/guardians will emphasize the relationship between student health and academic performance. (cf. 6020 - Parent Involvement)

## **Food and Beverage Marketing Goals**

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, and advertisements in school publications, coupons or incentive programs, free give-away, or other means. Additionally, all staff is encouraged to model healthy behaviors, including but not limited to food, beverages, tobacco use, etc.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food service program, must support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues will meet or exceed state and federal nutritional standards.

## **Nutrition Guidelines for Foods Available at School**

The Board will adopt nutrition guidelines selected by the District for all foods available on each campus



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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 will 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 will sponsor a summer meal program. (cf. 3550 Food Service/Child Nutritional Program)

The District will strive to strengthen its outreach to students and their families to ensure that all eligible students are enrolled in National School Lunch Program (NSLP) and National School Breakfast Program (NSBP). The District will ensure that all students have access to nutritious school lunch throughout the school year and via summer meal program. The District will also ensure that all students have access to nutritious school breakfast and after school snacks. In addition, no foods and beverages with non-nutritive sweeteners or caffeine will be served or sold.

The Assistant Superintendent of Teaching and Learning will provide access to free, portable, cool water during meal times in the food service area in accordance with Education Code 38086 and 42 UDC 1758, and will encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

## **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs will 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) The Santa Ana Unified School District qualifies and participates in the Community Eligibility Provision program and cafeterias are cashless. All students enter their student identification number at the point of service to receive reimbursable meals, therefore, students' privacy is protected.

The District will have periodic food promotions and taste testing events for students and parents to provide input on local, cultural, and ethnic favorites as a way to increase participation in school meal programs.

The Santa Ana Unified School District has a "closed campus" policy. School personnel may not provide permission for students to leave campus for the purpose of obtaining lunch.

All food and beverages sold and served outside of the National School Breakfast and Lunch, and Child and Adult Care Food Program (CACFP) serving preschool and after school programs is in compliance with current state and federal legislation. These nutritional standards will apply to all of the following:



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- Vending Machines
- Cafeteria a-La-Carte Items
- Student Stores
- Student Incentives
- Student and Parent Organizations Fundraisers
- Clubs (curricular and non-curricular)

Mandatory USDA Professional Standards for State and Local Nutrition Programs training for food and nutrition services staff is provided prior to the start of every academic school year. Ongoing professional development and training is also offered to nutrition services staff as needed.

Nutrition information for school meals is available to the public on the District website.

## **Meal Service & Time**

The District recognizes that students need adequate time to purchase a meal, eat their meal without rushing, and to clean up after themselves. The District will provide adequate facilities for students to consume their meals, as well as adult supervision during meal time. Rules for safe behavior will be consistently enforced.

The Board recognizes that each student needs a nutritious breakfast in order to be healthy, active, and ready to learn. Therefore, increased participation in the School Breakfast Program will be promoted and supported.

## **Competitive Food and Beverage/Food and Beverages Not Sold**

The Assistant Superintendent of Teaching and Learning will direct school and parent organizations to follow Smart Snack standards for all foods and beverages made available, including classroom parties and snacks, food rewards, and fundraising on campus during the school day. The school day is defined as midnight to one-half hour after the official school day ends. For grades K-8, the school day is defined as 30 minutes after the end of afterschool enrichment programs. For grades 9-12, the end of the school day is defined as 30 minutes after the end of the official school day. Schools will prohibit the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior (cf. 1230 - School-Connected Organizations).

School staff will encourage parents/guardians or other volunteers to support nutrition promotion by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages per party. Class parties or celebrations shall be held after the lunch period.



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## **Healthy & Safe School Environment**

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health. In recognition that social, emotional, and physical health are fundamental to being college, career, and community ready, the Board desires to provide a comprehensive program promoting health and well-being for district students.

Every student has a right and responsibility to be educated in a safe and welcoming environment and to be treated in a manner that respects their human dignity and provided with social-emotional support and curriculum to reach their full potential.

Each school shall provide a learning environment for students, teachers and staff that is safe, orderly, caring, respectful, and equitable and will incorporate social and emotional learning into the curriculum for each grade level. Understanding the direct correlation between positive social-emotional and mental health well-being, each school will maintain a Multi-Tiered System of Support (MTSS) to address student needs and provide necessary interventions.

## **Social-Emotional Wellness Goals**

- Maintain school environments that promote students social-emotional wellbeing
- Promote school policies that emphasize the importance of socio-emotional learning as the process to acquire necessary skills for school success.
- Enhance the knowledge of social and emotional learning competencies such as Self-Awareness, Self-Management, Responsible Decision-Making, Relationship Skills, and Social Awareness.
- Include strategies and support to screen, early identify and provide support to students with behavior and mental health concerns.
- Assess students' social and emotional wellness and provide resources, tools and strategies as needed to address concerns while identifying the strengths of students and families.

## **Mental Health and Wellness**

The Assistant Superintendent of School Climate and Culture will actively seek to develop district capacity and community partnerships that will provide students in grades Pre-K-12 with access to mental health services. Professional staff will be available to provide early detection and appropriate referral for mental health assessments and treatments for students when indicated. Professional staff development will be provided regarding early detection and referral for mental health supports.

Mental health services are provided to improve students' mental, emotional and social health. These services may include individual and group assessments that may drive interventions and referrals. Professionals such as credentialed school social workers, school counselors, psychologists will strive to





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provide assessment and consultation that contribute to the health of students and to the overall health of the school environment.

## **Staff Wellness**

The Board recognizes the powerful influences that District staff and other adults have on the health and well-being of students; to that end, the Board encourages staff to take every opportunity to model health and wellness for students. Further, the Board also encourages the participation of parents and other community members in promoting the health and wellness of students. The District will promote work-site wellness programs and may provide opportunities for regular physical activities among employees.

## **Professional Development**

Professional development shall be regularly offered to physical education teachers, coaches, activity supervisors, food service staff, and other staff as appropriate to enhance their knowledge and skills. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

## **Tobacco Free Campuses**

The Board recognizes the serious health risks presented by tobacco use and desires to ensure that, through adoption of consistent policies, district students are made aware of those risks and, to the extent possible, protected from them. Assistant Superintendent of School Climate and Culture shall establish a coordinated school health system which includes a comprehensive behavioral health education component that teaches students the knowledge, skills, and attitudes they need in order to lead healthy lives and avoid high-risk behaviors, such as tobacco use.

Assistant Superintendent of School Climate and Culture shall provide prevention, intervention, and cessation education, information, activities, and/or referrals to district students and shall ensure consistent enforcement of district policies prohibiting student possession and use of tobacco products.

The following definitions of "smoking" and "tobacco products" are specified in Business and Professions Code 22950.5 and incorporated by reference into *Education Code* 48901, as amended by SBX2 5 (Ch. 7, Statutes of 2016).

*Smoking* means inhaling, exhaling, burning, or carrying of any lighted or heated cigar, cigarette, pipe, tobacco, or plant product intended for inhalation, whether natural or synthetic, in any manner or form, and includes the use of an electronic smoking device that creates aerosol or vapor or of any oral smoking device for the purpose of circumventing the prohibition of smoking. (Business and Professions Code 22950.5; *Education Code* 48901)

*Tobacco products* include: (Business and Professions Code 22950.5; *Education Code* 48901)



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- A product containing, made, or derived from tobacco or nicotine that is intended for human consumption, whether smoked, heated, chewed, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, including, but not limited to, cigarettes, cigars, little cigars, chewing tobacco, pipe tobacco, or snuff
- An electronic device that delivers nicotine or other vaporized liquids to the person inhaling from the device, including, but not limited to, an electronic cigarette, cigar, pipe, or hookah
- Any component, part, or accessory of a tobacco product, whether or not sold separately

The Board prohibits the use of tobacco products at any time in district owned or leased buildings, on district property and in district vehicles. (Health Code 104440; Labor Code 6404.5). This prohibition applies to all employees, students, and visitors at any instructional program, activity or athletic event.

## **Public Involvement/Notification**

The Assistant Superintendent of Teaching and Learning will permit participation of the general public and the school community in the development, implementation, and monitoring of the District wellness policy.

The District will use electronic (such as email or displaying notices on District and school websites) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Information regarding the wellness policy, wellness committee meetings, implementation efforts, and assessment results will be posted on the District website and shared at Back to School, Open House, and parent organization meetings. The School Wellness Committee will encourage schools to engage parents through activities that promote healthy lifestyles, such as Walk to School events, family activity nights, fun runs/walks, and healthy eating classes for parents.

## **DESIRED OUTCOME:**

Through this Wellness Policy:

- All students will have the opportunity to consume healthy food and beverages and receive quality physical education in schools.
- Every school will be a safe, clean, and healthy place for children and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character.
- All students will be taught the essential knowledge and skills they need to become “health literate”, that is, to make health-enhancing choices and avoid behavior that can damage their health and well-being.
- Each school will be organized to reinforce students’ adoption of health-enhancing behaviors, and school personnel will be encouraged to model healthy lifestyles.
- School leaders will coordinate health related services that meet the needs of all students by





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building relationships with community partners.

Therefore, SAUSD schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, oral health and school meal programs, in partnership with community services.

## **IMPLEMENTATION GUIDELINES AND ASSOCIATED DOCUMENTS:**

### **District Policies and Procedures:**

#### **Policy and Implementation Assessment**

The Board will establish a plan for assessing the strength and comprehensiveness of the District wellness policy using the Wellness School Assessment Tool 2.0 (WellSAT). To assess implementation efforts, create action plans, and track progress, school sites will utilize the School Health Index (SHI) or an SAUSD assessment based on the Board approved Student Wellness Policy. Assessment will be conducted at minimum triennially. The Superintendent shall designate at least one person 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. (42 USC 1751 Note) (cf. 0500 - Accountability)

The assessment will 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)

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 Assistant Superintendent of Teaching and Learning will publish the content and implementation of this policy and assessment results on the District website to inform and update the public, including parents/guardians, students, and others in the community. (42 USC 1758b)

In addition, the assessment results will be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments, at minimum, triennially to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

The Assistant Superintendent of Teaching and Learning will report to the Board at least every two years on the implementation and success of this policy and any other Board policies related to nutrition and physical activity.

The District will use electronic mechanisms, such as email or displaying notices on the District's website,



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as well as non-electronic mechanisms, such as newsletters, presentations, or distributing other correspondence, to ensure that parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public actively notified of and provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.

## **Posting Requirements**

Each school will post the District's policies and regulations in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

## **Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## **Legal Reference:**

### EDUCATION CODE

33350-33354	CDE responsibilities re: physical education
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
49550-49561	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	Local wellness policy
1771-1791	Child Nutrition Act, especially:
1773	School Breakfast Program
1779	Rules and regulations, Child Nutrition Act

### COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4<sup>th</sup>781

## **ADOPTION AND REVISION HISTORY:**

Adopted: (8-06) (12-14) 12-18

Santa Ana, CA