

**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 ensures that this program will be a part of a coordinated school health system that addresses all components of the coordinated school health program as recommended by the California Department of Education and the Department of Health Services, and supports and reinforces:

- Health literacy through health education, including nutrition education
- Physical education and physical activity
- Health services
- Nutrition services
- Psychological and counseling services
- Health promotion for staff
- A safe and healthy school environment
- Parent/guardian and community involvement

To encourage consistent health messages between the home and school environment, health information will be disseminated 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. Staff will also be encouraged to serve as positive role models.

**Goals**

The district shall adopt goals for a coordinated school health system aligned with current state and federal guidelines/standards/regulations that will include nutrition education, physical activity, and other school-based activities to promote student wellness. (42 USC 1751 Note)

The district's nutrition, health, 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.

*(cf: BP 3550: Food Services/Child Nutrition Program)*

**STUDENT WELLNESS** (continued)**Nutrition**

The district recognizes that proper student nutrition and health is vital to the learning environment and to achieve high standards in school. To reinforce the district's nutrition education programs, the district's nutrition services shall implement the district's nutrition guidelines that promote student health, reduce childhood obesity and reinforce healthy eating habits. (42 USC 1751 Note)

**Physical Activity**

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis through physical education and physical activity. 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.

**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)

**Monitoring**

The Board shall establish a plan for measuring implementation of this policy.

The Superintendent or designee is authorized to appoint a district school health council. The council may include district and school administrators, health professionals, school nurses, health educators, physical education teachers, counselors, parents, community members and/or others interested in school health issues, and shall advise the district on health-related issues, activities, policies, and programs.

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.

*Legal Reference: (see next page)*

**STUDENT WELLNESS** (continued)*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  
 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:  
 1751 Note Local wellness policy  
 1771-1791 Child Nutrition Act, including:  
 1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition ActCODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program  
 220.1-220.21 National School Breakfast Program

COURT DECISIONS

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

*Management Resources:*CSBA PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Food Safety Requirements, Fact Sheet, October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

**STUDENT WELLNESS** (continued)*Management Resources: (continued)*CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONSHealthy Children Ready to Learn, January 2005Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS (continued)Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994CALIFORNIA PROJECT LEAN PUBLICATIONSPolicy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONSSchool Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004Making It Happen: School Nutrition Success Stories, 2005NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONSFit, Healthy and Ready to Learn, 2000U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONSDietary Guidelines for Americans, 2005Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School NutritionEnvironment: A Guide to Local Action, 2000WEB SITESCSBA: <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>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>National School Boards Association: <http://www.nsba.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\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)Policy  
adopted:**PALO ALTO UNIFIED SCHOOL DISTRICT**  
Palo Alto, California