

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in district students.

By the beginning of the 2006/07 school year, the Board shall adopt a wellness policy that, at a minimum, shall:

1. Include 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 is appropriate.

(cf. 0000 - Vision)
(cf. 0100 - Philosophy)
(cf. 0200 - Goals for the School District)
(cf. 1325 - Advertising and Promotion)
(cf. 3312 - Contracts)
(cf. 5141.6 - Student Health and Social Services)
(cf. 6010 - Goals and Objectives)
(cf. 6142.7 - Physical Education)
(cf. 3142.8 - Comprehensive Health Education)

2. Include nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promotion student health and reducing childhood obesity.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5148 - Child Care and Development)
(cf. 6300 - Preschool/Early Childhood Education)

3. Provide an assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758 (f)(1), 1776(a) and 1779(a) and (b), as they apply to schools.

(cf. 3553 - Free and Reduced Price Meals)

4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented.

(cf. 0500 - Accountability)

The Board shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public in the process of developing the district wide wellness policy. (42 USC 1751)

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(cf. 9140 - Board Representatives)

The Board may utilize existing school health councils or other committees, or may establish an advisory committee or working groups including representatives of the above groups, to develop policy recommendations.

(cf. 1220 - Citizen Advisory Committees)

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall provide periodic reports to the Superintendent or designee regarding the status of its work.

By March 1, 2006, the council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs.
2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.
3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities.
4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fund-raisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior.
5. Foods and beverages donated for class parties or other school events.
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs.
7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change.

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- 8.** Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.
- 9.** Outreach strategies to encourage families to reinforce and support healthy eating and physical activity.
- 10.** Cost estimates of implementing the recommended strategies and potential funding sources.
- 11.** Priorities for implementing the recommended strategies in the wellness policy.
- 12.** Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports.

