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 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.

(cf. 3513.3 - Tobacco-Free Schools)  
(cf. 3514 - Environmental Safety)  
(cf. 3555 - Nutrition Program Compliance)  
(cf. 5131.6 - Alcohol and Other Drugs)  
(cf. 5131.61 - Drug Testing)  
(cf. 5131.62 - Tobacco)  
(cf. 5131.63 - Steroids)  
(cf. 5141 - Health Care and Emergencies)  
(cf. 5141.22 - Infectious Diseases)  
(cf. 5141.3 - Health Examinations)  
(cf. 5141.31 - Immunizations)  
(cf. 5141.32 - Health Screening for School Entry)  
(cf. 5141.6 - School Health Services)  
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)  
(cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, 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)
School Health Council/Committee

The Board’s policy related to student wellness shall be developed with the involvement of parents/guardian, students, physical education teachers, school food service professionals, school health professionals, school administrators, Board members, and members of the public. (42 USC 1758b, P.L. 111-296) All stakeholders will be involved with implementation and periodic review and updating.

The Superintendent or designee shall appoint a school health committee consisting of representatives of the above groups. The committee may also include district administrators, curriculum directors, health professionals, school nurses, health educators, counselors, before-and-after-school program staff, health practitioners, and/or others interested in school health issues.

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

The school health committee, to be known as the Coordinated School Health Council, shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Nutrition and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC 1758b)

(cf. 0000 - Vision)
(cf. 0200 - Goals for the School District)
The district's nutrition education and physical education programs shall be 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.

(cf. 6011 - Academic Standards)
(cf. 6143 - Courses of Study)

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

(cf. 5148.2 - Before/After School Programs)
(cf. 6142.8 - Comprehensive Health Education)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)
(cf. 6142.7 - Physical Education and Activity)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

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 opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

Nutritional Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines for all foods available on each campus during the school day which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)
In order to maximize the district's ability to provide nutritious meals and snacks, all district 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 approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - 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. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one person within the district who is charged with operational responsibility for ensuring that the school sites implement and comply with this policy. (42 USC 1758b)

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

The Superintendent or designee shall report to the Board every year and inform and update the public, including parents/guardians, students, and others in the community, about the contents and on the implementation of this policy and any other Board policies related to nutrition and physical activity. He/she shall periodically measure and make available to the public an assessment of 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)

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 by grade level

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 served based on a sample of menus

6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals

7. Number of 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, teachers, before- and after-school program staff, and/or other appropriate persons

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)
Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

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:
- 1758b - 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

**COURT DECISIONS**
Management Resources:

**CSBA PUBLICATIONS**
- 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**

**CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS**
- School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

**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
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
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.html