

WELLNESS

The Governing Board recognizes the link between student health and learning, and desires to provide students a comprehensive program promoting healthy eating and physical activity, as well as opportunities for students to further develop their social, emotional and psychological well-being. The Superintendent or designee shall build a coordinated school health system (CSHP) hereafter referred to as Wellness, 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. It is the ultimate aim of the District that students learn and practice healthy habits.

(cf. 0000 - Vision)
(cf. 0200 - Goals for the School District)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(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. 5141.23 - 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. 5142 - Safety)
(cf. 5146 - Married/Pregnant/Parenting Students)
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
(cf. 6164.2 - Guidance/Counseling Services)

Wellness Advisory Committee (WAC).

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, teachers, school food service professionals, school administrators, Board representatives, and members of the public (42 USC 1751 Note)

The Superintendent or designee may appoint a Wellness Advisory Committee (WAC), committee consisting of representatives of the above groups. The WAC committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The following eight components contribute to the health and well-being of students and comprise the areas of responsibility for the Wellness Advisory Committee.

1. Health Education
2. Physical Education
3. Health Services

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4. Nutrition Services
5. Mental Health and Social Services
6. Healthy And Safe School Environment
7. Health Promotion for Staff
8. Family and Community Involvement

(cf. 1220 – Citizen Advisory Committees)

(cf. 9140 – Board Representatives)

The WAC committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs, with the exception of family life education. At the discretion of the Superintendent or designee, the council’s charges may include planning and implementing activities to promote health within school or community.

Physical Education Goals (K-12)

Elk Grove Unified School District will provide quality physical education that develops the knowledge, attitudes, skills, behavior and motivation needed to be physically active and fit for life.

(cf. 33350 – Physical Education)

Nutrition Education and Physical Activity Goals

The Board shall 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 to be appropriate. (42 USC 1751 Note)

The District’s nutrition education and physical activity 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. 6010 – Goals and Objectives)

(cf. 6011 – Academic Standards)

(cf 6143 – Courses of Study)

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

(cf. 6142.8 – Comprehensive Health Education)

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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.

(cf. 6142.7 – Physical Education)

(cf 6145 – Extracurricular and Co-curricular Activities)

(cf 6145.2 – Athletic Competition)

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

(cf. 4131-Staff Development)

(cf 4331 – Staff Development)

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 1113 – District and School Web Sites)

(cf. 6020 – Parent Involvement)

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, or other means.

(cf. 1325 – Advertising and Promotion)

Nutrition Guidelines for Food Available at School During the School Day

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum, promote optimal health, and provide healthy and appealing food choices.

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Nutrition 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, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. 3312 – Contracts)
(cf. 3550 – Food Service/Child Nutrition Program)
(cf. 3554 – Other Food Sales)
(cf. 5148 – Child Care and Development)
(cf. 6300 – Preschool/Early Childhood Education)

The Superintendent or designee shall encourage schools and school organizations to use fundraisers that promote positive healthy habits and physical activity. 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)

Classroom snacks and celebrations should reinforce the importance of healthy choices and will make a positive contribution to children's diets and health.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 41 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

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, to the extent possible.

(cf. 3553 – Free and Reduced Price Meals)

Social, Emotional, and Psychological Well-Being

Student social-emotional wellness is a critical building block of students overall well-being. A student's positive perception of self and their ability to positively interact with peers, adults and the community have a direct effect on the student's sense of well-being and academic achievement.

District staff and school volunteers will support practices and build relationships that promote and will ensure that children are learning in an intellectually challenging environment, are physically and emotionally safe, and in which students are engaged in their learning and are connected to the school and broader community.

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District staff will be responsible for implementing positive behavior support plans to eliminate or reduce high risk behaviors, bullying, and stress at the school sites, and will otherwise ensure the safety and well-being of students through a comprehensive plan that offers psychological and other counseling services, strategies to educate students, parents and staff about how to live a healthy lifestyle.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent or designee 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 Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each district school. These indicators shall include information from all areas of wellness such as nutrition, physical education and social, emotional and psychological well-being. These outcomes shall be presented to the WAC Advisory Committee.

The Superintendent or designee shall report to the Board at least once per year on the implementation of this policy and any other Board policies related to nutrition and physical activity and student well-being.

Posting Requirements

Each school shall post a summary of the district's policy and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas and will make available the full policy and administrative regulations upon request. (Education Code 49432)

Legal Reference:**EDUCATION CODE**

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

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49547-49548.3 Comprehensive nutrition services
49550-49560 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51222 Physical education
51223 Physical education, elementary schools
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 Act
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program
Legal References continued: (see next page)

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12,

1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning

Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

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U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition

Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division:

<http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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:

http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy

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ELK GROVE UNIFIED SCHOOL DISTRICT

Elk Grove, California