

STUDENT WELLNESS

Nutrition Education and Physical Activity Goals

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 appropriate shall be adopted. 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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program in grades 9-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. All students in grades 9-12 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, school athletic programs, extracurricular programs, before- and after-school programs, and/or other structured and unstructured activities.

I. Purpose

The purpose of the Student Wellness Committee is 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, meetings, and/or other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Staff members shall serve as positive role models and 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.

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, or other means is prohibited.

II. School Health Council/Committee

The action plans related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. The Superintendent or designee may appoint a school health council or other committee consisting of representatives of these groups. The council or committee may also include District administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

III. Specific Goals and Objectives

Specific goals will be shared with all stakeholders. All food and beverages sold to pupils during the school shall be those meeting the high school nutritional standards listed in Education Code Section 49430-49431.7.

Action plans shall be identified and objectives measured.

Section 1. Purpose of the Wellness Committee. The purpose of the Wellness Committee is to serve as an advisory group to the Superintendent who advises the Board of Trustees toward the development of a wellness policy for implementation throughout the District.

Section 2. Criteria for Membership on the Wellness Committee. All appointees are made by the Superintendent/designee and must reside in or work within the boundaries of the District.

Section 3. Composition of Membership of the Wellness Committee. The Committee shall consist of the following members:

- (i) School sites will be represented by one administrator, one parent, one student, one teacher, and one Food Services staff member or other classified staff member.
- (ii) District sites will be represented by one or more staff members.

Section 4. Operation and Organization of the Wellness Committee.

- (i) The committee shall review the annual performance of the school sites in order to measure the effectiveness of the program.
- (ii) Unless excused by the committee chair or co-chair, members who have been absent for more than four consecutive meetings shall be deemed to have resigned from the committee.
- (iii) Vacancies on the committee shall be filled based on the original appointment criteria and process.

Section 5. Membership Term.
Membership on the committee shall be for a term of two years.

Section 6. Membership Meetings.
Meetings shall be held quarterly, at a minimum.

- (ii) Members in attendance shall comprise a quorum.

Section 7. Amendments.

- (i) These guidelines may be amended and modified in the event

of significant legal or fiscal changes that may affect the requirements and provisions hereof, including, but not limited to, for public school district funding, or State or Federal funding for school programs, State grant funding, and similar circumstances.

- (ii) To the extent permitted by law, any amendment(s) to these guidelines must meet the following criteria:
 - (a) The Wellness Committee formed pursuant to these guidelines, as it may be amended from time to time, must be consulted prior to such amendment(s) and the Wellness Committee's input on the proposed amendment(s), if any, shall be considered by the Superintendent at or before the time the amendment(s) are acted upon.

IV. Program Implementation and Evaluation

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.

Reference: Education Code Sections 49430-49436, 49490-49493, 49500-49505, 49510-49520, 49530-49536, 49540-49546, 49547-49548.3, 49550-49560, 49565-49565.8, 49570, 51222, and 51223; Code of Regulations, Title 5, 15500-15501, 15510, 15530-15535, and 15550-15565; United States Code, Title 42, 1751-1769, and 1771-1791; Code of Federal Regulations, Title 7, 210.1-210.31 and 220.1-220.21

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