

## STUDENT WELLNESS

The Superintendent or designee shall be responsible for organizing a “Coordinated Fitness, Nutrition, and Health Advisory Council” and coordinating services. The council will engage students, parents, teachers, classified staff members, and District administrators to develop recommendations to the Board of Trustees for adoption of certain rules and regulations to support the goals of this policy. This advisory council shall also monitor, review, and make periodic reports to the Superintendent regarding the implementation of rules and regulations under this policy.

Action plans shall be identified and objectives measured through inventory control procedures.

### Vision and Philosophy Statement

The framework for the philosophy is provided in Fullerton Joint Union High School Board Policy No. 0100:

“It is the responsibility of the public secondary school to develop, maintain, and improve the mental and physical health of individuals,”  
and

“It is the responsibility of the public secondary school to assist individuals in developing an acceptance and understanding of themselves and their physical and mental potentials.”

The District is committed to the application of State standards for wellness. These standards provide a school environment which promotes children’s health, well being, and ability to learn by supporting healthy eating and increased levels of physical activity.

### Goals

Schools will provide health education, physical education, and nutrition education for all students to foster lifelong habits of healthy eating and physical activity. This policy will establish linkages between health education and school meal programs.

A plan shall be established for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school site who is charged with operational responsibility for ensuring that the school sites implement the District’s wellness policy.

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy Districtwide and at each District school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any

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sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from classified staff members, school administrators, the District Student Wellness Committee, parents/guardians, students, and other appropriate persons.

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.

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

Policy Adopted: June 20, 2006