

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. The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health.

NUTRITION EDUCATION AND PHYSICAL EDUCATION

The Governing Board desires to provide comprehensive health education in grades K-8, including nutrition education, to foster and promote health literacy in our students. Students shall be provided opportunities to comprehend proper nutrition to enhance and maintain their nutrition-related health and well-being.

The Governing Board desires to provide all students with physical education instruction to support and encourage students to be physically active on a regular basis.

The District shall provide a minimum of 200 minutes for every 10 school days for students in grades 1-6, and a minimum of 400 minutes for every 10 school days for students in grades 7-8.

The Governing Board recognizes that a safe and healthy school environment for students supports successful learning.

(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 Healthy and Social Services)

(cf. 6010 – Goals and Objectives)

(cf. 6142.7 – Physical Education)

(cf. 6142.8 – Comprehensive Health Education)

NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL

The Governing Board shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the District's food service program. The Superintendent or designee shall approve the sale of food items by student or adult organizations in accordance with law, Board policy and administrative regulations. As necessary, the wellness policy shall be revised to reflect changes in state and federal law related to nutritional guidelines for foods available at school. To provide 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. District staff, parents/guardians are expected to support the District's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

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

GUIDELINES FOR REIMBURSABLE MEALS

The Superintendent or designee shall ensure that the food, beverages, and meals offered by the District’s food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

(cf. 3553 – Free and Reduced Price Meals)

The Superintendent or designee shall designate at least one person within the local educational agency that is charged with operational responsibility for ensuring the implementation of the District’s Wellness Policy. As necessary, the wellness policy should be revised to address changes in state and federal law. Each school shall post the District’s policies on nutrition and physical activity in public view within all school cafeterias or other central eating areas.

(cf. 0500 – Accountability)

IMPLEMENTATION AND EVALUATION OF POLICY

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. The Board may utilize existing school health councils or other committees, or establish an advisory committee or working groups including representatives of the above groups. Staff may 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. Staff may survey district staff, 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 Superintendent or designee shall utilize specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to, analysis of nutritional content of meals served; student participation rates in school meal programs; sales of non-nutritious foods and beverages in fundraisers or other venues outside the district’s meal programs; and feedback from food service personnel, parents/guardians, students and other appropriate persons. In addition, student fitness and student nutritional practices will be evaluated.

Staff shall provide periodic reports to the Superintendent or designee regarding the status of its work.

The Board may direct staff to investigate and make recommendations on wellness related issues that are identified as needing further study.

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