

Student Wellness

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy living, 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, 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. 0000 - Vision)

(cf. 0200 - Goals for the School District)

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(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. 5141 - Health Care and Emergencies)

(cf. 5141.22 - Infectious Diseases)

(cf. 5141.3 - Health)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - School Health Services)

(cf. 5142 - Safety)

(cf. 6020 - Parent Involvement)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)

District Wellness Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, Supplemental Assistance Program Educators, and members of the public.

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

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The District Wellness Committee will meet three to four times per year at hours that are convenient for public participation. The Committee 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 Committee charges may include planning, implementing

activities, and revising the current wellness policy to promote health within the school or community.

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 appropriate. (42 USC 1758b Note)

The district's nutrition education and physical education programs shall be based on CA Education Code and research, consistent with the expectations established in the state's adopted curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy living.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

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

(cf. 6142.8 - Comprehensive Health Education)

All students in grades preschool through grade 12 and in the transition program 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 and Activity)

(cf. 6145 - Extracurricular and Co-curricular Activities)

(cf. 6145.2 - Athletic Competition)

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)

Nutrition Guidelines for Foods Available at School

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. The school day will be defined as midnight to one-half hour after school. (42 USC 1758b Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. 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 The United States Department of Agriculture Smart Snacks in Schools Criteria.

United States Department of Agriculture Smart Snacks in School Criteria

For elementary school, middle school, and high school aged children:

The item must be a fruit, vegetable, dairy, protein, or whole grain rich food items; or foods with a fruit, vegetable, dairy, protein, or whole grain item as its first ingredient; or combination foods containing at least one-quarter cup of fruit or vegetable that meets the following standards:

- Not more than 35 percent of its total calories shall be from fat. This shall not apply to individually sold portions of nuts, nut butters, seeds, seed butters.
- Reduced-fat cheese or part skim mozzarella cheese packaged for individual sale, eggs, fruits, vegetables that have not been deep fried, seafood, or a dried fruit and nut and seed combination.
- Less than 10 percent of its total calories shall be from saturated fat. This shall not apply to reduced-fat cheese or part skim mozzarella cheese packaged for individual sale, eggs, nuts, nut butters, seeds, seed butters, or a dried fruit and nut and seed combination.
- Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar. This shall not apply to fruits, vegetables that have not been deep fried, or a dried fruit and nut and seed combination.
- Contains less than 0.5 grams of trans fat per serving.
- Contains not more than 200 milligrams of sodium per item, package, or container sold to a pupil.
- Contains not more than 200 calories per individual food item.

A competitive entrée must meet the following criteria:

- Contains not more than 400 calories per entrée item.
- Not more than 35 percent of its total calories shall be from fat.
- Contains less than 0.5 grams trans-fat per serving.
- Is offered in the same or smaller portion sizes as in the federal National School Lunch Program or federal School Breakfast Program.
- From the midnight before to 30 minutes after the end of the official school day, at each middle school or high school, a competitive entrée sold by the district food service department but not the day, or the day after, it is served on the federal National School Lunch Program or federal School Breakfast Program menu, or a competitive entrée sold by any other entity, shall meet the following standards:
 - Not more than 35 percent of its total calories shall be from fat.
 - Less than 10 percent of its calories shall be from saturated fat.

- Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar.
- Contains less than 0.5 grams of trans fat per serving.
- Contains not more than 480 milligrams of sodium.
- Contains not more than 350 calories.

A competitive beverage must meet the following criteria:

From the midnight before to 30 minutes after the end of the official school day, at each elementary or middle school, the only competitive beverages that may be sold to a pupil are the following:

- Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener in a maximum serving size of 8 fluid ounces for elementary school or 12 fluid ounces for middle school and high school.
- Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener in a maximum serving size of 8 fluid ounces for elementary school or 12 fluid ounces for middle school and high school.
- Plain water or plain carbonated water.
- One percent-fat unflavored milk, nonfat flavored or unflavored milk, soy milk, rice milk, almond milk, and other similar nondairy milk in a maximum serving size of 8 fluid ounces for elementary school or 12 fluid ounces for middle school and high school.
- Calorie free flavored water with or without carbonation with a maximum serving size of 20 fluid ounces for high school only.

A beverage shall not contain caffeine except for trace amounts of naturally occurring caffeine substances.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)

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 42 USC 1751-1769, 1758b, and 1771-1791 and shall meet the nutritional standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773 Note).

They should:

- Be nutritious and appealing to students.
- Contain a fruit and vegetable for lunch.
- Serve only low-fat (1%) unflavored and fat-free (unflavored or flavored) milk or nutritionally-equivalent nondairy alternative.
- Ensure all grains offered must be whole-grain rich.

- Provide access to free, fresh drinking water during mealtimes in the food service area(s) of the school (SB 1413).

Free and Reduced Priced Meals

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)

The District and schools will make every effort to eliminate any social stigma associated with, and prevent the overt identification of students eligible for, free and reduced-price school meals.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3553 - Free and Reduced-Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 5141.32 - Health Screening for School Entry)

Food and Beverages Sold Individually (Other Food Sales)

The Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Food sales are prohibited during school hours unless the organization is legally organized as a nonpartisan charitable organization, the purpose of the solicitation is nonpartisan and charitable, and the solicitation has been approved in accordance with Board Policy. Any food sales conducted outside the District's food service program conducted by nonpartisan groups, including those conducted by parent groups, shall meet nutritional standards specified in law, Board Policy, and Administrative Regulations and shall not reduce student participation in the District's food service program.

The Board authorizes the Superintendent/designee to approve the sales of foods and beverages outside the District's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at school student stores for fundraising purposes.

(cf. 1230 - School-Connected Organizations)

(cf. 1321 - Solicitation of Funds from and by Students)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3553 - Free and Reduced Priced Meals)

(cf. 3554 - Other Food Sales)

California Nutritional Standards for Compliant Foods and Beverages

The only foods that can be sold to students at any grade level during the school day are: full meals, exempt foods, dairy, whole-grain, or protein foods that meet specific calorie, sodium, fat, saturated fat, and sugar requirements. Specific beverage requirements and limitations are set forth for each grade level as well (SB 12, 490, and 965).

Student Incentives

Staff and other entities (businesses, sponsors, and/or organizations) will use only nutritionally-compliant foods or nonfood incentives as a reward for a student's academic performance, accomplishments, or classroom behavior. The District will emphasize nonfood incentives as alternatives to all school administrators and staff members.

(cf. 1230 - School-Connected Organizations)

(cf. 1325 - Advertising and Promotion)

(cf. 5126 - Awards for Achievement)

Celebrations during the School Day

Schools shall limit celebrations that involve food during instructional time to no more than three times per school year. If possible, the celebration should take place during the last half hour of the school day. School celebrations will include no more than one food or beverage that does not meet the nutrition standards for food and beverages.

Birthday Celebrations

No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday. The District encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents on the District Food Services & Student Nutrition website.

Other Celebrations/Special Occasions

All food items and/or donations of food items by outside parties are strongly encouraged to meet or exceed California Nutrition Standards and guidelines set forth by the District. School staff shall encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any food or beverages they may donate for an occasional class party.

All food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, prepackaged, and prewrapped items with a label listing ingredient so students with food allergies are protected from accidental exposure. No home-cooked meals shall be served to students to minimize the risk of foodborne illnesses.

School-Sponsored Events and Fundraising

Any school-related program, fundraiser, or other activity sponsored by community/booster organizations shall be authorized and conducted according to Board Policy, Administrative Regulations, and school rules.

- Any event hosted on school campuses more than an hour after the school day ends such as an open house, parent meetings, carnivals, etc., are encouraged to support healthy food options as set forth by District Wellness Policy guidelines.
- School organizations and staff are strongly encouraged to use healthy food items or non-food items for fundraising purposes. To support and encourage children's health and school nutrition education efforts, school fundraising activities should limit the frequency of non-nutritious food items sold; and for carnivals/festivals, schools are encouraged to balance healthy food items with non-nutritious food offerings.
- The District will make available a list of preferable fundraising activities on the District Food Services & Student Nutrition website.

Food Marketing in Schools

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

- School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, schools will limit food and beverage marketing to the promotion of those consistent with California Nutrition Standards and guidelines set forth by the District.
- The promotion of healthy foods including fruit, vegetables, whole grains, lean proteins, and low-fat and fat-free dairy products is encouraged. School staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g., coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the District's health messaging and wellness policies.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA and California state school nutrition standards.
- Fundraisers that are held off-site and outside of school hours may be advertised if they meet or exceed the USDA and California school nutrition standards.
- Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

This term includes but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

(cf. 1321 - Solicitation of Funds from and By Students)

(cf. 1325 - Advertising and Promotion)
(cf. 3554 - Other Food Sales)

Staff Wellness

The District is committed to the health, safety and well-being of its staff while being supportive of an individual's right to choose. The District understands the relationship between staff wellness with productivity, efficiency, and attendance at work. The goal for staff wellness is to make a positive difference in the lives of our staff and to help them enjoy happier, healthier lives.

- Staff worksite wellness events will be offered during the school year and will be made voluntary to those whom participate.
- Information regarding staff wellness events will be disseminated in new staff orientation, e-mail correspondence, and/or posting flyers on walls and bulletin boards (where applicable)

Student Mental Health and Wellness

The District understand that wellness is not the absence of disease but a state of complete physical, mental, and social well-being.

- Adopt a strategy for the promotion of the mental health of all students including suicide prevention initiatives.
- To provide a coordinated approach to the management of students' mental health difficulties and to deliver effective management of cases where there is an emergency and/or serious risk of harm or suicide.
- To provide effective and accessible support to students making reasonable adjustments as necessary.
- To engage with external partners such as Health Providers to promote and improve access for students to community and specialist resources.

Communications with Parents and Other Community Members

Integrating health education into every segment of a child's day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential. Additionally, the District will assist and support parents' efforts to provide a healthy diet for their children by:

- Making information and resources available through the District website, materials sent home with students (flyers), and/or through District/school site electronic messaging (with permission).
- Providing access to the nutritional analysis of school menus/meals through the District Child Nutrition Services website or in written format upon request.
- Strongly encouraging parents to send healthy lunches and snacks that comply with California Nutrition Standards and guidelines set forth by the District as outlined above.
- Specifically relating to food portion and/or serving size appropriate for child and refraining from sending foods and/or beverages that are of low nutritional value.

- Providing parents with a list of foods that meet the District snack, celebrations, and fundraising standards and guidelines on the District Child Nutrition Services website.
- Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on the school site. (42 USC 1758b)

(cf. 1230 - School-Connected Organizations)

(cf. 1321 - Solicitation of Funds from and By Students)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

Annual Wellness Reports

The district will compile and publish an annual report to share basic information about the wellness policy and any updates available to the Local School Wellness Policy. This report will be available on the district's website and will include the progress of the schools within the district in meeting wellness goals.

This report will include but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the district's progress in meeting the wellness policy goals;
- A summary of events or activities related to wellness policy goals implementation.

Triennial Assessment

The district shall conduct an assessment of the Local School Wellness Policy every three years and the Child Nutrition Director or designee shall inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31).

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school to oversee the implementation and evaluation of the Wellness policy. Site administrators with assistance from school staff, Parent and Teacher Organizations, and School Site Council at each school are charged with operational responsibility for ensuring that the school sites implement the District's wellness policy. (42 USC 1758b 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 measures shall include, but not be limited to:

- An analysis of the nutritional content of meals served
- Student participation rates in school meal programs

- Wellness survey to monitor each school's progress implementing the District's Wellness Policy.
- Feedback from food service personnel, school administrators, the school health council, 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.

Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activities in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall demonstrate communication of the Wellness Policy to parents/guardians by posting policies on its school website and/or providing links to District policies, providing information in a parent handbook or flyer, or through parent-related presentations such as parent-teacher organizations and/or School Site Council committees.

(cf. 0500 - Accountability)

Legal Reference:

Public Law - 111-296 - "Healthy, Hunger-Free Kids Act 2010", Final Rule-Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)

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 to 6

51220 Course of Study, Grades 7 to 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

1766a Meal Supplements for Children in After School Care

1769a Fresh Fruit and Vegetable Program
1769j Ensuring Safety of School Meals
15575-15578 Food and Beverage Restrictions
UNITED STATES CODE, TITLE 42
1751-1769 National School Lunch Program
1758b Local Wellness Policy
1771-1791 Child Nutrition Act
210.1-210.31 National School Lunch Program
COURT DECISIONS Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th
781

Management Resources:

Building Healthy Communities: A School Leader's Guide to Collaboration and
Community Engagement, 2009
Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and
Guide, 2007
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev.
October 2007 Physical Education and California Schools, Policy Brief, rev. October 2007
1779 Rules and regulations, Child Nutrition Act
CODE OF FEDERAL REGULATIONS, TITLE
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev.
April 2006
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards,
Policy Brief, March 2006
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev.
2005 CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Framework for California Public Schools, Kindergarten through
Grade Twelve, 2009
Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical
Education, January 2005
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 Changing Lives, Saving Lives: A
Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical
Activity and Food Security in Afterschool Programs, March 2010
CENTERS FOR DISEASE CONTROL PUBLICATIONS School Health Index for
Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)
PUBLICATIONS Fit, Healthy and Ready to Learn, 2000
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

Websites:

CSBA: www.csba.org
Action for Healthy Kids: www.actionforhealthykids.org
California Department of Education, Nutrition Services Division: www.cde.ca.gov/lb/nu

California Department of Public Health: www.cdph.ca.gov
California Healthy Kids Resource Center: www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition): www.californiaprojectlean.org
California School Nutrition Association: www.calsna.org
Center for Collaborative Solutions: www.ccscenter.org
Centers for Disease Control and Prevention (CDC): www.cdc.gov Dairy Council of California: www.dairycouncilofca.org
National Alliance for Nutrition and Activity: www.cspinet.org/nutritionpolicy/nana.html
National Association of State Boards of Education: www.nasbe.org
National School Boards Association: www.nsba.org
School Nutrition Association: www.schoolnutrition.org
Society for Nutrition Education: www.sne.org
U.S. Department of Agriculture, Food Nutrition Service, wellness policy: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

USDA Nondiscrimination Statement

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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or

3. email:
Program.Intake@usda.gov.

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Policy CORONADO UNIFIED SCHOOL DISTRICT

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