

Regulation 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 10/20/2022 | **Last Reviewed Date:** 10/20/2022

As directed by the Board of Trustees , a series of regulations have been drafted to implement a complete Student Wellness Program. These regulations should be implemented in context with health and physical education classroom activities, school events, food service operations and other food sales.

Health Education

To achieve the goal of health literacy, students must comprehend a set of core health concepts and develop skills to apply the knowledge in their own life. The following are objectives that will be instructed at the elementary, middle and high school. Instruction will occur as part of the Physical Education, health, and/or other appropriate curriculum.

1. Students will develop knowledge and skills related to personal health and disease prevention.
2. Students will demonstrate ways in which they can maintain and enhance their health and well-being.
 - a. Students will demonstrate the ability to use goal-setting and decision-making skills.
 - b. Students will demonstrate the ability to practice health-enhancing behaviors to reduce health risks.
3. Students will understand and demonstrate behaviors that prevent disease.
 - a. Students will demonstrate self-management skills to improve personal health.
2. Students will understand and demonstrate how to play a positive, active role in promoting the health of their families.
3. Students will understand and accept individual differences in growth and development.
4. Students will identify information, products and services that may be helpful or harmful to their health.
 - a. Students will demonstrate the ability to access valid health information and health-promoting products and services.
 - b. Students will analyze the influence of culture, media, technology and other factors on health.

2. Students will receive instruction in nutrition concepts.

- a. As reinforcement, nutrition education should be integrated into classroom instruction in core subjects such as math, science, language arts, social science, as well as before and after school programs.
- b. Emphasize promotion of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, food safety and the caloric balance between food intake and energy expenditure.

Student will receive information and resources to promote healthy mental practices.

By the time a student graduates they will have received instruction in the following areas: Nutrition and physical education.

Growth, development and sexual health. Injury prevention and safety.

Alcohol, tobacco and other drugs Mental, emotional and social health Personal and community health.

Physical Education

Students in grades K-12, including students with disabilities and special health care needs, will receive physical education instruction.

- a. 200 minutes every 10 days for students in grades K - 6
- b. 400 minutes every 10 days for students in grades 7 - 8 and two years of Physical Education in Grades 9 - 12.
 - o Temporary exemptions from physical education should be limited to students whose medical condition(s) do not allow for inclusion in the general, modified, or adapted physical education program.
 - o High school students who are exempt from two years of physical education in grades, 10, 11 or 12, per local district policy, must be provided with the opportunity to participate in a variety of physical education elective courses.
 - o High school physical education course content will include each of the following areas: effects of physical activity on dynamic health, mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythm and dance, team sports, and combatives.
 - o Class size is consistent with the requirements of good instruction and safety.
 - o School districts will administer a physical fitness test annually to all students in grades five, seven, and nine during the months of February, March, April or May.
 - o Students will receive their individual fitness test results upon completing the test.
 - o All physical education will be taught by credentialed teachers with training in physical education.

- o All elementary students will have at least 20 minutes a day of supervised recess, which will be distributed throughout the day, thus integrating physical activity with classroom learning.
- o Teachers and other school personnel should not use physical activity (e.g. running laps, push-ups) or withhold opportunities of physical activity (e.g. loss of recess or physical education) as punishment.

Foods and Beverages Provided During the School Day

Activities, including celebrations, rewards, and other school-sponsored events, should support children's health, nutrition education, and physical fitness. The District recognizes that occasional school-wide celebrations may contribute to a positive school environment and student engagement. Therefore, schools may allow limited special treats or celebratory food items on a rare basis, while maintaining an overall emphasis on healthy choices and the goals of the District Wellness Policy.

Parents, teachers, staff, volunteers, and organizers of school-sponsored activities are encouraged to support the District's wellness goals by promoting positive nutrition, physical activity, and healthy lifestyle choices. When food is provided at school events or classroom activities, consideration should be given to nutritional quality, student allergies and other health-related concerns, and the educational value of modeling healthy habits for students.

Because nutrition standards and requirements may change over time, specific nutrition criteria are not reproduced in this policy. For foods and beverages sold or provided to students during the school day outside of occasional school-wide celebrations or special treats, staff, schools, families, and organizations are encouraged to use the current Smart Snacks Product Calculator to identify products that meet current nutrition standards.

Foods and Beverages Sold on Campus

The District recognizes that foods and beverages sold to students outside of the District's federally reimbursable school meal programs may provide opportunities for fundraising and student activities. However, such sales should be planned and conducted in a manner that supports, rather than competes with, the National School Lunch Program (NSLP) and other federally reimbursable school meal programs.

Schools and school-sponsored organizations should consider the timing, location, frequency, and type of foods and beverages offered for sale to students, with the goal of minimizing competition with school meal service and encouraging student participation in District meal programs.

All proposed food and beverage sales on school campuses shall be reviewed and approved by the appropriate school administrator or designee prior to implementation. The review process should consider applicable federal and state requirements, the goals of the District Wellness Policy, and the potential impact of the proposed sale on participation in and the success of the District's school meal programs.

Food Services on School Premises

To reinforce the District's comprehensive program of student wellness activities, foods provided on school premises shall:

1. Be carefully selected so as to contribute to students' nutritional well being and the prevention of chronic illness.
2. Be in compliance with nutritional standards as set forth in California statutes, and meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.
3. Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthy food choices.
4. Be served in age-appropriate quantities at reasonable prices.
5. Be offered in pleasant surroundings, which provide adequate space and time for student eating, relaxation, and socializing.
6. Students will have access to free, safe drinking water and cups during meal service.
7. Students shall have access to hand washing before eating any school meal or snack.

Free and Reduced Priced Meals

The Board recognizes that adequate nutrition is essential to child development and learning, and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the District shall provide nutritionally adequate free and reduced priced meals for students whose families meet federal eligibility criteria.

Free and reduced lunch application forms are available all year round and parents can apply at any time during the school year. Forms are available in each school site office and online at PGUSD.org.

1. Students eligible to receive free or reduced price meals will not be treated differently from other students or easily identified by their peers or non-designated school employees.
2. Food services may utilize electronic identification and payment systems; will promote the availability of school meals to all students; and may use non-traditional methods for serving meals, such as "grab and go" or classroom breakfasts/snacks.
3. Field trip lunches can be requested for when students will be off campus at lunch time.

Parent Education

To reinforce and support the District's comprehensive Wellness Policy, the Superintendent or designee will direct each school site to develop a strategy to educate and involve parents/guardians. These strategies shall include: monthly information about healthy eating and/or physical activity, notification and information regarding Wellness Policy updates and any new related regulations.

Policy Implementation

The Superintendent, with the assistance of the Wellness Committee, will establish a plan for measuring implementation of this Student Wellness Policy. The plan will include the designation of one or more persons in the District or at each school charged with operational implementation.

Wellness Committee duties shall include the examination of related research and laws, assessment of student needs, and the review of existing policies. In raising awareness about student health issues, the committee may survey parents, conduct forums, or collaborate with appropriate community agencies.

Each school site shall post the District's policies and regulations on nutrition and physical activity in public view in all school cafeterias or eating areas. The policy will also be posted on the Food Service page on the District's website.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the Governing Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33355	CDE responsibilities regarding physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals

Ed. Code 49510-49520
Ed. Code 49530-49536
Ed. Code 49540-49546
Ed. Code 49547-49548.3
Ed. Code 49550-49562
Ed. Code 49565-49565.8
Ed. Code 49570
Ed. Code 51210
Ed. Code 51210.1-51210.2
Ed. Code 51210.4
Ed. Code 51220
Ed. Code 51222
Ed. Code 51223
Ed. Code 51795-51798
Ed. Code 51880-51921

Federal

42 USC 1751-1769j
42 USC 1758b
42 USC 1771-1793
42 USC 1773
42 USC 1779
7 CFR 210.1-210.33
7 CFR 210.31
7 CFR 220.1-220.22

Management Resources

California Department of Education
Publication

California Department of Education
Publication

California Project Lean Publication

Nutrition

Child Nutrition Act

Child care food program

Comprehensive nutrition services

Meals for needy students

California Fresh Start pilot program

National School Lunch Act

Course of study for grades 1-6

Physical education; grades 1-6

Nutrition education

Course of study for grades 7-12

Physical education

Physical education; elementary schools

School instructional gardens

Comprehensive health education

Description

School Lunch Program

Local wellness policy

Child Nutrition Act

School Breakfast Program

Rules and regulations, Child Nutrition Act

National School Lunch Program

Wellness policy

National School Breakfast Program

Description

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

Health Framework for California Public Schools: Kindergarten through Grade 12, 2003

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, Jan 2015
Centers for Disease Control&Prevention Publication	School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
Court Decision	Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	CSBA District and County Office of Education Legal Services

Website	<u>California Project LEAN (Leaders Encouraging Activity and Nutrition)</u>
Website	<u>California School Nutrition Association</u>
Website	<u>Center for Collaborative Solutions</u>
Website	<u>Action for Healthy Kids</u>
Website	<u>Alliance for a Healthier Generation</u>
Website	<u>California Department of Education, School Nutrition</u>
Website	<u>Dairy Council of California</u>
Website	<u>National Alliance for Nutrition and Activity</u>
Website	<u>National Association of State Boards of Education</u>
Website	<u>School Nutrition Association</u>
Website	<u>Society for Nutrition Education</u>
Website	<u>U.S. Department of Agriculture, Food Nutrition Service, wellness policy</u>
Website	<u>U.S. Department of Agriculture, Healthy Meals Resource System</u>
Website	<u>California Department of Public Health</u>
Website	<u>California Healthy Kids Resource Center</u>
Website	<u>Centers for Disease Control and Prevention</u>
Website	<u>CSBA</u>

Cross References

Code	Description
0200	<u>Goals For The School District</u>
0460	<u>Local Control And Accountability Plan</u>
0460	<u>Local Control And Accountability Plan</u>
1220	<u>Citizen Advisory Committees</u>
1220	<u>Citizen Advisory Committees</u>
1230	<u>School-Connected Organizations</u>
1230	<u>School-Connected Organizations</u>
1260	<u>Educational Foundation</u>

1325	<u>Advertising And Promotion</u>
1330.1	<u>Joint Use Agreements</u>
1400	<u>Relations Between Other Governmental Agencies And The Schools</u>
3000	<u>Concepts And Roles</u>
3290	<u>Gifts, Grants And Bequests</u>
3312	<u>Contracts</u>
3452	<u>Student Activity Funds</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.4	<u>Drug And Alcohol Free Schools</u>
3550	<u>Food Service/Child Nutrition Program</u>
3550	<u>Food Service/Child Nutrition Program</u>
3551	<u>Food Service Operations/Cafeteria Fund</u>
3551	<u>Food Service Operations/Cafeteria Fund</u>
3553	<u>Free And Reduced Price Meals</u>
3553	<u>Free And Reduced Price Meals</u>
3554	<u>Other Food Sales</u>
3554	<u>Other Food Sales</u>
3555	<u>Nutrition Program Compliance</u>
3555-E(1)	<u>Nutrition Program Compliance</u>
3555-E(2)	<u>Nutrition Program Compliance</u>
4131	<u>Staff Development</u>
4231	<u>Staff Development</u>
5113.1	<u>Chronic Absence And Truancy</u>
5113.1	<u>Chronic Absence And Truancy</u>
5113.12	<u>District School Attendance Review Board</u>
5113.12	<u>District School Attendance Review Board</u>
5131.2	<u>Bullying</u>
5131.2	<u>Bullying</u>

5131.6	<u>Alcohol And Other Drugs</u>
5131.6	<u>Alcohol And Other Drugs</u>
5131.62	<u>Tobacco</u>
5131.62	<u>Tobacco</u>
5131.63	<u>Steroids</u>
5131.63	<u>Steroids</u>
5137	<u>Positive School Climate</u>
5141	<u>Health Care And Emergencies</u>
5141	<u>Health Care And Emergencies</u>
5141.22	<u>Infectious Diseases</u>
5141.22	<u>Infectious Diseases</u>
5141.23	<u>Asthma Management</u>
5141.23	<u>Asthma Management</u>
5141.27	<u>Food Allergies/Special Dietary Needs</u>
5141.27	<u>Food Allergies/Special Dietary Needs</u>
5141.3	<u>Health Examinations</u>
5141.3	<u>Health Examinations</u>
5141.31	<u>Immunizations</u>
5141.31	<u>Immunizations</u>
5141.32	<u>Health Screening For School Entry</u>
5142.2	<u>Safe Routes To School Program</u>
5142.2	<u>Safe Routes To School Program</u>
5144	<u>Discipline</u>
5144	<u>Discipline</u>
5144-E PDF(1)	<u>Discipline</u>
5145.3	<u>Nondiscrimination/Harassment</u>
5145.3	<u>Nondiscrimination/Harassment</u>
5145.6	<u>Parent/Guardian Notifications</u>
5145.6-E(1)	<u>Parent/Guardian Notifications</u>
5145.6-E(2)	<u>Parent/Guardian Notifications</u>

5145.71	<u>Title IX Sexual Harassment Complaint Procedures</u>
5145.71-E(1)	<u>Title IX Sexual Harassment Complaint Procedures</u>
5146	<u>Married/Pregnant/Parenting Students</u>
5147	<u>Dropout Prevention</u>
5148	<u>Child Care And Development</u>
5148	<u>Child Care And Development</u>
5148.2	<u>Before/After School Programs</u>
5148.2	<u>Before/After School Programs</u>
5148.3	<u>Preschool/Early Childhood Education</u>
5148.3	<u>Preschool/Early Childhood Education</u>
6020	<u>Parent Involvement</u>
6020	<u>Parent Involvement</u>
6112	<u>School Day</u>
6112	<u>School Day</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.7	<u>Physical Education And Activity</u>
6142.7	<u>Physical Education And Activity</u>
6142.8	<u>Comprehensive Health Education</u>
6142.8	<u>Comprehensive Health Education</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>
6177	<u>Summer Learning Programs</u>
6184	<u>Continuation Education</u>
6184	<u>Continuation Education</u>
7110	<u>Facilities Master Plan</u>