

STUDENT WELLNESS

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting 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.

School Health Council/Committee

The Superintendent or designee shall appoint a school health council or other committee consisting of stakeholder representatives including: parents/guardians, students, school food service professionals, school administrators, representatives of the Board and members of the public. 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.

The purpose of a school health council or committee is to advise the District on health-related issues, activities, policies, regulations, and programs, and to develop 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. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the District or community.

Nutrition Education and Physical Activity Goals

The Board shall review and adopt goals proposed by the School Health Council/Committee 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.

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 K-9 and, as appropriate, shall be integrated into core academic subjects and included in before- and after-school programs.

Each school in the District shall be encouraged to establish an instructional garden to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods. To the extent possible, such activities should be integrated with nutrition education, state standards, and core curriculum goals.

All students in grades K-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, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. The District shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies related to student health knowledge and skills, physical education and be designed to promote healthy behaviors.

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 when food may be used in the classroom for reinforcement, celebration, or education, as well as the relationship between student health and academic performance.

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The Board discourages 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.

Nutrition Guidelines for Foods Available at School

All foods and beverages sold to students, including foods and beverages provided through the District's food service program, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards, with the objective of promoting student health and reducing childhood obesity.

Fundraising

For fundraisers that occur outside of the school day, the Board encourages school organizations to use healthy food items or non-food items for fundraising purposes.

Classroom

The Board strongly discourages the use of foods with minimal nutritional value as a reward for students' academic performance, accomplishments, or classroom behavior. Exceptions shall be made per student's Individualized Education Plan (IEP) or behavior support plan. Food provided in the classroom by school staff must meet or exceed state and federal nutrition standards. The Board strongly encourages the use of physical activity as a reward for students when appropriate.

School staff shall encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet state and federal nutritional standards to one food or beverage per person.

The District encourages class parties or celebrations to involve non-food items to the extent possible.

Life Threatening Food Allergies

The San Luis Coastal School District will actively support and comply with applicable state and federal regulations as they relate to students suffering life-threatening food allergies. The regulations include, but are not limited to, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act and the United States Department of Agriculture Regulations. The San Luis Coastal School District will address the specific needs of each food allergic students on a case-by-case basis.

Guidelines for Reimbursable Meals

Foods of minimal nutritional value shall not be served in the schools as part of a meal program, or as a la carte items.

The San Luis Coastal Unified Food Services will attempt to coordinate its menus with seasonal production of local farms and with production in school gardens in order to reflect seasonality and local agriculture.

Nutritional contents and ingredients of foods sold or served at school shall be available upon request.

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed state and federal regulations and guidance as they apply to schools.

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, where feasible.

Program Implementation and Evaluation

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The Superintendent or designee shall establish a plan for measuring implementation of the policy. Additionally, the Superintendent or designee shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's wellness policy.

The Superintendent or designee shall establish 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; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, school administrators, school health councils, parents/guardians, students, and any other appropriate persons.

The Superintendent or designee shall annually report to the Board on the implementation of this policy and any other Board policies related to nutrition and physical activity. To the extent possible, this report will be presented at the same time as results from the California Health Kids Survey.

Posting Requirements

Each school shall have available the District's policies and regulations on nutrition and physical activity in public view in the school office. The Wellness Policy will be part of the District Parent Handbook.

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

- (c.f. [3550](#) - Food Service/Child Nutrition Program)
- (c.f. [3553](#) - Free and Reduced Price Meals)
- (c.f. [3554](#) - Other Food Sales)
- (c.f. [6142.7](#) - Physical Education)

Legal Reference:

EDUCATION CODE

- [49430-49436](#) Pupil Nutrition, Health, and Achievement Act of 2001
- [49500-49505](#) School meals
- [49510-49520](#) Nutrition
- [49530-49536](#) Child Nutrition Act
- [49540-49546](#) Child care food program
- [49547-49548.3](#) Comprehensive nutrition services
- [49550-49560](#) Meals for needy students
- [49565-49565.8](#) California Fresh Start pilot program
- [49570](#) National School Lunch Act
- [51222](#) Physical education
- [51223](#) Physical education, elementary schools

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

UNITED STATES CODE, TITLE 42

- [1751-1769](#) National School Lunch Program, especially:
- [1751](#) Note Local wellness policy
- [1771-1791](#) Child Nutrition Act, including:
- [1773](#) School Breakfast Program
- [1779](#) Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

- [210.1-210.31](#) National School Lunch Program
- [220.1-220.21](#) National School Breakfast Program