San Juan USD  
Board Policy  
Student Wellness  

BP 5030  
Students  

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 coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

(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. 5131.63 – Androgenic/Anabolic Steroids)  
(cf. 5141.22 - Infectious Diseases)  
(cf. 5141.3 - Health Examinations)  
(cf. 5141.31 - Immunizations)  
(cf. 5141.32 – Kindergarten Screening)  
(cf. 6142.1 – Comprehensive Sexual Health and HIV/AIDS Prevention Education)  
(cf. 6164.2 - Guidance Services)  

School Health Council/Committee  

The superintendent or designee shall encourage parents/guardians, students, nutrition service employees, physical education teachers, school health professionals, board members, school administrators, and members of the public to participate in the development, implementation, and tri-annual review and update of the district's student wellness policy. (42 USC 1758b)  

To fulfill this requirement, the superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups, and may also invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)  
(cf. 9140 - Board Representatives)
The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation, tri-annually, of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 – Concepts and Roles)
(cf. 0200 - Goals for the School District)

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

(cf. 6011 - Academic Content Standards)
(cf. 6142.7 - Physical Education)
(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 6177 - Summer School)

To reinforce the district's nutrition education program, the board prohibits 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, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 – Crossing Guards)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 – Interscholastic Competition)
The board may enter into a joint use agreement or memorandum of understanding to make
district facilities or grounds available for recreational or sports activities outside the school day
and/or to use community facilities to expand students' access to opportunities for physical
activity.

Professional development shall be regularly offered to health education and physical education
teachers, coaches, activity supervisors, nutrition services staff, and other staff as appropriate to
enhance their health knowledge and skills.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

The superintendent or designee will disseminate health information and/or the district's student
wellness policy to parents/guardians through district or school newsletters, handouts,
parent/guardian meetings, district and school web sites, and other communications. Outreach to
parents/guardians shall emphasize the relationship between student health and academic
performance.

(cf. 1100 - Communication with the Public)
(cf. 1112 – Public, Press, Radio and Television)
(cf. 6020 - Parent Involvement and Family Engagement)

The board recognizes that a safe, positive school environment is also conducive to students'
physical and mental health and thus prohibits bullying and harassment of all students, including
bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)
(cf. 5145.3 - Nondiscrimination/Harassment)

The superintendent or designee shall encourage staff to serve as positive role models for healthy
eating and physical fitness and shall promote work-site wellness programs and may provide
opportunities for regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional
guidelines which are consistent with 42 USC sections 1773, 1779 and federal regulations and
which support the objectives of promoting student health and reducing childhood obesity. (42
USC section1758b)

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 and after-school snack programs, to the extent
possible. When approved by the California Department of Education, the district may sponsor a
summer meal program.
The superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code section 38086 and 42 USC section 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The board believes that all foods and beverages sold to students at district schools, including those available outside the district's nutrition services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

The superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes and shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

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. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC section 1758b)

The superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. (42 USC section 1758b) The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC section 1758b)

The board and the superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness.
The superintendent or designee shall invite feedback on district and school wellness activities from nutrition service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC section 1758b)

In addition, the assessment results shall be submitted to the board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

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

Legal Reference:
EDUCATION CODE
33350-33354  CDE responsibilities re: physical education
49430-49434  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 1-6
51220  Course of study, grades 7-12
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

UNITED STATES CODE, TITLE 42
1758b Local wellness policy
1771-1791 Child Nutrition Act, especially:
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

COURT DECISIONS

Management Resources:
CSBA PUBLICATIONS
Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

CALIFORNIA PROJECT LEAN PUBLICATIONS
Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS
FEDERAL REGISTER
Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

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

WEB SITES
CSBA: http://www.csba.org
Action for Healthy Kids: http://www.actionforhealthykids.org
California Department of Public Health: http://www.cdph.ca.gov
California Department of Education, Nutrition Services Division: http://www.cde.ca.gov/ls/nu
California Healthy Kids Resource Center: http://www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition): http://www.californiaprojectlean.org
California School Nutrition Association: http://www.calsna.org
Center for Collaborative Solutions: http://www.ccscenter.org
Centers for Disease Control and Prevention (CDC): http://www.cdc.gov
Dairy Council of California: http://www.dairycouncilofca.org
National Alliance for Nutrition and Activity: http://www.cspinet.org/nutritionpolicy/nana.html
National Association of State Boards of Education: http://www.nasbe.org
National School Boards Association: http://www.nsba.org
School Nutrition Association: http://www.schoolnutrition.org
Society for Nutrition Education: http://www.sne.org

Policy SAN JUAN UNIFIED SCHOOL DISTRICT
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