Policy 5030: Student Wellness

Original Adopted Date: 10/25/2005 | Last Revised Date: 06/22/2021 | Last Reviewed Date: 06/22/2021

Status: ADOPTED

The Board of Trustees 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. 1020 - Youth Services)

(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 - Steroids)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.22 - Infectious Diseases)

(cf. 5141.3 - Health Examinations)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - School Health Services)

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

(cf. 6164.2 - Guidance/Counseling Services)

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.30)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

Information regarding the District Wellness Committee is posted on the District website, under Health and Wellness, encouraging community members to join and provide input on the policy and committee.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.
The wellness council 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 may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

**Goals for Nutrition, Physical Activity, and Other Wellness Activities**

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.30)

(cf. 0000 - Vision)

(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 Standards)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6142.8 - Comprehensive Health 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. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer Learning Programs)

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 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic 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 opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development may be regularly offered to health education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

Professional development for nutrition services staff will follow the USDA Professional Standards for State and Local Nutrition Programs. Ensuring continuing education in the area of food and nutrition is provided for food service directors, managers and staff. New and current food service directors must have at least 12 hours; new and current managers must have at least 10 hours; new and current staff must have at least 6 hours.

Physical education teachers for grades K - 8 are required to be taught by a certified/licensed teacher who is endorsed to teach physical education. All staff involved in physical education should be provided with opportunities for professional development.
In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

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.

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

**Nutrition Guidelines for All 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 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

Meals served through the district's food service program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. ([https://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp](https://www.cde.ca.gov/ls/nu/he/nfbmpbreakfast.asp) and [https://www.cde.ca.gov/ls/nu/he/newfbmplunch.asp](https://www.cde.ca.gov/ls/nu/he/newfbmplunch.asp)) Nutrition Services shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district’s reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition 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 nutrition standards.

Food & beverages sold individually (e.g., those sold outside the school meal programs through fundraisers, school stores, a la carte lines, vending machines)

**Elementary Schools**

1. Allowable foods: Can only be a

   a) fruit,
   
   b) non-fried vegetable,
   
   c) dairy food,
d) nuts, seeds, legumes, eggs, cheese (allowable protein foods),
e) whole grain item AND

2. Must meet the following:
   a) Less than or equal to 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit + nut/seed combo), and
   b) Less than 10% calories from saturated fat (except reduced-fat cheese, dried fruit + nut/seed combo), and
   c) Less than or equal to 35% sugar by weight (except fruit, non-fried vegetables, dried fruit + nut/seed combo), and
   d) Less than 0.5 grams trans-fat per serving (no exceptions), and
   e) Less than or equal to 230 milligrams sodium (no exceptions), and
   f) Less than or equal to 175 calories per item/container (no exceptions)

3. Allowable beverages: Fruit or Vegetable juice that contain
   a) 100% juice and
   b) no added sweeteners,
   c) Less than or equal to 8 fl. oz. serving size;

4. Milk:
   a) cow’s or goat’s milk, and
   b) 1% (unflavored), nonfat (flavored, unflavored), and
   c) contains Vitamins A & D, and
   d) Greater than or equal to 25% of the calcium Daily Value per 8 fl. oz. and
   e) Less than or equal to 28 grams of total sugar per 8 fl. oz;
   f) Less than or equal to 8 fl. oz. serving size.

**Middle Schools**

1. "Snack" foods must be:
   a) Less than or equal to 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit + nut/seed combo), and
   b) Less than 10% calories from saturated fat (except reduced-fat cheese, dried fruit + nut/seed combo), and
   c) Less than or equal to 35% sugar by weight (except fruit, non-fried vegetables, dried fruit + nut/seed combo), and
   d) Less than 0.5 grams trans-fat per serving (no exceptions), and
   e) Less than or equal to 230 milligrams sodium (no exceptions), and
   f) Less than or equal to 200 calories per item/container (no exceptions)

2. "Entree food items must be:
   a) meat/meat alternate and whole grain rich food; or
   b) fruit or non-fried vegetable and meat/meat alternate; or
c) meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks, and
d) Less than or equal to 35% calories from fat, and
e) Less than 10% calories from saturated fat, and
f) Less than or equal to 35% sugar by weight, and
g) Less than 0.5 grams trans-fat per serving, and
h) Less than or equal to 480 milligrams sodium, and
i) Less than or equal to 350 calories.

3. Allowable beverages: Fruit or vegetable juice that contain

a) 100% juice and
b) no added sweeteners

4. Milk

a) cow's or goat's milk, and
b) 1% (unflavored), nonfat (flavored, unflavored), and
c) contains Vitamins A & D, and
d) Greater than or equal to 25% of the calcium Daily Value per 8 fl. oz, and
e) Less than or equal to 28 grams of total sugar per 8 fl. oz.

5. Non-dairy milk:

a) nutritionally equivalent to milk, and
b) Less than or equal to 28 grams of total sugar per 8 fl. oz, and
c) Less than or equal to 5 grams fat per 8 fl. oz

6. Water:

a) no added sweeteners,
b) no serving size

7. Other non-calorie beverages are not allowed in middle schools

8. Other low-calorie beverages are not allowed in middle schools

(cf. 1230 - School-Connected Organizations)

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. Snacks must be store bought and adhere to the following guidelines:

Contain 175 calories or less (elementary) or 250 calories or less (middle); contain no trans-fat; may not be deep-fried; may not contain more than 35% total calories from fat; may not contain more than 10% total calories from saturated fat; may not contain more than 35% of its total weight from sugar; juice should be 100% fruit juice and have no added sweeteners. Only 3 parties are permitted throughout the year for the winter holidays, Valentine's Day, and the last day of school. Only one ~'non-nutritious' food such as cakes, cupcakes, ice cream etc. is allowed per party. Healthy snack ideas might include fruit or vegetable trays with dip, granola bars, sugar free gelatin, baked snacks, etc. Food of minimal nutritional value such as chewing gum, candy, candy coated popcorn, etc. are not permitted to be
served or sold at school. These regulations apply from midnight to midnight after school ends.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students’ consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also 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.

To reinforce the district’s nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

(cf. 1325 - Advertising and Promotion)

**Program Implementation and Evaluation**

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district’s wellness policy. (42 USC 1758b; 7 CFR 210.30)

Coordinator III (Nutrition Services)

(559) 687-3188

acosta@tcsdk8.org

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

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 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

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. Such indicators may include, but are not limited to:

1. Descriptions of the district’s nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards

5. Extent to which other foods and beverages that are available on campus during the school day, such as foods
and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards.

6. Results of the state's physical fitness test at applicable grade levels

7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations 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.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the progress 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 210.30)

(cf. 5145.6 - Parental Notifications)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including 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 wellness and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 6020 - Parent Involvement)

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.30)

Updated: 4/25/06, 3/11/08, 4/24/12, 5/12/15, 1/24/17, 9/11/18, 6/22/21
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### Management Resources References

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<td>California Department of Education Publication</td>
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<td>California Project Lean Publication</td>
<td>Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006</td>
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### Cross References

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Nutrition Program Compliance -
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Staff Development -
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Chronic Absence And Truancy -
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District School Attendance Review Board -
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Bullying -
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Alcohol And Other Drugs -
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Drug Testing -
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Tobacco -
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5141 Health Care And Emergencies -
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5141.23 Asthma Management -
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5141.3 Health Examinations -
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5141.32 Health Screening For School Entry -
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5144 Discipline -
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5145.6 Parental Notifications -
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5146 Married/Pregnant/Parenting Students -
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5147 Dropout Prevention -
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5148.2 Before/After School Programs -
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5148.2 Before/After School Programs -
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