

SAN MARCOS UNIFIED SCHOOL DISTRICT  
BOARD POLICY

STUDENTS

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STUDENT WELLNESS  
STUDENTS

5030  
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**A. District Health Council**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating, optimal weight, and physical activity for District students. The Superintendent or designee shall develop policies for Governing Board approval that support and reinforce health literacy through health education, physical education, extracurricular activities, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.

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 and members of the public.

The superintendent or designee shall appoint a District Health council 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 and/or others interested in school health issues.

The District Health Council 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 council's charges may include planning and implementing activities to promote health within the school or community.

**B. Nutrition Education Policy**

The Board shall adopt goals for nutrition education in a manner that the District determines appropriate. The District's goals for nutrition education programs shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, in compliance with federal laws and regulations 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 instructional program in grades K – 12 and shall be integrated into core academic subjects.

Nutrition education programs should foster and promote literacy to encourage students to obtain, interpret, and understand basic health information and services and to achieve the competence to use such information and services in ways that are health enhancing.

The Superintendent or designee shall encourage parents, guardians, staff, and the community to serve as positive role models for nutrition education.

Professional development shall include instructional programs and strategies that assess nutrition knowledge and skills.

To encourage consistent nutrition messages between the home and school environment, the Superintendent or designee shall disseminate nutrition information to students, parents, guardians, staff, and the community. Outreach shall emphasize the relationship between student health and academic performance.

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

### **C. Physical Education and Physical Activity**

The Board shall adopt standards and goals for physical education and physical activities in a manner that the District determines appropriate. The District's standards and goals for physical education and physical activities shall be based on current research, consistent with the expectations established in the state's curriculum frameworks, in compliance with state and federal laws and regulations and designed to build the skills, physical fitness and knowledge that all students need to maintain health and performance in daily life tasks, leisure activities and effective production at the present or future work place.

Physical education programs should foster and promote optimal physical fitness and skill development to encourage students to obtain, interpret, understand and utilize basic health information that is health enhancing and beneficial to effective performance.

Professional development shall address the District adopted physical education course of study and curriculum and instruction strategies that provide students opportunities to acquire physical fitness, motor skills and knowledge that contribute to good health and effective performance.

The Superintendent or designee shall encourage parents, guardians, staff and the community to serve as positive role models for physical education and physical activity. He/she shall promote and may provide opportunities for regular physical activity among employees.

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, club programs, before-and-after-school programs and other appropriate structured and unstructured activities. Students will also receive instruction about sports, exercise and dance opportunities in the community.

To encourage consistent physical educational messages between the home and school environment, the Superintendent or designees shall disseminate physical fitness test results and other skill and knowledge assessment information to students, parents, guardians, staff and the community. Communication shall emphasize the relationship between physical fitness and academic performance; as well as the relationship between physical fitness, motor skill and knowledge and performance in life's activities (daily tasks, leisure activities and work performance). In addition, outreach for parental involvement will be provided and encouraged through District or school newsletters, handouts, parent/guardian meetings, the school or District website and other communications.

#### **D. Nutrition Guidelines for Food Available at Schools**

The Board shall adopt nutrition guidelines determined by the District for all food available on each campus during the school day, with the objectives of promoting student health and helping students to maintain their optimal weight.

The Board believes that food and beverages available to students at District schools should support the health curriculum, promote optimal health and follow all safe food handling procedures. 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 State and Federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Food or beverages shall not be used by any person as a reward for a student's daily academic performance or behavior in the classroom or on school grounds except as described in an individual education plan (IEP).

Principals shall encourage the use of non-food reward items and healthy alternative meals or snack choices when events are being planned for students. This includes teachers, parents, parent teacher organizations, community groups, and others who plan celebrations or reward events for students.

Additionally, all celebrations and reward events that include food items shall be scheduled after lunch for all students who participate unless the food chosen can be included as part of the National School Lunch program.

The District shall provide communication to the staff and the public on the District Wellness Policy and Administrative Procedures. Directors and department heads will provide information to staff with school principals providing information to site staff and parents/guardians.

#### **E. 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 1758(f)(1), 1766(a), and 1779(a) and (b), 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, to the extent possible.

All schools shall encourage the formation of Student Nutrition Advisory Committees (SNAC) to assist the school meal program in presenting appealing and healthy foods that are well accepted by students.

#### **F. Program Implementation and Evaluation**

The board shall establish and maintain a plan for measuring implementation of the policy.

The Superintendent 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. Primary operational responsibility for the District's wellness policy shall be as follows:

- 1) School principals to ensure that nutrition guidelines for foods available at schools are followed, that any competitive foods sales during the school day meet state and federal regulations, including board approval, and that the District adopted course of study for K-12 physical education will be implemented and other District approved physical activity programs will be provided.

- 2) The director of Child Nutrition Services to ensure that all federal, state, and local laws and regulations regarding the child nutrition programs are strictly enforced.
- 3) The Assistant Superintendent of Instructional Services to ensure that goals for nutrition education, physical education and physical activity, and other school based activities, designed to promote student wellness, are achieved.

The Superintendent or designee shall develop a list of 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 physical education and activity requirements and current practices; nutrition education and physical activity information presented in and out of the classroom; an analysis of the nutritional content of meals served; student participation rates in school meal programs; information regarding any sales of foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, school administrators, the District Health Council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least each year on the implementation of this policy and any other Board policies related to nutrition and physical activity.

### **G. Posting Requirements**

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

#### Legal Reference:

EDUCATION CODE

*49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001*

*49490-49493 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*

*49500-49560 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 REGULATION, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

CALIFORNIA AMENDMENTS OF EDUCATION CODE

Senate Bill No. 12

Senate Bill No. 965

CALIFORNIA AMENDMENTS OF EDUCATION CODE

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