



Book	BCSD Board Policies
Section	0600 Students
Title	STUDENT WELLNESS
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The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. In partnership with parents and the community, the Superintendent or designee shall utilize the Whole School, Whole Community, Whole Child (WSCC) model to build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and mental health services, health promotion for staff, a safe and healthy school environment, and family and community engagement.

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. BP 300.53 – Safety)
- (cf. BP 300.54 – Tobacco)
- (cf. BP 500.12 – Health Examinations [Employees])
- (cf. BP 603.10 – Alcohol and Other Drugs)
- (cf. BP 603.13 – Immunizations)
- (cf. BP 603.17 – Environmental Safety)
- (cf. BP 603.18 – Guidance/Counseling Services)
- (cf. BP 603.21 – Student Health and Social Services)
- (cf. BP 603.24 – Married/Pregnant/Parenting Students)

School Health Advisory Council/Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, teachers, school food service professionals, school nurse, school administrators, Board representatives, and members of the public (Title 42, United States Code, Section 1758(b); Title 7, Code of Federal Regulations, Section, 210.30).

The Superintendent or designee shall appoint a school health advisory council or other committee consisting of representatives of the above groups. The council or committee may also include District administrators, health professionals, health educators, physical education teachers, counselors, and/or others interested in school health issues.

- (cf. BP 300.55 – Citizen Advisory Committees)

The school health council or committee shall meet minimally twice per year and advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the

council or committee may also include the planning, implementation, and evaluation of activities to promote health within the school and community. The school health council or committee shall assist with policy development and advise the District on health-related issues, activities, policies, and procedures.

The District Superintendent or designee, Director of Nutrition Services, Coordinator of School Health, site administrators, and the council will be charged with annually ensuring that the Student Wellness policy is implemented, monitored and revised. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school and community.

Nutrition Education and Physical Activity Goals

The Board shall adopt specific goals designed to promote student wellness in a manner that the District determines appropriate. In developing such goals, the Board shall review and consider evidence-based strategies and techniques (Title 42, United States Code, Section 1758 (b)).

Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness include:

1. Nutrition related posters shall be displayed in the dining areas of all sites to encourage healthy food choices;
2. The District will host an annual local health fair where health-related issues, nutrition, physical activity, and child safety information will be given;
3. The District will professionally develop staff to share nutrition information through the Wellness Centers, Parent Centers, in Parent Cafes, and other venues;
4. Increase the number of schools that implement recess before lunch programs to provide adequate time for students to eat lunch;
5. Increase utilization of extracurricular lunch time funds to support physical activity and intramurals during lunchtime;
6. Nutrition Services will work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and murals to school cafeterias;
7. School staff will be encouraged to periodically eat lunch with students to model good manners and behavior;
8. Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe, drinking water;
9. Explore ways to better integrate nutrition and health education into core subject areas and before- and after-school programs.

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.

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 in grades pre K-8, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students in grades Pre K-8 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.

(cf. BP 400.20 – Athletics)

(cf. BP 400.35 – Extracurricular and Cocurricular Activities)

(cf. BP 400.53 – Physical Education)

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

Professional development may be regularly offered to staff as appropriate to enhance their knowledge and skills related to student health and wellness and shall include instructional strategies that assess health knowledge and skills and 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 the relationship between student health and academic performance.

(cf. BP 400.36 – Parent Involvement)

(cf. BP 500.50 – District and School Web Sites)

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, or other means.

(cf. BP 300.18 – Advertising and Promotion)

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.

(cf. BP 601.02 – Bullying)

(cf. BP 601.14 – Nondiscrimination/Harassment)

The Board believes that foods and beverages sold at District schools, including those available outside the District's food 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 nutrition standards.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity (Title 42, United States Code, Section 1758(b)).

(cf. BP 1000.01 – Food Service/ Child Nutrition Program)

The Superintendent or designee shall require school organizations to use non-food items for fundraising purposes. Fundraising is to be supportive of the District's positive health message thereby demonstrating the District's commitment to promoting healthy behaviors to students, families and the community. The Superintendent or

designee shall discourage non-compliant food or beverage items to be sold after school has been dismissed at least one hour.

The Superintendent or designee shall direct school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior or to withhold food or beverages, or the choice thereof, as punishment.

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 Title 42, United States Code, 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 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. School sites shall complete and submit the *Request for Approval for Competitive Food Sales/Food Fundraisers* to the Director of Nutrition Services.

(cf. BP 1000.06 – Other Food Sales)

District staff shall limit celebrations that involve food during the school day to two per year. Class parties or celebrations shall be held after the lunch period. 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 class parties. Food items brought to school for celebrations/parties are to be commercially prepared and packaged. Foods prepared in a home may not be offered. Individual birthday celebrations involving food and beverages are not allowed.

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 Title 42, United States Code, Sections 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools (Title 42, United States Code, Section 1751).

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.

(cf. BP 1000.03 – Free and Reduced Price Meals)

Program Implementation and Evaluation

The Board shall establish 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 (Title 42, United States Code, Section 1758(b)).

The Superintendent designates the individuals identified below as the individuals responsible for ensuring that each school site complies with the District's wellness policy (Title 42, United States Code, Section 1758(b); Title 7, Code of Federal Regulations, Section 210.30).

Director, Nutrition Services
661-631-4733
robinsonb@bcsd.com

Coordinator, School Health and Neighborhood Support Programs
661-631-5895
wooddd@bcsd.com

In addition, the Superintendent designates the Principal of each school site to ensure the implementation of the District's wellness policy for their site.

Each school in the District will complete the District required assessment form triennially to provide assessment of the extent to which the 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 progress made in attaining the goals of this policy. The results of the assessment will be compiled by the school health advisory council and needs will be identified and prioritized for the District.

The Superintendent or designee shall recommend for Board approval 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, 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, the school health council, parents/guardians, students, and other appropriate persons.

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

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.

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 District's progress towards meeting the goals of the wellness policy, including the availability of the triennial District assessment (Education Code Section 49432; Title 42, United States Code, Section 1785(b); Title 7, Code of Federal Regulations, Section 210.30).

(cf. BP 300.01 – Media Relations)
 (cf. BP 300.56 – Parental Notifications)
 (cf. BP 300.68 – Social Media)
 (cf. BP 500.50 – District and School Web Sites)

Each school may post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias.

Records

The Superintendent or designee shall retain records that document compliance with Title 7, Code of Federal Regulations, Section 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.

Legal Reference:

EDUCATION CODE

33350-33354	CDE responsibilities re: physical education
38086	Free fresh drinking water
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
49550-49560	Meals for needy students
49565-49565.8	California Fresh Start pilot program
49570	National School Lunch Act
51210	Course of study, grades 1-6
51210.4	Nutrition education

51220	Course of study, grades 7-12
51222	Physical education
51223	Physical education, elementary schools
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

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

Other References:

Author. (January 2005). *Healthy Children Ready to Learn*. Sacramento, CA: California Department of Education.

Author. (2003). *Health Framework for California Public Schools, Kindergarten Through Grade Twelve*. Sacramento, CA: California Department of Education.

Author. (1994). *Physical Education Framework for California Public Schools, Kindergarten Through Grade 12*. Sacramento, CA: California Department of Education.

Author. (2004). *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools*. Atlanta, GA: Centers For Disease Control.

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.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>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

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