

STUDENT WELLNESSBP 5030

The Colton Joint Unified School District Board of Education recognizes the link between a student's 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.

The Superintendent or designee shall require parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public participate in the development, implementation, and periodic review of the district's student wellness policy.

To fulfill this requirement, the Superintendent or designee will appoint a school health council or other district committee whose membership shall include a representative of these groups. He/she will 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.

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 shall 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 goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

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.

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.

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 giveaways, or other means.

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 will 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.

STUDENT WELLNESS - ContinuedBP 5030

The Board shall 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.

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

The Superintendent or designee shall 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.

In order to ensure that students have access to comprehensive health service, the district will provide access to health services at or near district schools and/or shall 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 insist staff to serve as positive role models for healthy eating and physical fitness.

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 federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

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 will 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 38086 and 42 USC 1758.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, will 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 require school organizations to use healthy food items or non-food items for fundraising purposes. He/she shall require school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall require parents/guardians or other volunteers support the district's nutrition education program by considering nutritional quality when selecting any snacks they will donate for occasional class parties. Class parties or celebrations shall be held after the lunch period whenever possible.

STUDENT WELLNESS - ContinuedBP 5030

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.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. The Superintendent or designee shall inform and update the public, including parent/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. 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.

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 will include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level
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 sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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.

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

*Legal Reference:**EDUCATION CODE**33550-33554 CDE responsibilities re: physical education**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**51222 Course of study, grades 7-12**51222 Physical education**51795-51796.5 School instruction gardens**51880-51921 Comprehensive health 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:**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*

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