

## Students

### STUDENT WELLNESS

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. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

*(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 – Student Health and Social Services)*  
*(cf. 5142 – Safety)*  
*(cf. 5146 – Married/Pregnant/Parenting Students)*  
*(cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education)*  
*(cf. 6164.2 – Guidance/Counseling Services)*

### School Health Council/Committee

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, periodic review, and update of the district's student wellness policy. \(42 USC 1758b\)](#)

*(cf. 1220 – Citizen Advisory Committees)*  
*(cf. 9140 – Board Representatives)*

The school health council or committee shall advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or

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designee, the council's charges may include planning and implementation of activities to promote health within the school or community.

## **STUDENT WELLNESS** (continued)

### **Nutrition Education and Physical Activity Goals**

The Board shall adopt goals for nutrition [promotion and](#) education, physical activity, and other school-based activities that are designed to promote student wellness ~~in a manner that the District determines appropriate~~. (42 USC 1751 Note)

*(cf. 0000 – Vision)*

*(cf. 0200 – Goals for the School District)*

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 content standards~~ and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

*(cf. 6011 – Academic Standards)*

*(cf. 6143 – Courses of Study)*

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs, and other structured and unstructured activities.

*(cf. 5148.2 – Before/After School Programs)*

*(cf. 6142.7-Physical Education and Activity)*

*(cf. 6142.8 – Comprehensive Health Education)*

*(cf. 6143 – Courses of Study)*

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, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

*(cf 6011 – Academic Standards)*

*(cf. 6142.7 – Physical Education and activity)*

*(cf. 6142.8 – Comprehensive Health Education)*

*(cf. 6145 – Extracurricular and Co-curricular Activities)*

*(cf. 6145.2 – Athletic Competition)*

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## Wellness Promotion and Marketing

~~The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.~~

The Superintendent or designees 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.

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

### **STUDENT WELLNESS** (continued)

*(cf. 4131 – Staff Development)  
(cf. 4231 – Staff Development)  
(cf. 4331 – Staff Development)*

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. 1113 – District and School Web Sites)  
(cf. 6020 – Parent Involvement)*

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. 1325 – Advertising and Promotion)*

## Nutrition Guidelines for Foods Available at School

~~The Board shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note)~~

~~The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold or served to students, including~~

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~~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 Board believes that all foods and beverages available to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health and safety.

For all foods sold 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. (42 USC 1758b) Nutrition standards adopted by the district for foods and beverages sold through student stores, vending machines, fundraisers or other venues, shall meet or exceed state and federal nutrition standards.

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, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

*(cf. 3312 -Contracts)*

*(cf. 3550 – Food Service/Child Nutrition Program)*

*(cf. 3553 Free and Reduced Price Meals)*

*(cf. 3554 – Other Food Sales)*

**STUDENT WELLNESS** (continued)

*(cf. 5141.27 - Food Allergies/Special Dietary Needs)*

*(cf. 5148 – Child Care and Development)*

*(cf. 6300 – Preschool/Early Childhood Education)*

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

*(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. ~~When selecting snacks for occasional class parties, school staff and parents/guardians or other volunteers will select food and/or beverage items from the District's list of approved foods on file in the~~

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~~Nutrition Services Office.~~ Class parties or celebrations shall be held after the lunch period.

### **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. (42 USC 1751 Note)~~

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. 3553 – 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 the operational responsibility for ensuring that the school sites implement the District's wellness policy. (42 USC 1751 Note)~~

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 1758b)

### **STUDENT WELLNESS (continued)**

*(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 two years. The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy

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compares to model wellness policies, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

~~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; results of the state's physical fitness test; an analysis of the nutritional content of meals served based on a sample of menus; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate pers~~

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 school wellness. Such indicators may include, but not be limited to:

1. Descriptions of the district's nutrition Education, physical education, and health education curricula and the extent to which they align with the state academic content standards and legal requirements.
2. An analysis of the nutrition content of school meals and snacks served in all district programs, base 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 nutrition 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, and the estimated percentage of class time spent in moderate to vigorous physical activity.
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program.

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8. A description of other district wide or school-based wellness activities offered, including the number of sites and/or student participating, as appropriate.

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

### **STUDENT WELLNESS** (continued)

The Superintendent or designee shall invite feedback on district and school wellness activities from food 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 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 49432)

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

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

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

49490-49494 School breakfast and lunch programs

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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  
 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  
COURT DECISIONS  
 Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4<sup>th</sup> 781

Management Resources:

CSBA PUBLICATIONS

[Increasing Access to Drinking Water in Schools. Policy Brief, March 2013](#)  
[Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012](#)  
[Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007 April 2012](#)  
[Student Wellness: A healthy Food and Physical Activity Policy resource Guide, rev. 2012](#)  
[Building Healthy Communities: A School leader's guide to Collaboration and Community Engagement, 2009](#)  
[Safe Routes to School: Program and Policy Strategies for School District, Policy Brief, 2009](#)  
 Food Safety Requirements, Fact Sheet, October 2007  
 Physical Education and California Schools, Policy Brief, rev. October 2007  
[Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007](#)  
[Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief March 2007](#)  
[Student Wellness: A Healthy Food and Physical Activity Policy Resource guide, rev. April 2006](#)  
 School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

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CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003  
Physical Education Framework for California Public Schools, Kindergarten Through Grade 12,  
1994 2009

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October  
2006

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning  
Guide for Elementary and Middle/High Schools, 2005.

Making it Happen: School Nutrition Success Stories, 2005

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

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition  
Environment: A guide to Local Action, 2000

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

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

California Department of Public Health: <http://www.cdph.ca.gov>

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>

Centers for Disease Control and Prevention: <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>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

WEB SITES (continued)

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, Food Nutrition Service, wellness policy:

[http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy

adopted: August 17, 2006

revised: May 14, 2009

revised: 2016/2017 Pending Board Approval

**MURRIETA VALLEY USD**

Murrieta, California

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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