

Student Wellness**District Wellness Committee**

The school district will have an established District Wellness Committee to develop, implement, monitor, review, and (as necessary) revise health-related policies. The committee also will serve as a resource to school sites for implementing those policies. The District Wellness Committee may be represented by individuals from the school and community and should include parents, secondary school students, representatives of district Food Services, school administrators, teachers, and health professionals. School sites are encouraged to select one member from their School Site Council to represent the school on the Wellness Committee. The District Wellness Committee will meet a minimum of four times a school year.

Nutrition Education and Physical Activity Goals

Nutrition education shall be provided as part of the health education program in grades K-9 and, as appropriate, shall be integrated into core academic subjects and included in before- and after-school programs and summer learning programs.

Each school in the district is encouraged to establish an instructional garden to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods. To the extent possible, such activities shall be integrated with nutrition education, state standards, and core curriculum goals.

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, summer learning programs, and other structured and unstructured activities.

Nutrition Guidelines for Foods Available at School

All foods and beverages sold to students during the school day, including foods and beverages provided through the District's food service program, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards, with the objective of promoting student health and reducing childhood obesity.

Meals served in San Luis Coastal Unified School District will:

- be served in clean settings;
- meet or exceed nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruit and vegetables;
- serve only low fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be determined by USDA); and
- ensure that, to the extent possible, half of the served grains are whole grain.

The school district shall provide access to free, potable water during meal times where meals are served. District Food Services will have available and can provide the nutritional content information for all items served in the school meal program.

School sites will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.

Student Wellness**Nutrition Guidelines for Foods Available at School (continued)**

Foods of minimal nutritional value shall not be served in the schools as part of a meal program, or as a la carte items.

San Luis Coastal Unified School District Food Services will attempt to coordinate its menus with seasonal production of local farms and with production in school gardens in order to reflect seasonality and local agriculture.

Fundraising

To support children's health and school nutrition-education efforts, school fundraising activities held during the school day will either not involve food or will use only foods that meet or exceed state and federal nutrition standards. The District Wellness Committee will make available a list of ideas for fundraising activities and encourage activities that promote physical activity.

The Board discourages 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.

Classrooms

School staff is strongly discouraged from using foods of minimal nutritious value as a reward for students' academic performance, accomplishments, or classroom behavior. Any exception to this rule that is called for in an IEP, behavior plan, or medical need shall be followed. Food provided in the classroom by school staff must meet or exceed state and federal nutrition standards. The Board strongly encourages the use of physical activity as a reward for students when appropriate.

When food is used as part of instructional activities (science projects, cooking classes, math activities), efforts will be made to offer healthy choices that follow district nutritional guidelines.

School staff shall insist that parent organizations, parents/guardians, and other volunteers support the District's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting to **one food or beverage** per student any foods or beverages that do not meet state and federal nutritional standards.

The District encourages class parties or celebrations to involve non-food items to the extent possible.

Life-Threatening Food Allergies

Students with life-threatening allergies will be provided a health plan.

Individual accommodations will be made and shared with appropriate staff for recess, lunch, and classroom periods.

Training will be provided by school nurses for site staff, including kitchen staff, teachers, office staff, yard supervisors, and administrative staff.

With parent permission, classmates will be notified of identified allergens. The notification will request that offending food items not be sent for classroom parties and celebrations.

Student Wellness**Physical Education**

All students in grades 1-12 (including students with disabilities, special health-care needs, or in alternative educational settings) will receive the required number of minutes of instruction in the area of physical education as required by Education Code 51222, unless otherwise specified in an IEP.

Communication with Parents

To encourage consistent health messages between the home and school environment, principals will disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and/or other communications.

Outreach to parents/guardians shall emphasize when food may be used in the classroom for reinforcement, celebration, or education, as well as the relationship between student health and academic performance.

Program Implementation and Evaluation

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the District Superintendent or designee.

The Superintendent or designee will annually develop a summary report on district-wide compliance with the district's established nutrition and physical activity policies. That report will be shared with the Board of Education and District Wellness Committee for review and recommendations.

Posting Requirements

Each school shall have the District's policies and regulations on nutrition and physical activity available in public view in the school office. The Wellness Policy will be part of the District Parent Handbook.

(c.f. 3550 – Food Service/Child Nutrition Program)

(c.f. 3553 – Free and Reduced Price Meals)

(c.f. 3554 – Other Food Sales)

(c.f. 6142.7 – Physical Education)

Legal References Next Page:

Student Wellness

Legal Reference:

EDUCATION CODE

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

49500-49505 *School meals*

49510-49520 *Nutrition*

49530-49536 *Child Nutrition Act*

49540-49546 *Childcare food programs*

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*

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

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*