

Step 4

School Health Council Reviews:

- CSBA Sample Board Policy
- National NANA Model Policy Framework
- Marin School Wellness Vision Recommendations

Contents of this Section:

1. Evolution of a School Wellness Policy Diagram and Table
2. CSBA Sample Board Policy and tool for Development of Physical Activity Policy
Source: <http://www.csba.org/ps/hf.htm>
3. National NANA Model Policy Framework with Marin School Wellness Vision Recommendations



Successful Students Through Healthy Food and Fitness Policies



► [Order the Guide online](#)

The California School Boards Association and [California Project LEAN](#) have developed a new [Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide](#) for school governance leaders. It was created based on feedback from school board members, superintendents.

The Guide provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits. The Guide outlines the link between nutrition, physical activity and learning; addresses the health status of children and youth; highlights school districts that successfully offer healthy foods and beverages; offers recommendations for a comprehensive nutrition and physical activity policy; and provides sample policies and resources.

What's new?

- [Student Wellness Policy Trainings registration \[CSBA members\] \[Non-members\]](#)
- [Districts should begin to develop process for wellness policy](#)
- [CSBA sample board policy: Student wellness](#)
- [Development of physical activity policy](#)
- [Districts meet the challenge of healthy choices](#)
- [CSBA's Gonzalez appointed to Childhood Obesity Task Force](#)
- [CSBA's Gonzalez receives Excellence in Work/Advocacy award](#)
- [Aligning Policies for Student Health and Achievement](#)

(PowerPoint, 10Mb )

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide

- [Cover](#)
- [Project staff and leadership](#)
- [Table of contents](#)
- [Introduction](#)
- [Providing a comprehensive program on nutrition and physical activity](#)
- [Policy development](#)
- [Sample policies](#)
- [Case studies](#)
- [Resources](#)
- [Appendix](#)

► The full version of the Guide is [available for purchase](#).



Related links

► [Policy Services News](#)

► [July, 2005](#)

► [March, 2005](#)

► [Policies Parents Should Know: A collection of sample policies every parent should know](#)

► [Successful Students Through Healthy Food and Fitness Policies: CSBA, California Project LEAN and the California Department of Health Services have developed a new guide for school governance leaders.](#)

► [Staff contacts](#)



Public Health Institute's California Obesity Crisis Policy Briefs

- [Policy Brief 1: Are Nutrient Standards for Competitive Foods Feasible](#) (4 MB)
- [Policy Brief 2: Food Advertising and Marketing to Children and Youth](#) (4 MB)
- [Policy Brief 3: Food Fundraising at School](#) (4 MB)
- [Policy Brief 4: Is Physical Activity by Itself the Answer](#) (4 MB)

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