

# **BOLINAS-STINSON UNION SCHOOL DISTRICT**

## **BOARD POLICY - ARTICLE V - STUDENTS**

**#5030**

### **Student Wellness**

The School Board of Trustees recognizes the important connection between a healthy diet, physical activity, and the ability of students to learn effectively and achieve high standards in school. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for all district students and staff, as well as a safe and healthy school environment. The Board also recognizes the school's important role as part of the larger community, to support family health, environmental awareness, and sustainable agriculture and business practices.

To this end, it is the goal of the Bolinas-Stinson Union School District to promote through its educational and operational efforts, the primary messages of the 2005 US Dietary Guidelines for Americans. The Board recognizes the important role that student wellness plays in encouraging district-wide practices which support environmental awareness and sustainability.

### **School Wellness Committee**

The Bolinas-Stinson School Wellness Committee shall meet at least quarterly, and shall be charged with making wellness policy recommendations to the Board of Trustees and advising the district on school health and environment related issues, activities, policies and programs.

The Principal/Superintendent or designee shall appoint the School Wellness Committee, consisting of parents/guardians, students, school food service professional, school administrator, Board representative, school nurse, physical education teacher, and/or others interested in school health issues.

### **Goals for Nutrition Education, Physical Activity and Education, and Other School Based Activities**

The Board shall adopt goals for nutrition education, physical activity and education, and other school based activities that are designed to promote student wellness consistent with the district's educational mission.

The district shall promote a comprehensive nutrition education and physical education program that is sequential and generally consistent with the expectations established in the state's curriculum frameworks. The goal of the programs should be to build the skills and knowledge that all students need to foster lifelong habits of healthy eating and physical activity, and social-emotional well being.

## Nutrition Education

Nutrition education shall be provided in grades K-8. It is recommended that the district:

- Integrate current, scientifically accurate nutrition content based on the 2005 US Dietary Guidelines into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science.
- Encourage instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, tours of farmers markets and school gardens) and that engage family members in reinforcing healthy nutrition behaviors.
- Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition and health education.
- Provide instructional staff with adequate and ongoing in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy behaviors.

## Physical Activity and Education

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis, including students with disabilities and students with special health-care needs. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other structured and unstructured activities.

All K-8 students will receive physical education instruction that meets or exceeds state requirements (EC sections 51210, 51222, 51233, 51241).

The school district will continue to collaborate with state and local agencies in identifying and achieving safe routes to school for walking and biking.

## Other School Based Activities

The Principal/Superintendent or designee shall encourage all District staff to strive to serve as positive role models through promoting healthy food options and opportunities for regular physical activity for all District employees.

Professional development shall include education and skill development that promotes health knowledge, healthy behaviors, physical education strategies and environmental awareness.

To encourage consistent health messages between the home and school environment, the Principal/Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages.

## **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines/standards 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. (*bp. #3550*)

The Board believes that foods and beverages available to students at school should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

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

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by limiting unhealthy foods served at class parties and considering nutritional quality when selecting any snacks which they may donate for occasional class parties and birthday celebrations. Class parties or celebrations shall be held after the lunch period when possible.

### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed state and federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools.

In order to maximize the district's ability to provide nutritious meals and snacks, the district shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

The District shall utilize all available resources to strengthen its outreach to students and their families, to ensure that all eligible Bolinas-Stinson Union School District students are enrolled in the free/reduced meal program. Outreach and participation plans will incorporate strategies to prevent overt identification of low-income students or otherwise treat them differently because of their income status.

Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible. Student preferences shall be solicited in the planning of menus and snacks, and religious, ethnic, and cultural diversity of the student body shall be incorporated in meal planning.

The District shall provide all students and staff with a clean, safe, and pleasant eating environment with sufficient time for eating meals.

### **Program Implementation and Evaluation**

The Principal/Superintendent shall have responsibility for implementing the district's wellness policy.

The School Wellness Committee shall repeat the School Health Index baseline nutrition and physical activity assessment at least every two years to determine compliance and progress to implementation of the adopted school wellness policy.

The School Wellness Committee shall utilize quality indicators that will help to measure the implementation of the wellness policy district-wide. These measures may include, but are not be limited to:

- an analysis of the nutritional content of meals served;
- student participation rates in school meal programs;
- feedback from food service personnel, teachers, students, parents/guardians, school administrators, and other appropriate persons;
- data collected on student wellness and achievement from:
  - o annual Fitnessgram scores including Body Mass Index (BMI) scores for students in grades 5 and 7
  - o California Healthy Kids Survey data (exercise and eating practices, BMI)
  - o Average Daily Attendance (ADA)
  - o Academic Performance Index (API) scores

The Principal/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 and education, and set new priorities as needed.

### Legal Reference:

#### EDUCATION CODE

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

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLES

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

Adopted: 6/27/2006