

Reed Union ESD

Board Policy

BP 5030

Students

Student Wellness

The Board of Trustees of the Reed Union School District (RUSD) recognizes the importance of teaching students to establish and maintain life-long healthy eating and physical activity habits. The Board's goal is to foster healthy eating habits, increase physical activity and to continue to build awareness among children, parents and district staff of the importance of these habits on lifelong health and the prevention of chronic diseases. This goal will be accomplished through our food policy, nutrition education, and physical education programs.

Food Policy

Any food/beverage sold or given to students on district campuses during school hours will be a healthy alternative.

Exceptions may include a limited number of classroom parties at the discretion of the administration with input from classroom teachers and a limited number of school and instructional sponsored events at the discretion of the principal. When using food as an instructional aid, teachers are encouraged to select healthy alternatives. Every effort will be made to not use candy as an instructional aid.

Food will not be given to students as a reward, incentive or prize. Food may be given to students at school, either inside or outside the classroom, as part of a celebration or the culmination of a significant event.

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, and by limited foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

The Hot Lunch Program (at all three school sites) sponsored by the PTA will be consistent with the district's healthy alternative policy and the following federal and state nutritional standards.

Nutritional Guidelines for Food and Beverages

The Board shall adopt nutrition guidelines 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. (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 to students, including 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 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.

Nutrition Education

Nutrition education will be integrated into the curriculum at all grade levels with a scope and sequence that governs instruction.

Recycling and waste reduction through the lunch program will be part of the environmental education of students.

Student awareness of the relationship between agriculture and the environment will be encouraged in the elementary years.

Students will learn about composting, life cycles, organic farming, sustainable organic agriculture and ecosystems.

Physical Education

The Board recognizes the positive benefits of physical activity. In recognition that physical education is a crucial and integral part of a child's education, the district will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity that promotes and develops the student's physical, mental, emotional, and social well being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should promote opportunities for life-long fitness for all students.

In accordance with the California State Framework for Physical Education, the district will provide a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability needed to maintain an active healthy life-style.

The district physical education program shall include a variety of kinesthetic activities including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms such as dance, yoga and gymnastics. The district shall develop and implement a curriculum that demonstrates the interrelationship between physical activity, good nutrition, and health.

As an integral part of the school curriculum, physical education should be taught by qualified professionals who have been trained in physical education. The program will provide equal access for all students and guarantee opportunities for maximum participation, optimum development, and appropriate individual attention.

During the month of March, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students, who are physically unable to take the entire test, shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

School Health Council

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

The Superintendent or designee may appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The school health council or committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

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

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.

Planning Guidelines

Any food/beverage sold or given to students on district campuses during school hours will be a healthy alternative. It is strongly recommended that application of guidelines to Belvedere-Tiburon Joint Recreation Department and Belvedere-Tiburon Child Care Center be implemented by these and other organizations providing programs before and after regular school hours on school campuses. A healthy alternative shall be defined as a food/beverage that, at minimum, meets the district guidelines for snacks and beverages.

Efforts will be made to discourage dog owners from bringing their pets on school fields where children play and participate in organized youth sports. Parents and students will be educated on the harmful effects of animal waste material on areas where children play.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within other central eating areas. (Education Code 49432)

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, 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

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

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

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

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>

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

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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>

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: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy REED UNION SCHOOL DISTRICT

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