

5000	STUDENTS
5200	STUDENT WELFARE
5230	<b><u>STUDENT WELLNESS</u></b>

The Marin County Office of Education acknowledges that children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive and that good health fosters student attendance and achievement. Students are at risk for heart disease, cancer, strokes and diabetes among other serious chronic diseases because of dramatically increased rates of childhood obesity rates, physical inactivity and excessive caloric intake. Therefore, the Marin County Office of Education is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity by providing:

- Providing opportunities for students to be physically active on a deliberate and regular basis
- Providing food and beverages at school which meet the nutrition recommendations of the Healthy Hunger-Free Kids Act (HHFKA) which sets nutrition standards for all competitive and individual foods sold on school campuses in vending machines/school stores, through fundraising sales, etc. at any time during the day as well as reimbursable meals sold as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and which meet updated U.S. Dietary Guidelines for Americans 2010 (Released 1/31/11)
- Providing a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students
- Providing clean, safe and pleasant settings and adequate time for students to eat
- Providing meals that accommodate the ethnic and cultural diversity of the student body
- Providing nutrition education and physical education that meet current / updated California Department of Education (CDE) standards and guidelines to foster lifelong habits of healthy eating and physical activity
- Providing resources that insure that all eligible students are enrolled in the free and reduced school lunch program

References: Education Code 51210, 51222, 51223, 51241, 44203, 49001, 49431  
49431.5, 49432, 51890, 60800  
California Code of Regulations Title 5, Section 10060

Approved as to form:

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Robert J. Henry, of Counsel

Approved by  
Marin County Board of Education – 6/27/06; 7/8/14