



- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: August 17, 2017)

_____ : Receive information for consideration of adoption of a student wellness policy on August 17, 2017.
Background/Rationale

_____ : State and federal laws have changed since adoption of the last Wellness Policy. While District depart12 TuwBB(2 Tuw0(er)7(al)6(l)6(a)10(w)1)6(a)s2geeocv2aa

r LCAP Goal(s)

: None.

:
3. Revised red-line of the Board Policy 5030

Estimated Time of Presentation : 5 minutes

Submitted by: Nathaniel Browning, Special Assistant to the BOE

Approved by : Jorge Aguilar, Superintendent



I. Overview/History of Department Program

A local school wellness policy (Student Wellness Policy) is a written document that guides a local educational agency or school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in federal Child Nutrition Programs, including the [National School Lunch Program](#) or the [School Breakfast Program](#), is required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and recently enhanced by the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#).

II. Driving Governance:

- Healthy Hunger-Free Kids Act of 2010, Section 201; Title 7, Code of Federal Regulations (7 CFR), Parts 210.30 and 220.7
- California Education Code (EC), Section 49432; 7 CFR Part 210.30

III. Budget

There is no budget for these mandates.

IV. Goals, Objectives and Measures

Local School Wellness Policy Requirement

School districts can develop wellness policies to meet the unique needs of each school under its jurisdiction, but [at a minimum are required to:](#)

- Include goals for [nutrition promotion and education](#), and other school-based activities that promote students wellness. In developing these goals, local educational agencies must review and consider evidence-based strategies.
- Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for [school meals](#) and [Smart Snacks in School nutrition standards](#). These guidelines are enforced from Midnight to ½ hour after the school day ends.
- Include policies for foods and beverages made available to students (e.g., in [classroom parties](#), classroom snacks brought by parents, other foods given as incentives).
- Include policies for [food and beverage marketing](#) that allow marketing and advertising of only those foods and beverages that meet the [Smart Snacks in School nutrition standards](#).
- Permit [parents](#), students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and update of the local school wellness policy.
- Identify one or more school districts or school officials who have the authority and responsibility to ensure each school complies with the policy.

Board of Education Executive Summary

Director's Office

Board Policy (BP) 5030: Student Wellness

August 3, 2017

- Inform and update the public (including parents, students, and others in the community) about the local school wellness policy on an annual basis.
- At least once every three years, measure the extent to which schools are in compliance with the local school wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.
- Comply with all of these requirements by June 30, 2017

V. Major Initiatives

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many of those grow right here in the Sacramento Valley. SCUSD promotes, and is committed to, healthy schools by recognizing the link between student health and learning. In recognition that social, emotional, and physical health are fundamental to being college, career, and community ready, the Board desires to provide a comprehensive program promoting health and well-being for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy and practice through health education, physical education, nutrition services, food literacy, physical and mental health services, health promotion for staff, a safe and healthy school environment, and student, parent/guardian by better performance on cognitive tasks.

[1],[2],[3],[4],[5],[6],[7]

Conversely, less than adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active for 60 minutes a day do better academically.

This Wellness Policy students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. The Policy is divided into these areas:

Contents

District Wellness Committee (Coordinated School Health Committee)

Health Education Activity Goals

Physical Education and Physical Activity Goals

Program Evaluation

Health Services Activity Goals

Nutrition Education, Nutrition Standards, and Healthy Eating

Nutrition Education

Nutritional Standards

Free and Reduced-priced Meals

Summer Food Service Program /CACFP At-Risk Expanded Learning Supper Program

Competitive Foods and Beverages including Fundraising

Celebrations and Rewards

Water

Community Engagement in Healthy Eating

School Gardens

Counseling and Psychological Services

The Committee will convene at least 4 times during the school year at hours convenient for public participation.

The Superintendent or designee will actively seek to develop community partnerships that allow all students in grades ~~K~~2 access to health promotion programs including oral and mental health services.

The Superintendent will designate one or more School District official(s), as appropriate, 1) who has the authority and responsibility to ensure that each school complies ~~with~~ local student wellness policy (section 9A(b)(5)(B) of the NSLA), and 2) who will facilitate the development and updates of the local student wellness policy. The titles of these individuals are the:

- ” Director of Child Nutrition
- ” Director of Athletics
- ” Director of Health Services

The Superintendent will charge the District Wellness Committee and site administrators with annually ensuring that the Wellness Policy is implemented, monitored, revised, shared with the public, and when appropriate modified ~~and~~ updated to meet newly identified district needs and/or federal requirements.

The Superintendent will ensure that each school within the District will establish an ongoing School Health Council that convenes to review school ~~health~~ issues, in coordination ~~with~~ the District Wellness Committee.

- (cf. 1220- Citizen Advisory Committees)
- (cf. 9140- Board Representatives)
- (cf. 0000- Vision)
- (cf. 0200- Goals for the School District)
- (cf. 3513- Tobacco-Free Schools)
- (cf. 3514- Environmental Safety)
- (cf. 5131.6- Alcohol and Other Drugs)
- (cf. 5131.61- Drug Testing)
- (cf. 5131.62- Tobacco)
- (cf. 5131.63- Steroids)
- (cf. 5141- Health Care and Emergencies)
- (cf. 5141.23- Infectious Disease Prevention)
- (cf. 5141.3- Health Examinations)
- (cf. 5141.31- Immunizations)
- (cf. 5141.32- Health Screening for School Entry)
- (cf. 5141.6- Student Health and Social Services)
- (cf. 5142- Safety)
- (cf. 5146- Married/Pregnant/Parenting Students)
- (cf. 6142.1- Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2- Guidance/Counseling Services)

Physical Education Program shall provide a developmentally appropriate sequence of opportunities for instruction and participation regardless of gender, race or disabilities in accordance with law.

- (cf. 0410 Nondiscrimination in District Programs and Activities)
- (cf. 6011 Academic Standards)
- (cf. 6143 Courses of Study)

The Physical Education program will build interest and proficiency in movement skills, encourage comprehensive physical education program for students. The Board of Education shall adopt a Physical Education curriculum which encompasses the California Content Standards for Physical Education and the National Physical Education Standards. The District's program shall include a variety of kinesthetic activities including team and individual sports, lifetime sports and activities, gymnastics, as well as aesthetic movement forms, such as dance.

The overall course of study for grades 1-9 shall include the effects of physical activity upon human health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combative (EC 33352; 5 CCR 10060).

The Board shall approve the courses in grades 10-12 for which physical education credit may be granted. The Board, Superintendent and designee will comply with all state laws and guidelines when approving courses for physical education. Ninth graders must take Freshman Physical Education class led by a credentialed physical education teacher.

The Superintendent or designees shall annual

7 KH GLVWULFW ¶ V and Physical Education Programs will be based on research, consistent ZLWK WKH H[SHFWDWLRQV HVWDEOLVKHG LQ WKH VWDWH ¶ V FXU designed to build the skills and knowledge that all students need to maintain a lifestyle.

Nutrition education shall be provided as part of the education program and, as appropriate, should be integrated into academic subjects in the regular educational program. Nutrition education will also be offered through expanded learning programs.

All PK-12 students shall receive appropriate class time for nutrition education that is aligned with the California Content Standards. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Students shall receive consistent nutrition messages throughout the district, schools, classrooms, cafeterias, homes, community and media

Meals Served Through Child Nutrition Programs

1.

service period. However, the District recognizes that with time limited lunch periods and increased amount of fruits and vegetables offered as part of the meals, some students may be inclined to save some items for consumption at a later time. For food safety reasons, this practice should be limited to only food items that do not require cooling or heating, such as whole fruit, a bag of baby carrots, packaged grain-based items.

Meal Times and Scheduling

Students perform better academically when well-nourished, and an important part of that nourishment is

Vending

- ” All vending machines with student access must sell only compliant food and/or beverages
- ” Outside vendor carts, trucks or vehicles are prohibited from locating within 400 yards from any school grounds
- ” All sales made through vending machines are subject to the criteria listed in the regulations referenced below.

Requirements for Outside Food Sales in California Public Schools

Food items sold and served outside federal meal programs during the school day, including fundraisers, shall meet the local, state and federal nutritional requirements as referenced in:

Education Code sections 49430-434

California Code of Regulations sections 15575-1578

California Code of Regulations sections 15550-15501

Code of Federal Regulations Section 210.11

academic performance or good behavior, nor withhold food or beverages including, food served through school meals, as punishment.

Physical activity during the school day and in expanded learning programs (including but not limited to recess, physical activity breaks, or physical education) will not be withheld or used as punishment.

Celebrations

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child, therefore classroom celebrations strive to have no food celebrations, and when food is included, will only offer healthy food that is allergen-free to all students in that classroom. This food must be compliant with Smart Snacks regulations. The district website has a list of food and healthy celebration ideas.

Special Dietary Needs

Students with a food allergy or intolerance that substantially limits one or more major life activity is eligible for necessary food substitutions with appropriate documentation. See BP 5141.27 for

A healthy social and psychological education environment is one that fosters positive and engaging educational experiences for students, is broad and deep, promotes caring relationships, and values youth as a resource who can work with adults in the creation of a healthy environment (such as: edible ODQGVFDSH VFKRRO JDUGHQV DQG RUFKDUGV HWF ,WV JRD school).

The Superintendent or designee will ensure that a healthy educational environment, considering both physical and psychological aspects, exists in all facilities. To ensure student safety, appropriate supervision shall be provided in cafeterias and

school level, to the school principal). In addition, the school district will report on the most recent USDA Administrative Review (AR) findings and any resulting changes.

Assessments will be repeated every three years to help review compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and

~~49530~~49536 Child Nutrition ~~o~~ Act
~~49540~~49546 Child care food ~~p~~rogram
~~49547~~49548.3 Comprehensive nutrition ~~vi~~ces
~~49550~~49561 Meals for needy ~~st~~udents
~~49565~~49565.8 California Fresh Start pilot ~~co~~gram
49570 National School Lunch ~~Ac~~t
51210 Course of study, ~~gr~~ade 6
51220 Course of study, ~~gr~~ades 1-2
51222 Physical ~~edu~~cation
51223 Physical education, elementary ~~sc~~hools
~~51795~~51796.5 School instructional ~~ma~~terials
~~51880~~51921 Comprehensive health education

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids <http://www.actionforhealthykids.org>

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

California Department of Public Health <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association <http://www.calsna.org>

Center for Collaborative Solutions <http://www.ccscenter.org>

Centers for Disease Control and Prevention:

School Nutrition Association <http://www.schoolnutrition.org>
Society for Nutrition Education <http://www.sne.org>

Sacramento City ~~USD~~ Unified School District (SCUSD)

~~Board Policy~~

BP 5030
Students

Student Wellness Policy (BP 5030)

The Sacramento City Unified School District is committed to healthy schools by recognizing the link between student health and learning. The Board desires to provide a comprehensive program promoting health and well-being for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy and practice through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and student, parent/guardian and community involvement.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student performance on cognitive tasks is better associated with higher grades and standardized test scores, lower absenteeism, and adequate consumption of

include district administrators, health professionals, school nurses, individuals, such as

The Superintendent will ensure that each school within the District will establish an ongoing School Health Council that convenes to review school issues, in coordination with the District Wellness Committee.

(cf. 1220- Citizen Advisory Committees)

(cf. 9140- Board Representatives)

(cf. 0000- Vision)

(cf. 0200- Goals for the School District)

(cf. 3513- Tobacco-Free Schools)

(cf. 3514- Environmental Safety)

(cf. 5131.6- Alcohol and Other Drugs)

(cf. 5131.61- Drug Testing)

(cf. 5131.62- Tobacco)

(cf. 5131.63- Steroids)

(cf. 5141- Health Care and Emergencies)

(cf. 5141.23- Infectious Disease Prevention)

(cf. 5141.3- Health Examinations)

(cf. 5141.31- Immunizations)

(cf. 5141.32- Health Screening for School Entry)

(cf. 5141.6- Student Health and Social Services)

(cf. 5142- Safety)

(cf. 5146- Married/Pregnant/Parenting Students)

(cf. 6142.1- Sexual Health and HIV/AIDS Prevention Education Goals)

(cf.

6164.2- Guidance/Counseling Services)

the State's curriculum frameworks, and designed to build

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Students with physical disabilities and students who are unable to participate in all of the testing tasks shall participate in as much of the physical fitness testing as their physical condition will permit. Summary information will be reported annually to physical education teachers and individual student reports of fitness will be distributed to parents twice a year (once by October 30 and the final by Junest 5 HVXOWV ZLOO DOVR EH LQFOXGHG LQ HDFK VFK

The district will seek opportunities to inform parents/guardians about the importance of vision screening, hearing screening, mental health, oral health, sexual health and prevention and

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The Nutrition Services Department should engage students and parents, through taste tests of new entrees and surveys, in selecting foods sold through school meal programs in order to identify new, healthful, and appealing food choices. In addition, the NSD will share information about the nutritional content of meals with parents and students. Such information may be made available on menus, a website on cafeteria menu boards, placards or other materials.

To ensure that all children have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible:

1. Operate the School Breakfast Program
2. Utilize methods to serve school breakfasts that encourage participation, including

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Schools, to the extent possible:

1. Should provide students with a minimum of 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch, regardless of scheduling before or after recess time.
2. Should schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10 a.m. and 2 p.m.
3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during activities.

Summer Food Service Program

When approved by the CDE, Nutrition Services department, will sponsor a Summer Food Service Program in coordination with SCUSD expanded learning programs.

Outside (cf. 3554 - Other Food Sales in California Public Schools
(Competitive Foods)

items or

Effective from midnight to oneK DOI KRXU DIWHU WKH VWDQGDUG VFKRRO GD expanded learning program; whichever is later (this includes minimum days) prior to food and beverage sales by student organizations.

Student organization sales must meet the following:

1. Water, with no additives including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners, is the only approved beverage to be sold.
2. One food item per sale.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school may choose up to four days per year during which food and beverage from multiple student organizations may be sold (foods/beverages must still be compliant).
6. The food or beverage item cannot be the same as that in the food service program at that school during the same school day.
7. Other than the 4 days (mentioned in #5 above), only one student organization may sell food or beverages to pupils on school campuses per day. No adult fundraisers, including parent or community organizations, private individuals or commercial entities, may sell food to pupils on scho

behavior, nor withhold food or beverages including, food served through school meals, as punishment.

~~(cf. 1230)~~ Physical activity during the school day and in expanded learning programs (including but not limited to recess, physical activity breaks, or physical education) will not be withheld or used as punishment.

Celebrations

should include appropriate certification and/or training programs for all school nutrition professionals according to their levels of responsibility including child nutrition directors and managers.

Community Engagement in Healthy Eating

The District is committed to being responsive to community input. Recognizing the partnership between the district and the home, the district seeks to strengthen parents/guardians' understanding of student health by offering educational programs for parents/guardians, partnering with nonprofits and others who provide services to families within the SCUSD community, and supporting district

Garden programs should integrate hands outdoor experiences into core curriculum for math, science, social studies, language arts, and nutrition/health education at all grade levels. Garden programs shall collaborate with SCUSD Nutrition Services in accordance with state and federal law to reflect seasonal and local foods in school meals.

Garden program coordinators (volunteer or paid) will work with Buildings and Grounds staff to ensure compliance with established protocols, and they will also work with district leaders to insure the proper forms are completed before conducting any major work renovations or hosting any events in the garden.

Pesticides, herbicides, insecticides, and other synthetic chemicals shall not be used within any school garden unless a reasonable effort has been made to reduce contamination and drift of any potentially harmful chemicals within 25 feet of any school garden as outlined by California Certified Organic Farmers. Some possible exceptions, including, but not limited to, the use of synthetic chemicals for the purpose of painting adjacent structures or eradicating invasive plants when other means have proven ineffective. Garden beds, crops, compost and other vital areas of garden shall be completely covered if the use of said chemicals must be used within the 25 boundary of any school garden. Synthetic chemicals used outside the 25 boundary should be applied at a time of low wind and little chance of rain in order to minimize potential contamination.

Mental Health and Wellness

The Superintendent or designee will actively seek to develop district capacity and community

(cf. 5145.3- Nondiscrimination/Harassment)

(cf. encourage parents/guardians or other volunteers to 5145.4- Anti-bullying)

(cf. 5145.7- Sexual Harassment)

(cf. 5145.9- Hate-Motivated Behavior)

BP 1020 Youth Services

BP 6164.2 Guidance/Counseling Services

Employee Wellness Activity Goals

The Board recognizes that the success of district student programs hinges on effective personnel. The Board shall actively support the staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and welfare of students. District's personnel policies and related regulations shall be designed to ensure a supportive, positive climate and shall be consistent with collective bargaining agreements and in conformance with state and federal law and regulations.

(cf. 4000 Concepts and Roles)

- " The work environment will support wellness in both the physical environment and the workplace climate.
- " Staff will have access to physical and mental health assessments and resources.
- " Staff will have opportunities for physical activity.
- " Food and beverages served, sold or otherwise made available to staff, are encouraged to comply with district nutrition standards.
- " Staff will be encouraged to model this policy and other aspects of healthy behavior in the workplace.

The Board will support a coordinated program of wellness and health promotion services as specified in Board policies and addressing primary prevention, risk reduction, chronic disease management and an employee assistance program for staff. Furthermore, the Board will make every effort to collaborate with community-based organizations and coalitions to bridge and augment school district resources in order to promote wellness, provide direct mental and/or physical health care services and opportunities for the education program of staff.

The Board recognizes the powerful influence that district staff and other adults have on the health and wellbeing of students. To that end, the Board encourages staff to take every opportunity to model health and wellness behaviors for students. Staff leads by example in promoting healthy food or beverage items in the classroom and avoiding food and beverage options that do not

values youth as a resource who can work with adults in the creation of a healthy environment (such as DV HGLEOH ODQGVFDSH VFKRRO JDUGHQV DQG RUFKDUGV H connectedness to school.

The Superintendent or designee will ensure that a healthy educational environment is considered

the National School Lunch and School Breakfast Program to the extent possible.

~~(cf. 3553 - Free and Reduced Price Meals)~~

The Superintendent and/or designee shall establish aAn accountabilityplan

(cf. 4159/4259/4359- Employee Assistance Programs)

(cf. 4161/4261- Leaves)

(cf. 4161.1/4261.1 Personal Illness/Injury Leave)

(cf. 4161.8/4261.8/4361.8- Family Care and Medical Leave)

(cf. 4161.9/4261.9/4361.9-Catastrophic Leave Program)

(cf. 4215- Evaluation/Supervision)

(cf. 4218- Dismissal/Suspension/Disciplinary Action)

(cf. 4315- Evaluation/Supervision)

(cf. 4361- Leaves)

(cf. 4361.1- Personal Illness/Injury Leave)

(cf. 5131.62- Tobacco)

EDUCATION CODE

3335033354 CDE responsibilities re: physical education

4943049436 Pupil Nutrition, Health, and Achievement Act ~~2001-49490-49493 School~~
breakfast and lunch programs 2001

4950049505 School meals

4951049520 Nutrition

~~49530-4949049494~~ School breakfast and lunch ~~grams~~

~~4950049505~~ School ~~meals~~

~~4951049520~~ Nutrition

~~4953049536~~ Child Nutrition Act ~~49540~~ Nutrition Act

~~4954049546~~ Child care food ~~program~~ program

~~49547-49548.3~~ ~~4954749548.3~~

WEB SITES

~~CSBA: CSBA:~~ <http://www.csba.org>

~~Action for Healthy Kids~~ <http://www.actionforhealthykids.org>

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

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

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association <http://www.calsna.org>

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