



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 9.4

Meeting Date: August 15, 2013

Subject: **Approval of Revised Board Policy No. 5030 on Student Wellness**

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: September 5, 2013)
- Conference/Action
- Action
- Public Hearing

Learning Support Unit/Department: Academic Office/ Physical Education Department

Recommendation: The Sacramento Board of Education is requested to approve the Revised Board Policy No. 5030 on Student Wellness. The update before you will align with the revised Board Policy No. 6142.7 on Physical Education.

Background/Rationale:

SCUSD Board of Education approved a revised Board Policy No. 5030 on Student Wellness September 6, 2012, which contains physical education information. At that time a revised Board Policy No. 6142.7 on Physical Education was not brought forth. We, therefore, are bringing a revised Physical Education Instruction Policy that aligns with the state laws, requirements and standards and an updated Student Wellness Policy.

The following are changes made to update the Student Wellness Policy to align with the Physical Education Instruction Policy BP 6142.7:

- Under section "Health Education Activity Goals", added reference to *(cf. 6142.8 – Comprehensive Health Education)*
- Under section "Physical Education and Physical Activity Goals", deleted "*during regular instructional periods, when possible, on a regular basis*" to facilitate clarity.
- Under section "Physical Education and Physical Activity Goals", added "*on a regular basis through high-quality physical education instruction and may be provided additional opportunities for physical activity through*an

Financial Considerations: N/A

Documents Attached:

- Revised Board Policy 5030 Student Wellness – clean version
- Revised Board Policy 5030 Student Wellness – redline version

Estimated Time of Presentation: 5 minutes

Submitted by: Olivine Roberts, Chief Academic Officer
Iris Taylor, Assistant Superintendent for
Curriculum & Instruction

Approved by: Jonathan P. Raymond, Superintendent

Sacramento City USD

Board Policy

Student Wellness

BP 5030

Students

The Sacramento City Unified School District (District) promotes 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/

(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)

Health Education Activity Goals

Provide a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health consistent with the expectations established in the Health Framework for California Public Schools. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices. The comprehensive health education and wellness curriculum includes a variety of topics that are age-appropriate, support skill building, and address health and safety education such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, violence prevention education, the use of steroids, sun safety, air quality guidelines, universal precautions, hand washing, oral health, mental health, and drug, alcohol and tobacco prevention education. Qualified, professionally trained teachers and staff shall provide health education instruction. Professional staff development will be available to strengthen instructional strategies to assess health knowledge, nutrition and skills that promote lifelong healthy behaviors.

(cf. 6142.8 – Comprehensive Health Education)

Physical Education and Physical Activity Goals

The Board of Education recognizes the research and positive benefits of a quality physical education program and physical activity opportunities for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the District. All students in grades K-12 shall be provided opportunities to be physically active on a regular basis through high-quality physical education instruction and may be provided additional opportunities for physical activity throughout the school day.. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided through physical education, recess, school athletic programs, extracurricular programs and before and after-school programs.

(cf. 6142.7 - Physical Education)
(cf. 6142.8 – Comprehensive Health Education)
(cf. 6145 - Extracurricular and Co-curricular Activities)
(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall ensure that all students in grades K-12 receive the appropriate amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The school district shall also implement the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

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The District's Physical Education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. The Superintendent or designee shall ensure that the District's program provides all students with equal 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. 6142.7 – Physical Education)

(cf. 6143 – Courses of Study)

Health Services Activity Goals ~~0410~~

Counseling and Psychological Services

The Superintendent or designee will actively seek to develop community partnerships that will provide students in grades Pre-K-12 with access to mental health services. Professional staff development will be available to improve early detection and appropriate referral for mental health assessments and treatments for students when indicated.

- Staff shall 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. Further, the Board will make every effort to collaborate with community-based organizations and coalitions to bridge and augment school district resources to promote wellness, provide direct mental and/or physical health care services and opportunities for health education of staff.

The Board recognizes the powerful influence that District staff and other adults possess regarding the health and well-being of students. To that end, the Board encourages staff to take every opportunity to model health and wellness behaviors for students. No employee shall be discharged or discriminated against for participating in any activities related to health, safety or wellness. Furthermore, the Board also encourages the participation of parents and other community members in promoting the health and wellness of students.

Health and Safe Environment Activity Goals

The Superintendent or designee will ensure that a healthy educational environment, regarding both physical and psychological aspects, exists in all facilities. To ensure student safety, appropriate supervision shall be provided in cafeterias and school grounds. Rules for safe behavior shall be emphasized and consistently enforced.

A healthy physical environment includes physical safety; good air; access to fresh, no-cost, drinking water throughout the day; and access to restrooms with hot and/or cold running water, soap, disposable towels, proper trash and sanitary containers. Implementation of appropriate cleaning practices and properly operating heating and ventilation systems are required. Ensure each school site has access to well-maintained play areas, hard court and 'natural' fields. Each school site and facility will meet current ADA regulations and take steps for corrections as necessary. Yearly reviews of each site will be conducted by the Facilities/Maintenance Department.

The Superintendent or designee will ensure proper review of cleaning agents, sprays or fertilizers, and that mandated and timely notification is provided at all facilities before sprays, insect repellants, or fertilizers are used. Preference will be given to the least toxic chemicals available per regulations.

A healthy social and psychological education environment is one that fosters positive and engaging educational experiences for students, is broad and flexible, promotes caring relationships, and values youth as a resource who can work with adults in the creation of a healthy environment (such as: edible landscape, school gardens, and orchards, etc.). Its goal is to increase youths' sense of connectedness to school.

The Superintendent or designee will encourage professional staff development in topics such as substance abuse prevention, school safety and violence prevention, youth development initiatives, character education, drop-out prevention, services for students with disabling conditions, service e learning, before and after school programs, as well as school improvement initiatives. Schools are encouraged to participate in the Police Services' Gang Resistance Education & Training program to reduce student gang involvement. All staff with a high potential for contact with blood borne

Revised Board Policy

pathogens will attend a yearly training. All staff will be provided child abuse training yearly which includes mandated reporting and prevention of sexual abuse.

(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)

Legal Reference:

EDUCATION CODE

32066 Safety: public and private institutions
35020 Duties of employees fixed by governing board
35035 Powers and duties of superintendent
35160 Authority of governing board
35160.1 Broad authority of school districts
44962 Leaves of absence for certificated employees
44964 Power to grant leaves of absence for accident, illness or quarantine
45190-45209 Resignations and leaves of absence for classified employees

LABOR CODE

6305 Occupational safety and health standards; special order
6310 Retaliation for filing complaint prohibited
6401.7 Injury prevention programs
6400-6413.5 Responsibilities and duties of employers and employees

CODE OF REGULATIONS, TITLE 8

3203 Injury and illness prevention program
5095-5100 Control of noise exposure
CODE OF FEDERAL REGULATIONS, TITLE 29
1910.95 Noise standards

GOVERNMENT CODE

3540-3549.3 Public education employer-employee relations
8355 Certification to contracting or granting agency; requisites
Unemployment Insurance Code 2613

HEALTH AND SAFETY CODE

104420 Providing information re: smoking cessation program
UNITED STATES CODE, TITLE 41
701-707 Drug-Free Workplace Act

Management Resources:

CAL/OSHA PUBLICATIONS

Guide to Developing Your Workplace Injury and Illness Prevention Program, revised April 1998

DHHS PUBLICATIONS

Preventing Occupational Hearing Loss - A Practical Guide, June 1996, Department of Health and Human Services (National Institute for Occupational Safety and Health)

WEB SITES

Sacramento City USD

Board Policy

Student Wellness

BP 5030

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(cf. 5141.31 - Immunizations)
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(cf. 5141.6 - Student Health and Social Services)
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(cf. 6142.8 – Comprehensive Health Education)

Physical Education and Physical Activity Goals

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(cf. 6142.7 - Physical Education)
(cf. 6142.8 – Comprehensive Health Education)
(cf. 6145 - Extracurricular and Co-curricular Activities)
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The Superintendent or designee shall ensure that all students in grades K-12 receive the appropriate amount of high quality physical education required by the Education Code. The school district shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten

through Grade Twelve. The school district shall also implement the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. The District's Physical Education program shall provide a developmentally appropriate sequence of instruction aligned with the state's model content standards and curriculum framework. The Superintendent or designee shall ensure that the District's program provides all students with equal 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. 6142.7 – Physical Education)

(cf. 6143 – Courses of Study)

~~The Physical Education program will build interest and proficiency in movement skills, encourage students' lifelong fitness through physical activity, and will design and evaluate a strong, cohesive and comprehensive physical education program for all students. The Board of Education shall adopt the Exemplary Physical Education Curriculum (EPEC) for physical education 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, life-time sports and activities, gymnastics, as well as aesthetic movement forms, such as dance.~~

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~~(cf. 6159—Individualized Education Program)~~

~~(cf. 6164.6—Identification and Education Under Section 504)~~

- ~~1. Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity to participate in daily physical education/physical activity.~~
- ~~2. Schools will meet or exceed the PE minutes requirements~~
 - ~~a. 1-6 — 200 minutes every 10 days~~
 - ~~b. 6-8 — 400 minutes every 10 days~~
 - ~~c. K-8 — 200 minutes every 10 days~~
 - ~~d. 9-12 — 400 minutes every 10 days~~

~~Teachers and other school and community personnel will not use physical activity (e.g., running laps,~~

Revised

(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5148 - Child Care and Development)
(cf. 6300 - Preschool/Early Childhood Education)

Free and Reduced-priced Meals

Schools will make every effort to prevent overt identification of students who are eligible for free and reduced-price school meals and eliminate any related social stigma attached to these individuals. Toward this end, schools may utilize electronic identification and payment systems, promote the availability of school meals to all students and/or promote nontraditional methods for serving school meals, such as “grab-and-go” meals.

To the extent possible, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast programs.

Summer Food Service Program /CACFP At-Risk After School Supper program

Schools, to the extent possible, where more than 50% of students are eligible for free or reduced-price school meals, will give priority to and will sponsor the At-Risk Supper Program (through the USDA Child and Adult Care Food Program (CACFP)) and the Summer Seamless Food Service Program.

Counseling and Psychological Services

The Superintendent or designee will actively seek to develop community partnerships that will provide students in grades Pre-K-12 with access to mental health services. Professional staff development will be available to improve early detection and appropriate referral for mental health assessments and treatments for students when indicated.

Counseling and psychological services are provided to improve students’ mental, emotional and social health. These services may include individual and group assessments that may drive interventions and referrals. Professionals such as certified school counselors, psychologists and social workers will strive to provide assessment and consultation that contribute to the health of students and to the overall health of the school environment.

(cf. 5137 – Positive School Climate)
(cf. 5142 – Safety)
(cf. 5145.3 – Nondiscrimination/Harassment)
(cf. 5145.7 – Sexual Harassment)
(cf. 5145.4 – Anti-bullying)
(cf. 5131 - Conduct)
(cf. 5131.1 - Bus Conduct)
(cf. 5131.4 - Campus Disturbances)

Revised

Revised Board Policy

supervision shall be provided in cafeterias and school grounds. Rules for safe behavior shall be emphasized and consistently enforced.

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The Superintendent or designee will ensure proper review of cleaning agents, sprays or fertilizers,

Program Implementation and Evaluation

The Superintendent and/or designee 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 1758b) (cf. 0500 - Accountability)

- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 3514.1 - Hazardous Substances)
- (cf. 4000 - Concepts and Roles)
- (cf. 4020 - Drug and Alcohol-Free Workplace)
- (cf. 4032 - Reasonable Accommodation)
- (cf. 4115 - Evaluation/Supervision)
- (cf. 4118 - Suspension/Disciplinary Action)
- (cf. 4140/4240 - Bargaining Units)
- (cf. 4141/4241 - Collective Bargaining Agreement)
- (cf. 4154/4254/4354 - Health and Welfare Benefits)
- (cf. 4157/4257/4357 - Employee Safety)
- (cf. 4157.1/4257.1/4357.1 - Work-Related Injuries)
- (cf. 4157.2/4257.2/4357.2 - Ergonomics)
- (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)
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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):

Cal/OSHA: http://www.dir.ca.gov/occupational_safety.html

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

<http://www.californiaprojectlean.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 Hearing Conservation Association: <http://www.hearingconservation.org>

National Institute for Occupational Safety and Health: <http://www.cdc.gov/niosh>