

Encinitas Union ESD

Board Policy

Student Wellness

BP 5030

Students

Preamble

Whereas healthy children are the foundation of a healthy society and;

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only two percent of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the ~~Food Guide Pyramid~~ **Dietary Guidelines for Americans**;

Whereas, each day, students and their families trust that the foods offered at school are wholesome and safe;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, Farm to School efforts increase access to nutritious, local fruits and vegetables for all students

Whereas, school gardens can provide students with experiences in planting, harvesting, preparation, serving and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with the core curriculum, and articulated with state standards;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Encinitas Union School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn to their fullest potential by supporting healthy eating and physical activity. Therefore, it is the policy of the Encinitas Union School District that:

* The school district will engage students, parents/**guardians**, staff (or teachers and support staff), **food service employees, physical education teachers, school health professionals, Board members, school administrators**, food service professionals, health professionals, and other interested community members in developing, implementing, modeling and actively practicing, as well as monitoring and reviewing district-wide nutrition and physical activity policies.

***The district wellness committee, whose membership shall include representatives of these groups, shall advise the district on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.**

* All students in preschool through grade 6 will have opportunities, support, and encouragement for moderate to vigorous physical activity on a regular basis to promote and develop the student's physical, mental emotional, and social well-being.

* Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans, and seek to meet higher nutritional standards such as those recommended **by the Institute of Medicine of the National Academies "School Meals: Building Blocks for Healthy Children."** ~~in the Harvard School of Public Health "Healthy Eating Pyramid".~~

* Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; **support Farm to School efforts**; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

* To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care

Food Program (including suppers)).

* Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education as well as the core curriculum of science, math, language arts, history, geography, and social studies and school meal programs, and with related community services.

Vision

The Board of Trustees recognizes that there is a link between nutrition education, the food served in schools, physical activity, and the environmental education, and that wellness is affected by the all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Encinitas Union School District shall build a coordinated school health system that supports and reinforces health literacy through the core curriculum as well as health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Goals for the Encinitas Union School District

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program in preschool through grade 6 and, shall be integrated into core curriculum and offered through before-and after-school programs.

* All students in preschool through grade 6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.

* The district shall encourage staff to serve as positive role models and shall promote and/or provide opportunities for regular physical activity among employees.

* Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

* To encourage consistent health messages between the home and school environment, the district may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, 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 through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

All district schools shall participate in available federal school nutrition programs including the National School Lunch and School Breakfast Programs and after school snack programs, to the extent possible.

Schools shall provide access to free, potable water during meal times in the food service area, and shall encourage students' consumption of water through education about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's Child Nutrition Services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

The Superintendent of designee shall assess the implementation and effectiveness of this policy at least once every two years.

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 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
49550-49561 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education
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:
~~1751-1769~~ **176**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
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Food Safety Requirements, Fact Sheet, October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

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

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

CALIFORNIA PROJECT LEAN PUBLICATIONS

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

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

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

Making It Happen: School Nutrition Success Stories, 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

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>

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>

Centers for Disease Control and Prevention: <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, Food Nutrition Service, wellness policy:

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

Policy ENCINITAS UNION ELEMENTARY SCHOOL DISTRICT

adopted: June 13, 2006 Encinitas, California

reviewed: September 21, 2010

revised: December 2016