

STUDENT WELLNESS

The Goleta Union School District 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. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish connections between health education and school meal programs.

Regulations/Procedures

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his or her school and will report on the school's compliance to the school district Superintendent or designee.

The Superintendent or designee shall recommend for Governing Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, school nurses, District Wellness Committee, parents or guardians, students, and other appropriate persons.

To review policy compliance, assess progress, and determine areas in need of improvement, 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. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Nutrition Education

Goleta Union School District aims to teach, encourage, and support healthy eating by students. Research shows a definite link between nutrition and physical activity and academic performance. Schools will provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of health education and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as taste testing, farm visits, and school gardens;

STUDENT WELLNESS (continued)

4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise);
6. Reinforces messages on healthy eating by coordinating child nutrition programs and school food service with classroom-based nutrition education and with other components of the school health system;
7. Helps students to analyze the influence of culture, media, technology, and other factors on their decisions related to nutrition, physical activity, and lifestyle choices;
8. Provides instructional staff with adequate and ongoing nutrition education training that focuses on teaching strategies that assess health knowledge and skills, and promote healthy behaviors;
9. Offers opportunities to educate parents and staff regarding nutrition education through resource lists, newsletters, community meetings, and special events.

Goals for Physical Education and Physical Activity

Schools will provide all students the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and other physical activity.

1. *Physical education* is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle.
2. *Physical activity* refers to teacher led and student initiated physical activities throughout the day. Physical activities may include but are not limited to the following: physical education classes, games, sports, walk to school programs, dance, and movement breaks.

At school, students will ideally participate in an average of 30 minutes daily of sustained moderate physical activity. Parents will work in partnership with schools in meeting the national recommendation of 60 minutes of physical activity daily. The district will provide to staff and parents a list of suggested activities and resources to accomplish these goals.

Physical Education

The minimum requirements for physical education are:

STUDENT WELLNESS (continued)

1. All K-6 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated (Education Code 51210, 51222, and 51223):
A minimum of 200 minutes for every 10 school days for students in grades 1-6.
2. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Education Code 51241)
3. Physical education instruction is delivered by a teacher credentialed to teach physical education. (Education Code 44203)
4. Class size is consistent with the requirements of good instruction and safety. (CCR, Title 5, 10060)
5. The district will administer a physical fitness test annually to all students in grade five during the months of February, March, April, or May. (Education Code 60800)
6. Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) as punishment.

Curriculum and Instruction

Instruction in physical education will be based on the physical education content standards and will include the following:

1. Full inclusion of all students;
2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity;
3. Maximum participation and ample practice opportunities for class activities;
4. Well-designed lessons that facilitate student learning;
5. Appropriate discipline and class management;
6. Instruction in a variety of motor skills designed to enhance the physical and social development of every child;
7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being;

STUDENT WELLNESS (continued)

8. Development of cognitive concepts about motor skill and fitness.

Facilities for Physical Education Instruction

School personnel will minimize the use of physical education facilities for non-instructional purposes during the school day.

Assessment of Student Learning

1. In addition to the required physical fitness test, assessment of student learning and skills and accurate reporting of progress will be an ongoing process in physical education.
2. Each student's fifth grade physical fitness test results will be sent to parents and guardians.

Food Service/Child Nutrition Program

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district's nutrition education program, foods available on school premises shall:

1. Be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease.
2. Serve meals through the National School Lunch and Breakfast Programs that include protein, fat, and carbohydrates, and that as a minimum, meet nutritional standards specified in law and administrative regulation. To accomplish this objective, they will:
 - a. Offer a variety of fruits and vegetables;
 - b. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - c. Ensure that at least half of the served grains are whole grain.
3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
4. Be served in age-appropriate quantities and at reasonable prices.

STUDENT WELLNESS (continued)

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents or guardians in the selection of foods of good nutritional quality for school menus.

Parents and guardians are encouraged to support the district's nutrition efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

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.

Each school also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

National School Lunch Program

1. The Governing Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate meals through the National School Lunch Program for students whose families meet federal eligibility criteria.
2. The Superintendent or designee shall recommend for Board approval a plan that ensures that students eligible to receive National School Lunch Program meals are not treated differently from other students or easily identified by their peers.
3. Upon approval of the Board, this plan shall be submitted to the California Department of Education for approval.
4. All applications and records related to eligibility for the National School Lunch Program shall be confidential except as provided by law.
5. In accordance with law, the Board authorizes designated employees to use individual records pertaining to student eligibility for any National School Lunch Program meals for the purpose of:
 - a. Disaggregation of academic achievement data.
 - b. Identification of students eligible for school choice and supplemental educational services in any school identified for program improvement.

STUDENT WELLNESS (continued)

6. The Board further authorizes the release of information on the school lunch program application to the local agency that determines Medi-Cal program eligibility, provided that the student is approved for free meals and the parent/guardian consents to the sharing of information as provided by Education Code 49557.2.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

1. Healthy choices are encouraged at all school events.
2. There will be no candy or soda served in classrooms or during school-sponsored events that take place during the school day and up to one hour before or after school.
3. Snacks
 - a. Snacks served during the school day or in district after-school programs will make a positive healthy contribution to children's diets with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
 - b. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
 - c. The district will disseminate a list of healthful snack suggestions to teachers, staff, after-school program personnel, and parents.

Rewards

- 1 Staff will not use food or beverages as rewards for academic performance or good behavior.
2. The school district will distribute to teachers a list of suggested ideas and methods for encouraging and motivating students without the use of food.

Celebrations

1. Teachers are encouraged to limit celebrations that involve food during the school day to no more than one party per class per month.
2. Food celebrations will not be held within thirty minutes before lunchtime.
3. The district will disseminate a list of suggested healthy party ideas to parents and teachers.

STUDENT WELLNESS (continued)

Fundraising Activities

1. To support children's health and school nutrition-education efforts, school fundraising activities that do not involve food will be encouraged. If foods are used, they will offer a variety of nutritional choices.
2. Schools will encourage fundraising that promotes physical activity, academic activity, or both.
3. The school district will develop and distribute a list of suggested ideas for fundraising to teachers, parents, principals, and student organizations.

Legal Reference: (see next page)

STUDENT WELLNESS (continued)

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

Management Resources continued: (see next page)

STUDENT WELLNESS (continued)

Management Resources continued:

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
adopted:

GOLETA UNION SCHOOL DISTRICT
Goleta, California