

Goleta Union SD
Board Policy
Student Wellness

BP 5030
Students

The Goleta Union School District is committed to providing a comprehensive program within the school environment that promotes and protects 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, teachers of physical education, Board members, and members of the public.

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

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, including a comparison of the District's policy with model wellness policies, 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.

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

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 integrated at different times and in various content areas such as math, science, language arts, social studies, and elective subjects;
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as taste testing, farm visits, and school gardens;
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 (including food allergy education) through resource lists, newsletters, community meetings, and special events.

To reinforce the district's nutrition education program, 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, free giveaways, or other means.

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)

Goals for Physical Education and Physical Activity

The Superintendent or designee shall support and encourage staff to serve as positive role models for healthy eating and physical fitness.

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:

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 exclusive of recesses and the lunch period.

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, district-wide aligned 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;
8. Development of cognitive concepts about motor skill and fitness.

Other Activity

The school community will participate in other activities that promote student and teacher wellness through:

1. The attendance of teachers, parents, and other staff at the County School Wellness Summit, so long as the County continues to hold the summit.
2. The participation of all certificated staff in annual Wellness professional development that includes such topics as mindfulness, nutrition, physical activity, and stress-reduction techniques.

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 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:

1. Foods available on school premises shall be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease;
2. Meals served through the National School Lunch and Breakfast Programs and after-school snack programs shall meet nutritional standards specified in law and Administrative Regulation 3550. To accomplish this objective, they will:
 - a. Offer a variety of fresh fruits and vegetables, locally sourced and organic preferred;
 - b. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by USDA);
 - c. Ensure that at least eighty percent (80%) of the grains served are whole grain (as defined by USDA); and
 - d. Provide a peanut free menu throughout the District.
3. Be prepared with minimal processing, ideally scratch cooking, 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;

5. Be served when possible with eco-friendly serving ware, with composting practices encouraged at sites.

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 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 and Breakfast Programs, and the after school snack programs 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.

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. Schools shall take into consideration students with special dietary needs.

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 (including snacks served at special celebrations and events) 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.

4. The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

5. In the case of 504, IEP or health plans, all aspects of this policy may not apply.

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.

Classroom Celebrations

1. Celebrations that involve food during the school day are limited to no more than one celebration per class per month. No cake/cupcakes/donuts, candy or highly processed foods will be allowed to be provided, including by parents for classroom celebrations.
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, including the USDA Smart Snacks in Schools document

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.

Program Implementation and Evaluation

The Superintendent shall designate one or more district school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)
(cf. 3555 - Nutrition Program Compliance)

The evaluation shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are

deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
49430-49434 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: 1758b Local wellness policy
1771-1791 Child Nutrition Act, especially: 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
220.1-220.23 National School Breakfast Program
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources: CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student
Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev.
April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide,
rev. 2012

Building Healthy Communities: A School Leader's Guide to Collaboration and
Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief,
2009

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

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-by-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

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

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:

<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> 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.html>

Policy GOLETA UNION SCHOOL DISTRICT

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