CSBA Sample
Board Policy

Students BP 5030(a)

STUDENT WELLNESS

Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) **mandates** each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program) to adopt a districtwide school wellness policy by the beginning of the school year after July 2006. If the Governing Board has already adopted policies promoting healthy eating and physical activity, it should use the process described below to review its existing policies to ensure that they meet the requirements of federal law.

The following **optional** policy describes the process for developing the district wellness policy but does not yet include the content that will fulfill the mandate. It is expected that districts will, before the first day of the 2006-07 school year, replace the following policy with a policy developed through the required process. Additional district policies may be affected, such as BP/AR 3550 - Food Service/Child Nutrition Program, BP/AR 3553 - Free and Reduced Price Meals, BP/AR 3554 - Other Food Sales, and BP/AR 6142.7 - Physical Education.

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in district students.

By the beginning of the 2006-07 school year, the Board shall adopt a wellness policy that, at a minimum, shall: (42 USC 1751 Note)

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate

(cf. 0000 - Vision)
(cf. 0100 - Philosophy)
(cf. 0200 - Goals for the School District)
(cf. 1325 - Advertising and Promotion)
(cf. 3312 - Contracts)
(cf. 5141.6 - Student Health and Social Services)
(cf. 6010 - Goals and Objectives)
(cf. 6142.7 - Physical Education)
(cf. 6142.8 - Comprehensive Health Education)

2. Include nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity

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

STUDENT WELLNESS (continued)

3. Provide an assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools

(cf. 3553 - Free and Reduced Price Meals)

4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented

(cf. 0500 - Accountability)

Note: The Note in 42 USC 1751 (added in 2004 by P.L. 108-265, Section 204) requires involvement of specified persons in the development of the wellness policy. If desired, the Board may expand the categories of persons to be involved to include teachers, classified staff, school nurses, coaches and/or other appropriate school representatives. Members of the public could be specified to include health professionals, representatives of city and county agencies, representatives of community organizations, food vendors and/or others. The Board representative(s) should be appointed by the Board; see BB 9140 - Board Representatives.

The Board shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public in the process of developing the districtwide wellness policy. (42 USC 1751)

(cf. 9140 - Board Representatives)

Note: The following **optional** paragraphs may be revised to reflect district practice. The Board may use an existing school health council or other committee as long as representatives of the groups listed above are involved.

The Board may utilize existing school health councils or other committees, or may establish an advisory committee or working groups including representatives of the above groups, to develop policy recommendations.

(cf. 1220 - Citizen Advisory Committees)

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall provide periodic reports to the Superintendent or designee regarding the status of its' work.

STUDENT WELLNESS (continued)

Note: The following **optional** paragraph and items #1-12 below should be revised to reflect the issues that the Board wants the council or committee to address and to set a timeline for presenting recommendations to the Board which will allow the policy to be fully developed and adopted by the start of the 2006-07 school year.

CSBA's Healthy Food Policy Resource Guide summarizes research on the link between nutrition/physical activity and student achievement, presents a worksheet for policy development, and contains a list of resources that may be useful to councils or committees in the development of recommendations for the wellness policy. In addition, the Note in 42 USC 1751 (added in 2004 by P.L. 108-265, Section 204) requires the U.S. Secretary of Agriculture to provide information and technical assistance through the Centers for Disease Control and Prevention (CDC).

By March 1, 2006, the council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs

2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards

3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities

4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior

5. Foods and beverages donated for class parties or other school events

6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs

7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change

8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs

9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity

STUDENT WELLNESS (continued)

10. Cost estimates of implementing the recommended strategies and potential funding sources

11. Priorities for implementing the recommended strategies in the wellness policy

12. Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports

Note: The following paragraph is **optional**. The CDC and the California Department of Education encourage a coordinated school health program that addresses eight components: health education; physical education; health services; nutrition services; counseling, psychological and social services; health school environment; health promotion for staff; and family/community involvement. If desired, the Board may incorporate all these issues in its wellness policy.

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

(cf. 4112.4/4212.4/4312.4 - Health Examinations)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 - Drug Testing)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Anabolic Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)

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
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

Legal Reference continued: (see next page)

STUDENT WELLNESS (continued)

Legal Reference: (continued)
CODE OF REGULATIONS, TITLE 5 (continued)
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 PUBLICATIONS
Healthy Food Policy Resource Guide, rev. 2005
CDE PUBLICATIONS
Health Framework for California Public School, Kindergarten Through Grade Twelve, 2003
CDC 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
USDA PUBLICATIONS
Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, Team Nutrition, Food and Nutrition Services, 2000
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.mch.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
National Alliance for Nutrition and Activity: http://www.cspinet.org/nutritionpolicy/nana.html
National Association of State Boards of Education: http://www.boards@nasbe.org
National School Boards Association: http://www.schoolhealth@nsba.org
School Nutrition Association: http://www.asfsa.org
Society for Nutrition Education: http://www.sne.org
U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

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