

Regulation 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 06/15/2006 | **Last Revised Date:** 10/04/2018 | **Last Reviewed Date:** 10/04/2018

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through recess, physical activity breaks, high-quality physical education and extracurricular activities - do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

The Local Wellness Policy requirement was established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act and Healthy, Hunger-Free Kids Act of 2010. It requires each school district participating in the National School Lunch Program and/or School Breakfast Program to develop, continuously implement, evaluate and update the local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

This Administrative Regulation is a supplement to the wellness policy (BP 5030), meant to provide additional information and details about how the District promotes healthy eating and physical activity.

School Meals

Healthy food and beverage choices will be promoted using at least ten Smarter Lunchroom techniques, including but not limited to:

- * Salad bar options are attractively displayed and available to all students.
- * Daily fruit options are displayed in a location in the line of sight and reach of students.
- * All available vegetable options have been given creative or descriptive names.
- * All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
- * White milk is placed in front of other beverages in all coolers.
- * White milk represents at least 1/3 of all milk in each designated milk cooler.
- * A reimbursable meal can be created in any service area available to students.
- * Signs show students how to make a reimbursable meal on any service line.
- * Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- * Student artwork is displayed in the service and/or dining areas.

Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients. Menus will be created by a Registered Dietitian or other certified nutrition professional.

The District child nutrition program will accommodate students with special dietary needs.

Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

In order to expand participation in the child nutrition programs and to conform to existing legal requirements, schools will do everything possible to ensure that students are not overtly identified, stigmatized or otherwise treated differently because they avail themselves of free- and reduced-price meal programs. Schools should encourage participation in all child nutrition meal programs and will promote the importance of a healthy breakfast to students and families.

Meal times shall be scheduled to ensure adequate time for students to sit and eat their lunch. Schools:

- * will provide students with at least 20 minutes for eating;
- * should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- * should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- * to the maximum extent possible, will schedule lunch periods to follow recess periods (in elementary schools); and
- * will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Competitive Foods & Beverages

* In addition to the California competitive food and beverage nutrition standards, student organizations selling food or beverage items to students during the school day must also meet the following guidelines:

** Elementary school

Only one food or beverage item per sale.

The food or beverage item must be pre-approved by the governing board of the school district

The sale must occur after the last lunch period has ended.

The food or beverage item cannot be prepared on campus.

Each school is allowed four sales per year.

The food or beverage item cannot be the same item sold in the food service program at the school during the same school day

** Middle school

Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.).

Food or beverage item(s) must be pre-approved by governing board of school district.

Only one student organization may be allowed to sell each day.

Food(s) or beverage(s) cannot be prepared on the campus.

The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.

In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

* A student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

* A list of all foods and beverages sold during school fundraisers on campus during the school day will be evaluated and maintained by the school Principal and Nutrition Services Director each school year.

* These restrictions do not apply to the following situations:

** School nurses using foods and beverages during the course of providing health care to individual students.

** Special needs students whose Individualized Education Program (IEP) plan indicates the use of a food, beverage, or candy for behavior modification (or other suitable need) may be given.

** School events (up to four different events each school year) during the school day to be pre-approved by the governing board of the school district. The sale must occur after the lunch period has ended.

Celebrations and Rewards

* Schools and teachers should limit celebrations that involve foods and beverages. Classroom celebrations should

focus on activities rather than food.

- * Celebrations that do involve food should include healthy foods and beverages, such as fruit platters, vegetable platters with hummus or low-fat dip, baked chips, whole grain crackers, string cheese, low-fat yogurt, and 100% fruit or vegetable juice.

- * Classroom celebrations that include food should occur after the lunch period whenever possible.

- * School sites will develop a plan to transition from the food-based celebrations to non- food incentives, such as extra outside play time, organized games, and dance parties.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using foods or beverages during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Fundraising

- * Fundraising activities will strive to support healthy eating and wellness.

- * All fundraising efforts that occur on campus during the school day must meet California competitive food and beverage nutrition standards.

- * At least half of all fundraising efforts within a school year that are conducted during school hours must include non-food items (such as a jog-a-thon, read-a-thon or book fair, raffle ticket sales, wrapping paper sales, etc.) or healthy foods/beverages. Healthy foods/beverages are those that meet California competitive food and beverage nutrition standards.

Nutrition Promotion

Nutrition promotion shall reinforce the district's nutrition standards and Wellness Policy.

- * Each school site shall prohibit the marketing and advertising of noncompliant 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.

- * Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.

- ** Documentation of nutrition information for foods sold outside of Nutrition Services on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the school at which the event occurs.

- * Schools shall encourage non-food rewards for recognition of classroom success and achievement.

Nutrition Education

Nutrition education will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- * 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;

- * Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- * Is part of not only health education classes, but also integrated into other classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, as well as through after-school programs;

- * Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens;

- * Promotes fruits, vegetables, whole grains, low-fat and fat-free dairy products and healthy food preparation methods;

- * Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- * Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs,

other school foods and nutrition-related community services;

- * Teaches media literacy with an emphasis on food and beverage marketing; and

Includes nutrition education training for teachers and other staff

Food & Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.

- * Displays, such as on vending machine exteriors

- * Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)

- * Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.

- * Advertisements in school publications or school mailings.

- * Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Food from Home

- * This policy does not restrict what parents may provide for their own child's lunch or snacks.

- * Parents/guardians are discouraged from bringing outside food, especially unhealthy fast food items, on campus for their own child's consumption. Fast food items are typically high in calories, saturated fat, Trans fat, sodium, and sugar.

- * The sharing of foods and beverages is strongly discouraged due to potential food safety issues, such as food-borne illnesses and food allergies/allergic reactions (anaphylactic shock).

- * If food is brought from home, single serving sizes are recommended to encourage children to consume only individual quantities.

- * Specific state/federal nutritional requirement guidelines to be followed will be distributed annually for reference at each school site.

Physical Activity

- * Schools will promote extracurricular physical activity programs, such as physical activity clubs or intramural programs.

- ** Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

- ** After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

- * Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Recess

* All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

** Recess will complement, not substitute, physical education class.

** Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Active Academics & Classroom Physical Activity Breaks

* Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

* The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

* Teachers will serve as role models by being physically active alongside the students whenever feasible.

* Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity.

** When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

* The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

* The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Physical Education (P.E.)

* All students in grades K-8 including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily P.E. (or its equivalent) of:

** 200 minutes every 10 school days for grades 1-6, and

** 400 minutes every 10 school days for grades 7-8

* All P.E. classes offered in grades 7-8 will be taught by a certified P.E. teacher.

* Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the P.E. requirement.

* Students will spend at least 50 percent of P.E. class time participating in moderate to vigorous physical activity.

USDA Nondiscrimination 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, audiotope, 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.

Approved: June 15, 2006

Revised: May 7, 2015

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References

5 CCR 15500-15501
 5 CCR 15510
 5 CCR 15530-15535
 5 CCR 15550-15565
 Ed. Code 33350-33354
 Ed. Code 38086
 Ed. Code 49430-49434
 Ed. Code 49490-49494
 Ed. Code 49500-49505
 Ed. Code 49510-49520
 Ed. Code 49530-49536
 Ed. Code 49540-49546
 Ed. Code 49547-49548.3
 Ed. Code 49550-49562
 Ed. Code 49565-49565.8
 Ed. Code 49570
 Ed. Code 51210
 Ed. Code 51210.1-51210.2
 Ed. Code 51210.4
 Ed. Code 51220
 Ed. Code 51222
 Ed. Code 51223
 Ed. Code 51795-51798
 Ed. Code 51880-51921

Description

Food sales by student organizations
 Mandatory meals for needy students
 Nutrition education
 School lunch and breakfast programs
[CDE responsibilities re: physical education](#)
[Free fresh drinking water](#)
[Pupil Nutrition, Health, and Achievement Act of 2001](#)
[School breakfast and lunch programs](#)
[School meals](#)
[Nutrition](#)
[Child Nutrition Act](#)
[Child care food program](#)
[Comprehensive nutrition services](#)
[Meals for needy students](#)
 California Fresh Start pilot program
[National School Lunch Act](#)
[Course of study for grades 1-6](#)
[Physical education; grades 1-6](#)
[Nutrition education](#)
[Course of study for grades 7-12](#)
[Physical education](#)
[Physical education; elementary schools](#)
[School instructional gardens](#)
[Comprehensive health education](#)

Federal References

42 USC 1751-1769j
 42 USC 1758b
 42 USC 1771-1793
 42 USC 1773

Description

School Lunch Program
 Local wellness policy
 Child Nutrition Act
 School Breakfast Program

Federal References

42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program

Management Resources References

	Description
California Department of Education Publication	Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
California Department of Education Publication	Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
California Project Lean Publication	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, Jan 2015
Centers for Disease Control&Prevention Publication	School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
Court Decision	Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	CSBA District and County Office of Education Legal Services
Website	California Project LEAN (Leaders Encouraging Activity and Nutrition)
Website	California School Nutrition Association
Website	Center for Collaborative Solutions
Website	Dairy Council of California
Website	National Alliance for Nutrition and Activity

Management Resources References

Website	National Association of State Boards of Education
Website	School Nutrition Association
Website	Society for Nutrition Education
Website	U.S. Department of Agriculture, Food Nutrition Service, wellness policy
Website	U.S. Department of Agriculture, Healthy Meals Resource System
Website	Action for Healthy Kids
Website	Alliance for a Healthier Generation
Website	California Department of Education, School Nutrition
Website	California Department of Public Health
Website	California Healthy Kids Resource Center
Website	Centers for Disease Control and Prevention
Website	CSBA

Cross References

0200	Goals For The School District
0460	Local Control And Accountability Plan
0460	Local Control And Accountability Plan
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1220	Citizen Advisory Committees
1230	School-Connected Organizations
1230	School-Connected Organizations
1325	Advertising And Promotion
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1400	Relations Between Other Governmental Agencies And The Schools
1700	Relations Between Private Industry And The Schools
3000	Concepts And Roles
3290	Gifts, Grants And Bequests
3312	Contracts
3513.3	Tobacco-Free Schools
3513.3	Tobacco-Free Schools
3513.4	Drug And Alcohol Free Schools
3550	Food Service/Child Nutrition Program
3550	Food Service/Child Nutrition Program
3551	Food Service Operations/Cafeteria Fund
3551	Food Service Operations/Cafeteria Fund
3553	Free And Reduced Price Meals
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3554	Other Food Sales
3554	Other Food Sales
3554-E PDF(1)	Other Food Sales

Cross References**Description**

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4231	Staff Development
4231	Staff Development
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5113.12	District School Attendance Review Board
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5145.3	Nondiscrimination/Harassment
5145.3	Nondiscrimination/Harassment
5145.3-E(1)	Nondiscrimination/Harassment
5145.6	Parent/Guardian Notifications
5145.6-E(1)	Parent/Guardian Notifications
5145.71	Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures
5146	Married/Pregnant/Parenting Students
5146	Married/Pregnant/Parenting Students
5147	Dropout Prevention
5148	Child Care And Development
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5148.2	Before/After School Programs
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