

STUDENT WELLNESS

The District recognizes a relationship exists between nutrition, physical activity, and learning. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are linked to reduced risk for many chronic diseases, such as diabetes and heart disease. Schools and the community have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Research indicates that well planned and effectively implemented school nutrition and fitness programs enhance students' overall health, as well as their behavior and academic achievement in school. Also, staff wellness is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Comprehensive Health Education: Students shall receive comprehensive health education. The District shall adopt grade-level mandated health education at elementary and secondary schools, including professional development for staff. The curriculum shall align with or surpass the requirements of the California Education Code and guidelines of the National Health Education Standards. The District and school administrators shall be responsible for monitoring comprehensive health programs and ensuring that the Health Education Content Standards for California Public Schools, Kindergarten through Grade 12 are met. (Education Code 51890, 51891, 51210, 51210.4, 51220)

Nutrition Education and Promotion: To help ensure the health and well-being of each student in the District, and to provide guidance to school personnel in the areas of nutrition, health, physical activity, and school meals, the district encourages teachers, principals, and Food and Nutrition employees to recognize the lunch period as an integral part of the educational program and work together to implement the goals of this policy. School administrators shall ensure that the following requirements are satisfied:

1. Nutrition education offered at each grade level shall be part of a sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to promote their health and make positive food and nutrition choices.
2. Teachers shall maximize classroom time by integrating nutrition education into lesson plans of other subjects including math, science, language arts, physical education, health, and social sciences.
3. The comprehensive health education program shall include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
4. Nutrition lessons shall promote consumption of fruits, vegetables, whole grains, low-fat and fat-free dairy products, and encourage healthy food preparation methods.
5. Teachers, administrators, and school staff shall encourage students to start each day with a healthy breakfast, eat a well-balanced lunch that includes all five food groups, and eat a healthy snack after school to increase learning and sustain energy throughout the day.
6. Nutrition instruction shall be consistent with the most current *Dietary Guidelines for Americans* and the most current USDA food icon (e.g. MyPlate).

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7. Schools shall provide students with consistent nutrition messages through multiple channels in addition to classroom instruction, including nutrition information provided in school nutrition centers, health fairs, field trips, awareness campaigns, and assemblies.
8. The District shall support and encourage teacher professional development in the areas of nutrition education and physical activity.
9. The District and its schools shall provide parents with information to help them incorporate healthy eating and physical activity into their children's lives in and outside of school. For example: handouts, newsletters, school website, school presentations that focus on nutrition and healthy lifestyles, and any other appropriate means for reaching parents.

Physical Education: Physical education is a standards-based curriculum that promotes lifelong and safe physical activity designed to develop basic movement skills, physical fitness, rhythms and dance, sports skills, as well as enhancing social and emotional abilities. All District schools shall meet or exceed the mandated minutes required by the California Department of Education (CDE) and shall meet or exceed the Physical Education Model Content Standards for California Public Schools, Kindergarten through Grade 12. The goals for physical education are as follows:

1. Provide quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment.
2. Provide adequate space to maximize practice opportunities for each student.
3. Provide adequate equipment for all students to be actively engaged individuals.
4. Ensure physical education class sizes are comparable to class sizes in other subject areas, where possible.
5. Provide a minimum of 200 minutes every ten school days for grades 1-5, and 400 minutes every ten school days for students in grades 6-12.
6. Provide classroom and physical education teachers professional development that includes: scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the FITNESSGRAM.

Physical Activity: The District recognizes that students are more attentive and ready to learn if provided with periodic breaks to be physically active or to stretch. In an effort to limit the health consequences of prolonged sedentary behavior, all students regardless of ability shall be provided opportunities to be physically active on a regular basis, before, during, and after school. The goals for physical activity are as follows:

1. Opportunities for physical activity shall be incorporated into instructional time.
2. Physical activity shall be promoted as a positive and enjoyable aspect of dynamic living and individual excellence.
3. Classroom teachers shall provide short physical activity and stress reduction breaks between lessons or classes, as appropriate.
4. The District shall offer a variety of supervised school athletic programs, extracurricular programs, and before- and after-school physical activities and programs.
5. Teachers and staff shall encourage socially desirable behavior involving physical interactions with others.
6. Staff members are encouraged to engage in regular physical activity, as appropriate.

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Safety during Physical Activity (PA): To encourage students' participation in physical activity while ensuring their safety, the District shall regularly inspect and maintain playgrounds, playing fields, gymnasiums, swimming pools and other facilities. The following standards apply:

1. All playgrounds shall conform to standards set forth in the Health and Safety Code.
2. Appropriate protective clothing and equipment shall be provided for all types of PA, as needed.
3. Weather and air quality standards shall be followed when students are physically active.
4. Students and staff shall have access to appropriate hydration (e.g., water or other fluids).
5. Emergency response systems shall be followed when injuries and illnesses occur at school.
6. Students, physical education teachers, coaches, and supervisors of physical activity shall receive instruction regarding risks and appropriate responses to injury.
7. School staff shall be trained (as required by law), in the use of any necessary medications that students are authorized to carry and/or use.
8. School staff shall follow established guidelines to allow students with medical conditions to participate in physical activity at school. The intent is to protect students' well-being and provide for students' maximum participation in physical activity, at an appropriate level.

Physical Activity and Punishment: Students shall be encouraged to participate in lifelong fitness and physical activity, not perceive it as a negative experience or punishment. Therefore, no student shall be subjected to retribution that uses physical activity (e.g., running laps, push-ups) as a disciplinary measure or withholding recess, physical education, or physical activity breaks.

Health Services: A school health services program shall be designed to appraise, protect, and promote student and staff health by fostering access to appropriate primary health care services. The goals for Health Services are as follows:

1. Provide on-site emergency care for minor illness and injury.
2. Prevent and control communicable diseases and other health problems.
3. Optimize the early recognition of mental and physical health problems.
4. Evaluate school facilities and school environment for safe and sanitary conditions.
5. Increase outreach to students and their families, including linkages to community-based social and health agencies.

Psychological and Counseling Services: The District recognizes that psychological and counseling programs provide an environment that promotes social and emotional development, enhances resiliency, and provides protective buffers within the school community. Personnel shall endeavor to intervene as early as feasible when emotional, behavioral, and/or learning problems manifest and shall help build a systemic response to matters that affect student and staff well-being, such as bullying, alienation, and student disengagement from classroom learning. School sites shall have a protocol in place for detection and referral of students who have potential for harm to self or others. In order to ensure that students have access to comprehensive health services and mental health services, the District shall provide referrals to health services and mental health services at or near District schools.

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Nutrition Guidelines: Relevant Board Policies and Regulations that pertain to this component are as follows:

- BP/AR 3550 - Food and Nutrition Program
- AR 3550.1 - Guidelines for Food Safety and Sanitation
- BP/AP 3553 - Free and Reduced Price Meals
- BP 3554 - Other Food Sales
- AR 3554 - Competitive Food and Beverage Sales
- AP 3557 - Use of Food and Nutrition Facilities and Equipment

All foods and beverages sold, served, or given to students on school grounds between midnight and 30 minutes after school ends, shall comply with federal, state, and District nutrition standards. This includes but is not limited to fundraisers, student stores, vending machines, classroom celebrations, and all other foods and beverages provided to students at school.

The Food and Nutrition Department (hereafter F&ND) shall have sole authority to provide or approve all food and beverage sales to students on school campuses, from midnight until 30 minutes after school ends. In addition, the F&ND shall have sole authority over snacks provided in state and federally funded, District sponsored, before- and after-school programs.

Nutrition Standards for Foods and Beverages: The District shall utilize the most current federal, state, and local statutes and regulations for its nutrition standards, and shall apply those standards to all foods and beverages sold, served, or given to students at school. In addition, the following restrictions apply:

1. Coffee and tea may not be served or sold to students on campus during the school day.
2. Beverages containing herbal supplements or non-FDA approved additives may not be served or sold to students. This includes energy drinks such as those containing ginkgo biloba, ephedra, ginseng, guarana, ma huang, etc.
3. With the exception of foods and beverages provided by the F&ND, foods and beverages that do not have ingredients and nutrition facts shown on the package label may not be served or sold to students.
4. Foods or beverages in glass containers may not be served or sold on school premises.

School Meal Standards: School meals shall offer a variety of nutritious food choices that are consistent with USDA nutrition standards and the *Dietary Guidelines for Americans*. The F&ND shall provide school meals that:

1. Are attractive to children by appealing to their taste preferences.
2. Introduce students to new foods that may not be served at home.
3. Are served in a clean environment and pleasant manner.
4. Provide age-appropriate calories according to USDA meal pattern requirements.
5. Meet nutrition requirements established by federal, state, and local statutes and regulations.
6. Offer a variety of fruits and vegetables that are appealing and seasonal when possible.
7. Serve only low fat (1%) or fat free milk and nutritionally-equivalent non-dairy alternatives as defined by USDA.
8. Ensure all grains served are at least 51 percent whole grain.
9. Include food items selected by students through taste testing, surveys, and other means.

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Free and Reduced-Price Meals: Schools shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools shall use electronic identification and payment systems; promote the availability of school meals to all children; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or breakfast in the classroom.

School Breakfast Program: Schools shall encourage all students to eat breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

1. Schools shall, to the extent possible, operate the School Breakfast Program.
2. Schools shall, to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation.
3. Schools that serve breakfast to students shall notify parents and students of the availability of the School Breakfast Program.
4. Schools shall encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, website, or other means.

Meal Times and Scheduling: All students shall have adequate time during breakfast and lunch periods to purchase or retrieve a meal, consume a meal without rushing, socialize, and to clean up after themselves, prior to returning to class. Lunch periods shall be scheduled so that students do not have to eat lunch unusually early or late and, ideally, so that they eat after periods of exercise. The following minimum meal time scheduling standards apply:

1. At no time will lunch periods be scheduled for less than 30 minutes each day.
2. Ensure that all students have at least 20 minutes to eat after sitting down for lunch, 10 minutes to eat after sitting down for breakfast, and at least 10 minutes for nutrition break. This time does not include the time needed to walk to the school nutrition center from classrooms, select and pay for meals, sit down at a table, and walk back to the classroom after the meal.
3. Stagger lunch periods to allow a minimum of 10 to 15 minutes between grade levels. Younger students should be scheduled to eat before older students.
4. To eliminate overcrowding and long lunch lines, do not schedule more than one grade level of students to start lunch meal periods at the same time.
5. Schedule lunch periods to minimize student wait times for meals, to ensure that all students have access to a nutritious school meal and adequate time to consume it.
6. Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1 p.m., with exceptions for special programs.
7. Do not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. On minimum days, schedule the lunch meal period during the school day rather than at the end of the school day, as required by Board Regulations.
9. Provide students and staff access to hand-washing before they eat meals or snacks.
10. Take reasonable steps to accommodate oral hygiene during all meal periods.

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Field Trips: During any school sponsored field trip, food and beverage items must follow the National School Lunch and School Breakfast Program regulations. National School Lunch regulations require all students to be offered the option to take a school lunch meal when going on a field trip. Snacks provided during the trip must comply with the District's nutrition standards and be consistent with nutrition education taught in the classroom.

Before and After-School Programs: The District shall require all school-based before- and after-school programs to comply with the student wellness policy. After-school enrichment programs, such as After School Education and Safety (ASES) and Extended Student Services (ESS) programs, shall provide and encourage daily periods of moderate to vigorous physical activity for all participants, including the provision of space and equipment. Snacks served in after-school enrichment programs shall consist of fruits, vegetables, low fat dairy foods, or whole grain-rich foods; with low-fat or non-fat milk or water for beverages. After-school enrichment programs that provide authorized nutritious snacks to children may be exempted from the approval of and oversight by the F&ND.

Fundraising Activities: To support student health and school nutrition education efforts, school organizations shall use non-food items, such as physical activity-themed events, as their primary form of fundraising. The District may disseminate a list of suggested ideas for acceptable fundraising activities. If food or beverage items are sold on campus between midnight and 30 minutes after the end of the school day, they must be approved in advance by the F&ND. Foods and beverages that do not meet nutrition standards must only be sold 30 minutes after the end of the school day or off campus.

Rewards: Foods and beverages shall not be used for academic or behavior rewards. An exception may be made when the use of food or beverage is included in an Individual Education Plan (IEP) for a student. Schools shall not withhold food or beverage (including food served through school meals program) as a punishment.

Sharing Foods and Beverages: The District discourages students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.

Homemade Foods: In order to minimize the risk of foodborne illness, foods prepared at home shall not be served to students during the school day. This does not apply to lunches and snacks brought from home for individual consumption.

Mobil Food Vending (Food Trucks): San Diego Municipal Code §54.0122(f) prohibits mobile food trucks from selling foods and beverages within 500 feet of school property lines, between 7:00 a.m. and 4:00 p.m. on regular school days.

Outdoor Barbecues: Barbecues must comply with the County Department of Environmental Health and paragraph 114143 of the California Retail Food Code (CalCode). The F&ND is the only District establishment approved to operate barbecues on school property. A County health permit is required to operate a barbecue on school grounds if food will be served.

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Safe Routes to School: The District encourages each school to organize and implement ways to create safe routes to school so that students can walk or ride their bikes daily. This can also include education on safe walking, biking, skateboarding, and other means of mobility.

Safe and Healthy School Environment: The District shall provide a safe and secure learning environment for all students and staff. The goals for a Safe School Environment are:

1. The District shall maintain safe and healthy school campuses for all students.
2. Employees shall promptly report workplace safety concerns.
3. The physical environment of schools shall be designed to facilitate healthy behaviors.
4. School nutrition centers shall be inspected twice each year as required by law.
5. Food and Nutrition employees shall meet certification requirements as required by law.
6. With the exception of foods brought to school for personal consumption, all food items brought on campus by parents and other personnel shall be commercially prepared and prepackaged, with a label listing ingredients and Nutrition Facts.
7. Schools shall provide outreach and communication to parents/guardians about the importance of keeping children home when they are ill.
8. Classrooms and schools shall promote tolerance and respect for diversity.

Access to Drinking Water: The District recognizes that water plays a critical role in promoting health and body functions, including regulating temperature, protecting sensitive tissues, transporting nutrients, and ridding the body of wastes. Providing access to drinking water gives students a healthy alternative to sugar-sweetened beverages. It helps to increase students' overall water consumption, maintain hydration, and reduce energy intake if substituted for sugar-sweetened beverages. Adequate hydration also may improve cognitive function in children and adolescents. Drinking water, if fluoridated, also plays a role in preventing dental caries (cavities). The following minimum standards apply:

1. Allow students to have (approved) water bottles in class or to go to the water fountain if they need to drink water.
2. Ensure that water fountains are clean and properly maintained.
3. Provide access to water fountains, dispensers, and hydration stations throughout the school.

Family and Community Involvement: Parents shall be encouraged to assist the District in modeling and promoting good health, proper nutrition, and physical fitness. In order to accomplish this, the District shall disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, District or school web sites, and other communications. The communication shall include, but not limited to, the packing of healthy lunches and snacks, lists of foods that meet the District's nutrition standards, education opportunities, education initiatives, and ideas for non-food celebrations and fundraising activities. The District shall provide information about physical education and physical activity opportunities, such as family walks. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and the importance of supporting the goals of the wellness policy at home and at school.

STUDENT WELLNESS (Continued)

Food and Beverage Marketing in Schools: The District prohibits the marketing and advertising of foods and beverages that do not meet federal, state, and District nutrition standards. This prohibition includes advertising during the school day on any property or facility owned or leased by the District and used for school-related activities, including but not limited to school buildings, athletic fields, facilities, signs, scoreboards, parking lots, school buses or other vehicles, equipment, vending machines, uniforms, educational material, or supplies. School-based marketing shall be consistent with nutrition education and health promotion. To reinforce the District's nutrition education program, the promotion of healthy foods, including fruits, vegetables, whole grains, water, and low-fat dairy products will be encouraged by teachers, school and District staff, and parents.

School Gardens: The District recognizes that school gardens can improve student health and wellness, instill the value of healthy eating, increase physical activity, improve student achievement, and create highly engaging and interactive learning opportunities. Garden programs can integrate hands-on, outdoor experiences into core curricula for math, history, social studies, language arts, physical education, nutrition/health education, and electives for a variety of learning purposes at all grade levels.

1. A written garden plan must be submitted to and approved by the school principal. At a minimum, this plan must address installation, funding, volunteers, maintenance, irrigation, pest control, sanitation, restrooms, fertilizers, handwashing, harvesting, and produce washing.
2. Once approved by the principal, a garden on school property requiring District support must be approved by Facilities, Maintenance and Operations, and by the Board of Education.
3. A designated garden coordinator must be selected, and a strong support network must be created and maintained.
4. The designated garden coordinator and support network shall contact the County health department for guidelines about growing safe produce.

Professional Development: Professional development shall be regularly offered to teachers, coaches, supervisors, food and nutrition staff, and other staff members as appropriate to enhance their knowledge and skills. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Staff development for food and nutrition staff shall include training and/or certification at various levels of responsibility, including safe food handling, nutrition education, menu planning, meal preparation, food safety, strategies for promoting healthy eating behaviors, and other appropriate topics.

Staff Wellness: The District encourages staff to serve as positive role models for healthy eating and physical fitness and recognizes that health promotion for staff is a key component of a coordinated school health program. The District also encourages the participation of parents and other community members in promoting the health and wellness of students. Examples of wellness programs for school staff members include, but are not limited to, health screening, physical activity and fitness programs, nutrition education, weight management, smoking cessation, influenza vaccinations, and stress management.

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Staff Members as Role Models: Adults can have a significant impact on the development of students' health behaviors. Teachers, staff, and administrators can practice healthy eating to reinforce this behavior with students and to support consistent messages in schools about the importance of good nutrition. Teachers, staff, and administrators can also model healthy behaviors to students by being physically active, consuming healthy foods and beverages, and getting involved in the school's employee wellness program.

Program Implementation and Evaluation: The District shall establish and maintain a plan for measuring implementation of the wellness policy District-wide.

The Superintendent shall designate at least one person within the District and at least one person at each school site who is charged with operational responsibility for ensuring that school sites implement, evaluate, and monitor the wellness policy. Primary operational responsibility for the District's wellness policy shall be as follows:

1. Each school principal shall ensure that: all foods and beverages available to students on his/her school campus comply with nutrition standards; all competitive food sales meet state and federal regulations, including Food and Nutrition Department approval; the District-adopted course of study for PreK-12 physical education is implemented; and other District-approved physical activity programs are provided.
2. The Associate Superintendent of Learning Support Services shall ensure that goals for health and nutrition education, physical education and activity, health services and counseling, and other activities designed to promote student wellness, are achieved.
3. The Food and Nutrition Director shall ensure that all federal, state, and local laws and regulations regarding the Food and Nutrition program are strictly enforced.
4. The Health Services Director and the Student Support Services Executive Director shall coordinate the health and wellness committee and ensure District-wide implementation.

School Site Implementation and Evaluation: School principals shall review the wellness policy and regulations with staff and parents annually in order to ensure compliance. School administrators and staff shall actively participate in ensuring their school establishes a climate that encourages and does not stigmatize healthy eating and physical activity.

1. Schools shall encourage families to support healthy eating and physical activity.
2. Each school is encouraged to establish and/or maintain a school wellness committee to help implement and evaluate adherence to the District's wellness policy. This will involve: assessing the school's healthy eating and physical activity policies and practices; writing an action plan for the school year based on the assessment; implementing the plan; and communicating wellness-related policies to the school community.
3. Each school is encouraged to create a school wellness checklist that details its progress in various areas.

Posting: Every school site shall post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education, and shall inform the public about the content of the District's local school wellness policy. (EC 49432)

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- (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
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