

# Board Policy

BP 5030 (a)

Anaheim City School District

## Students

### Student Wellness

Recognizing the link between student health and learning, the Board of Education will provide a comprehensive program promoting healthy eating and physical activity for District students. The District will develop a coordinated school health system that supports and reinforces health literacy through health education/services, physical education, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

### School Health Council

The Board's policy related to student wellness shall be developed with the involvement of various stakeholders representing school personnel, parents, and community members.

The Superintendent or designee will appoint a school health council to assist with policy development and advise the District on health-related issues, activities, policies, and programs.

### Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

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

Nutrition education shall be provided as part of the health education program in grades K-6 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs.

All students in grades K-6 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, recess, before- and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff members to serve as positive role models and promote opportunities for regular physical activity among employees.

## **BP 5030 (b)**

### **Student Wellness** (cont.)

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee will disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

### **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines for all foods available in schools during the school day to promote student health and reduce childhood obesity.

The Board expects that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District, including foods and beverages provided through the District's food service program, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any snacks which they donate for school/class events and by limiting foods or beverages that do not meet nutritional standards. These events shall be held after the lunch period when possible.

### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. To maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

## **BP 5030 (c)**

### **Student Wellness** (cont.)

#### **Program Implementation and Evaluation**

The Board shall adopt a plan for measuring implementation of this policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's wellness policy.

The Superintendent or designee shall recommend for Board approval quality indicators to measure the implementation of the policy Districtwide and at each District school. These measures shall include, but not be limited to, 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, the school health council, parents/guardians, students, and other appropriate persons.

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.

#### **Posting Requirements**

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within central eating areas.

# BP 5030 (d)

## Student Wellness (cont.)

### LEGAL REFERENCES

#### 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