

Board Policy

BP 5030

STUDENTS

Centralia School District

School Wellness Policy

The Governing Board is committed to providing school environments that promote and protect Children’s health, well being, and ability to learn, by supporting healthy eating and increased levels of physical activity. These are the primary goals of the wellness program.

There are known links between access to healthy foods and student achievement. Likewise, there are known links between physical activity, learning and attendance. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States. Major risk factors for those diseases include unhealthy eating habits, physical inactivity, and obesity. Eating and exercise habits established in childhood are necessary to reduce these risk factors.

Centralia schools will provide health education, physical education, and nutrition education for all students to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and linkages with related community services.

All students in grades Pre-K through 6 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current California state guidelines.

Qualified child nutrition professionals (e.g., Food Services Coordinator) will provide students, faculty, and staff with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs; will accommodate religious, ethnic, and cultural diversity in meal planning; and will provide clean, safe, and pleasant settings and adequate time to eat.

The Superintendent or designee shall appoint individuals to organize a “Nutrition and Health Advisory Council” and to coordinate the services of the council. The council will engage students, parents, teachers, nutrition professionals, health professionals, district administrators, community based organizations, individual school health councils, and other interested community members to develop recommendations to the Administration that support the goals of this policy. This Advisory Council shall also monitor, review, and make periodic reports to the Administration and/or Governing Board regarding the implementation of rules and regulations under this policy.

Legal References:

EDUCATION CODE

- 8850.5 Family relationships and parenting education
- 35183.5 Sun protection
- 49413 First aid training
- 49430-49436 Public Nutrition, Health and Achievement Act of 2001
- 49490-49493 School breakfast and lunch programs
- 49500-49505 School meals
- 51202 Instruction in personal and public health and safety
- 51203 Instruction on alcohol, narcotics and dangerous drugs
- 51210 Areas of study
- 51220.5 Parenting skills; areas of instruction
- 51260-51269 Drug education
- 51265 Gang violence and drug and alcohol abuse prevention inservice
- 51513 Personal beliefs
- 51890-51891 Comprehensive health education programs
- 51913 District health education plan
- 51920 Inservice training, health education
- 51930-51939 Comprehensive sexual health and HIV/AIDS prevention education

CALIFORNIA CODE OF REGULATIONS, TITLE 5

- 11800-11801 District health education plan