



# Huntington Beach Union High School District Board Policies and Administrative Regulations

BP 5030  
Page 1 of 6

## **Students**

### **STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and will provide a comprehensive program promoting healthy lifestyles, including healthy eating and physical activity, for district students.

The Superintendent or designee shall build, maintain and evaluate a coordinated school health system that supports the entire learning community. The system will reinforce health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. This is part of a comprehensive, integrated system of learning support dedicated to reducing the barriers to learning.

### **School Health Council/Committee**

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school nurses, teachers, school administrators, Board representatives, and members of the public.

The Superintendent or designee shall appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, health educators, physical educators, counselors, psychologists, and/or others interested in school health issues.

The school health council or committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

## **STUDENT WELLNESS (continued)**

### **Health, Nutrition, Physical Education and Physical Activity Goals**

The Board shall adopt goals for health and nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

The district's health, nutrition and physical education programs shall be based on research, consistent with the expectations established within the state's Health and Physical Education 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 9-12 and, as appropriate, shall be integrated into core academic subjects.

All students in grades 9-12 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, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage all staff to serve as positive role models. He/she shall promote strategies that increase awareness of healthy behaviors and lifestyles. Opportunities for personal and professional development shall be provided to all staff as necessary to develop and sustain a comprehensive wellness program.

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

### **Student Support Services**

As part of an effective wellness program, the Board recognizes the importance of a comprehensive, integrated system of student support services (i.e. counseling, nursing, psychological, etc.), and community resources to address barriers to learning and promote healthy development.

**STUDENT WELLNESS (continued)**

**Nutrition Guidelines for Foods Available at School**

The Board shall adopt 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.

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

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

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 may donate for educational classroom components and limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per classroom activity. Class activities or celebrations shall be held after the lunch period when possible.

All foods and beverages sold through the cafeteria for the meal programs shall be readily available and accessible throughout the campus. Lunch service shall be scheduled in the middle of the school day. Lunch may be served after 10:00 a.m. on minimum days and during final exam and summer school schedules.

Adequate time shall be scheduled for students to enjoy eating healthful meals with friends. Lunch schedule shall be a minimum of 30 minutes for a regular and modified school days and a minimum of 20 minutes for minimum day and during final exam and summer school schedules.

Adequate space shall be available to accommodate all students in a pleasant surrounding that reflects the value of the social aspects of eating. In addition, an adequate number of serving areas shall be provided to ensure student access to school meals with a minimum of wait time.

## **STUDENT WELLNESS (continued)**

### **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.

In order 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.

Schools shall encourage the student body to eat healthy foods, including the participation in the school meal programs. Other food sales that compete with the participation of students in the meal programs shall be limited as per the Federal and State laws and regulations.

### **Program Implementation and Evaluation**

The Board shall establish a plan for measuring implementation of the 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 specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; results of other surveys; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; students' physical and psychological wellness; school climate; and feedback from food service personnel, school health council, students, parents/guardians, and staff members.

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.

**STUDENT WELLNESS (continued)**

**Posting Requirements**

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

**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

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

**STUDENT WELLNESS (continued)**

**Management Resources:**

**CSBA POLICY BRIEFS**

The New Nutrition Standards: Implications for Student Wellness Policies, Nov. 2005

**CSBA PUBLICATIONS**

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

**CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS**

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

**CENTERS FOR DISEASE CONTROL 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

**U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS**

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000