

Orange Unified School District

POLICY

Wellness Policy

The Orange Unified School District Board of Education 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.

Access to healthy foods and opportunities to be physically active assist children to grow, learn and thrive. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

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

All students in grades Pre-K through 12 will have opportunities, support, and encouragements 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 standards.

Qualified child nutrition professionals 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 respect religious, ethnic, and cultural diversity in meal planning: and will provide clean, safe, and pleasant settings and adequate time to eat.

The Director of Nutrition Services, Director of Athletics, and Coordinator of Health Services shall be responsible to organize a Wellness for Student Achievement Committee and coordinate services. The Wellness for Student Achievement Committee will engage students, parents, teachers, nutrition professionals, health professionals, district administrators, community based organizations, individual school health committees, and other interested community members to develop recommendations to the Board of Education for adoption of certain rules and regulations to support the goals of this policy. This advisory committee shall also monitor, review, and make periodic reports to the Board of Education regarding the implementation of rules and regulations under this policy.