

Fullerton School District

Board Policy Student Wellness

BP 5030

Students

Board Adopted: November 28, 2006

Board Revised: August 23, 2011

Board Revised: February 2, 2016

The Board of Trustees recognizes a strong link between student health and educational outcomes. To promote healthy eating and physical activity, the District will use the Whole School, Whole Community, Whole Child model (WSCC) to provide a comprehensive wellness program. (Appendix A: WSCC Model) The Superintendent or designee shall support and reinforce health literacy through WSCC's 10 components: (1) health education; (2) physical education and physical activity; (3) nutrition environment and services; (4) health services; (5) counseling, psychological, and social services; (6) social and emotional climate; (7) physical environment; (8) employee wellness; (9) family engagement; and (10) community involvement.

Research shows that two components, good nutrition and physical activity throughout the day, are strongly correlated with positive student outcomes. Less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active - do better academically. (American Heart Association, 2010, Nansel, 2010, Van Dusen, 2011)

Wellness Council

The Superintendent or designee shall establish a District health council or other committee to advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charge(s) will include the planning and implementation of activities to promote health within the school or community and monitor policy implementation. The committee shall meet at least 4 times annually.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the District and each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. This wellness policy and the progress reports can be found at: www.fullertonsd.org. The Superintendent shall designate at least one person within the District who is charged with operational responsibility for ensuring implementation of this policy.

The Superintendent or designee shall report to the Board each May, as part of the Annual Progress Report, on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy on the Wellness page of FSD's website.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be

published around the same time each year in May, and will include information from each school within the District

The District and individual schools will actively notify households/families of the availability of the annual report.

The District, in collaboration with individual schools, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary schools) for each of the content-specific components listed in Section IV: Nutrition Education and Physical Activity Goals.

Triennial Progress Assessments

The Superintendent's designee will be responsible for managing the triennial assessment and to report on progress made in the last 3 years and recommendations for improvement.

The WAC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Community Involvement, Outreach, and Communications

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports. To encourage consistent health messages between the home and school environment, health information will be disseminated to parents/guardians through District, school or other communications. Outreach to parents/guardians will emphasize the relationship between student health and academic performance.

III. School Health, Safety and Environment

The District believes that all students have the right to be educated in a learning environment that is safe and drug-free. According to the Centers of Disease Control and Prevention, engaging in routine healthy behaviors during childhood is easier than changing unhealthy habits during adulthood. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves academic performance.

Physical Environment, Health and Safety

The District places safety as top priority by creating environments that are respectful, orderly, and drug-free.

Social and Psychological Health

The District recognizes that mental health has an impact on student life at all grade levels.

Health Services

The Health Services program is a critical component of wellness that improves educational outcomes and a person's wellbeing.

IV. Nutrition Goals

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).¹

Nutrition Services will provide professional development for their staff to ensure that they adhere to the Wellness Policy and food safety standards on an annual basis.

Food Safety and Sanitation Standards

Food safety and sanitation standards must be followed at all events, in which food is served and/or prepared.²

School Meals

Our school district is committed to serving healthy meals to children, that meet the current USDA dietary guideline which include plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

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. Information to enroll in school meal programs is available on the FSD website and individual school websites.

Nutrition Guidelines for Foods Available at School

The Board believes that foods and beverages available to students at District schools shall support the health curriculum and promote optimal health. Nutrition guidelines 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 guidelines.

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 food 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 may donate for occasional class parties and by limiting foods or beverages that do not meet Smart Snacks nutrition guidelines to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices

¹ Refer to <http://professionalstandards.nal.usda.gov> for more details.

² Refer to www.foodsafety.gov for more details.

and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Food and Beverage Marketing in Schools

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

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. (Appendix I: Competitive Food Regulations)

To support healthy food choices and improve student health and well being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the extended school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through celebrations, parties, classroom snacks brought by parents, rewards and incentives.

Fundraising

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day four times per year.

V. Nutrition Education and Physical Activity Goals

The District shall provide 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 content standards, 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-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs.

All students in grades K-8 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, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote regular physical activity and healthy choices among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Physical Activity

A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities; the District is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The District will provide teachers and school staff with a [list of ideas](#) for alternative ways to discipline students.

Indoor and outdoor physical activity facilities will be open to students, their families, and the community outside of school hours, to the extent possible, through a formal joint or shared use agreements. The District reserves the right to close off access to facilities in the event that equipment is damaged.

The District will work with schools to ensure that inventories of physical activity supplies are known and will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

Physical Education

The District will provide students with sequential age-appropriate physical education, curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle. It will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

Active Transport

The District will support active transport to and from school, such as walking or biking.

VI. Health Promotion

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of, and approaches for, healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WAC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

The District will use a healthy meeting policy for all events with available food options that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Posting Requirements

The District shall post the wellness policy on nutrition and physical activity on the Fullerton School District website and in public view within all school cafeterias. Additionally, a link to the wellness policy will be posted under the resources tab on school websites.

Legal References:

EDUCATION CODE

8990-8997 Nutrition Education
33350-33354 CDE Responsibilities Re: Physical Education
38086 Drinking Water
38100 Cafeterias, Allocation of Charges Re: Vending Machines
49001 Prohibition of Corporal Punishment
49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001
49490-49494 School Breakfast and Lunch Programs
49500-49505 School Meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act of 1974
49540-49546 Child Care Food Program
49547-49548.3 Comprehensive Nutrition Services
49550-49561 Meals for Needy Students
49565-49565.8 California Fresh Start Pilot Program
49570 National School Lunch Act
49590 School Nutrition Report
51202 General Provisions
51210 Course of Study, Grades 1-6
51220 Course of Study, Grades 7-12
51222 Physical Education
51223 Physical Education, Elementary Schools
51260-51269 Drug Education
51795-51796.5 School Instructional Gardens
51880-51921 Comprehensive Health Education
60800 Physical Fitness Testing

CODE OF REGULATIONS, TITLE 5

10060(f)
15500-15501
15510
15530-15535

15550-15565

UNITED STATES CODE, TITLE 42

Food Sales by Student Organizations Mandatory Meals for Needy Students Nutrition Education School Lunch and Breakfast Programs

1751-1769 1751 Note 1771-1791 1773
1779

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program 220.1-220.21

National School Breakfast Program COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Section 204 of Public Law 111-296, Healthy, Hunger-Free Act of 2010

Management Resources:

CSBA PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007 Food Safety Requirements, Fact Sheet, October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

National School Lunch Program, especially: Local Wellness Policy

Child Nutrition Act, including:

School Breakfast Program

Rules and Regulations, Child Nutrition Act

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007 Promoting

Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006 School-Based

Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

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

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006 CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

Making It Happen: School Nutrition Success Stories, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION 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

WEBSITES

Action for Healthy Kids: <http://www.actionforhealthykids.org>

ASCD: <http://www.ascd.org/programs/learning-and-health/wsc-model.aspx> Alliance for a Healthier Generation: <http://healthiergeneration.org>

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California Center for Research on Women and Families: <http://www.ccrwf.org/wp-content/uploads/2011/10/Local-School-Wellness-Policies-Nutrition-Primer-Module.pdf>
California Department of Education, Nutrition Services Division: <http://ced.ca.gov/ls/nu>
California Department of Public Health: <http://cdph.ca.gov>
California Healthy Kids Resource Center: <http://californiahealthykids.org>
California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://californiaprojectlean.org>
California School Board Association: <http://csba.org>
California School Nutrition Association: <http://calsna.org>
Centers for Disease Control and Prevention: <http://cdc.gov>
Dairy Council of California: <http://dairycouncilofca.org>
National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>
National Association of State Boards of Education: <http://nasbe.org>
National School Boards Association: <http://nsba.org>
Professional Standards for School Nutrition Professionals: <http://professionalstandards.nal.usda.gov>
School Nutrition Association: <http://www.schoolnutrition.org>
Society for Nutrition Association: <http://www.sne.org>
Torrance Unified School District:
http://tusdfoodservice.org/schools/tusd_2402100126178594/WellnessPolicy.pdf
U.S. Department of Agriculture, Food Nutrition Service, Wellness Policy:
http://fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
U.S. Department of Health and Human Services: <http://www.foodsafety.gov>

American Heart Association. (2010, March 4). Students' physical fitness associated with academic achievement; organized physical activity. *ScienceDaily*. Retrieved April 7, 2015 from www.sciencedaily.com/releases/2010/03/100302185522.htm

Castelli, DM; Hillman, CH, Buck, SM; & Erwin, HE. (2007) Physical fitness and academic achievement in third- and fifth-grade students. *Journal of Sport and Exercise Psychology*. 2007, **29**, 239-252. Retrieved April 15, 2015 from <http://fitnessforlife.org/AcuCustom/Sitename/Documents/DocumentItem/7336.pdf>

Grissom, JB. (2005, February). Physical fitness and academic achievement. *Journal of Exercise Physiology*. Retrieved April 15, 2015 from <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/pep/physfitacadach.pdf>.

The association between school-based physical activity, including physical education, and academic performance. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services. Atlanta, GA. July 2010. 84 pp.

Associations of physical fitness and academic performance among schoolchildren. Van Dusen DP, Kelder SH, Kohl HW, III, Ranjit N, Perry CL. *Journal of School Health*. 2011; 81: 733-740