



Student Wellness

The following goals will be reviewed annually by the Coordinated School Health Programs Advisory Committee members. Every two years these goals and indicators may be revised and presented for Board review.

Note: Coordinated School Health Programs Board Policy BP 0460

Nutrition Education and Physical Activity Goals & Indicators

1. The Rockford Elementary School District will improve students' proficiency in physical fitness.

Indicator: The number of 5<sup>th</sup> and 7<sup>th</sup> grade students meeting 6 of the 6 California PE Standards will increase by 20% by the end of the 2012-13 school year, as measured by the California Fitness Tests.

2. The Rockford Elementary School District will increase the positive nutritional practices of students.

Indicator: by June 2013, the student selection of fruits and vegetables at school will increase by 20% as measured by Food Services records.

Indicator: by June 2013, the percentage of low-nutrition items sold/offered in the cafeteria will decrease by 20% as measured by food service records.

Each year, students in grades Kindergarten through 8<sup>th</sup> grade will receive nutrition promotion lessons as verified through lesson plans.

By June of 2013, 100% of the 6<sup>th</sup>-8<sup>th</sup> grade physical education teachers will be provided nutrition promotion curriculum materials and/or training.

3. The Rockford Elementary School District will enhance content delivery of physical education and improve teachers' knowledge and understanding of physical education best practices.

Indicators: by June of 2013, 80% of the K-8 teachers will participate in a standards based PE program training, receiving curriculum and/or equipment as measured by staff development records and/or supply orders.

## Rockford Elementary School District Board Policy

Students

BP 5030(a)

### STUDENT WELLNESS

Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) mandates each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791), including the School Breakfast Program, to adopt a district wide school wellness policy with specified components by the beginning of the school year after July 2006. The following policy fulfills this mandate and should be revised to reflect district practice. Districts should consider reviewing other related policies for consistency, including BP 3312 – Contracts, BP/AR 3550 – Food Service/Child Nutrition Program, BP/AR 3553 – Free and Reduced Price Meals, BP/AR 3554 – Other Food Sales, BP/AR 6142.7 – Physical Education, and BP/AR 6142.8 – Comprehensive Health Education.

CSBA's Student Wellness: A Health Food and Physical Activity Policy Resource Guide summarizes research on the relationship between nutrition and physical activity and student achievement, provides worksheets for policy development, and contains other resources that may be useful in the development of the wellness policy. In addition, the Note in 42 USC 1751 requires the U.S. Secretary of Agriculture to provide information and technical assistance through the Centers for Disease Control and Prevention (CDC).

The following paragraph links student wellness with the components of a coordinated school health approach recommended in the California Department of Education's (CDE) Health Framework for California Public Schools, and may be revised to reflect district practice.

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and health school environment, and parent/guardian and community involvement.

- (cf. 0000 – Vision)
- (cf. 0200 – Goals for the School District)
- (cf. 3513.3 – Tobacco-Free Schools)
- (cf. 3514 – Environmental Safety)
- (cf. 5131.6 – Alcohol and Other Drugs)
- (cf. 5131.61 – Drug Testing)
- (cf. 5131.62 – Tobacco)
- (cf. 5131.63 – Steroids)
- (cf. 5141 – Health Care and Emergencies)
- (cf. 5141.23 – Infectious Disease Prevention)
- (cf. 5141.3 – Health Examinations)
- (cf. 5141.31 – Immunizations)
- (cf. 5141.32 – Health Screening for School Entry)
- (cf. 5141.6 – Student health and Social Services)
- (cf. 5412 – Safety)
- (cf. 5146 – Married/Pregnant/Parenting Students)
- (cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 – Guidance/Counseling services)

## School Health Council/Committee

Note: Pursuant to the Note in 42 USC 1751, the district wellness policy must be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

Note: One method to achieve involvement of those groups could be through the creation of a school health council, as recommended in the CDE's Health Framework for California Public Schools. Pursuant to Government Code 54592, committees appointed by the Board are subject to open meeting laws (the Brown Act); see AR 1220 – Citizen Advisory Committees. In general, advisory committees that are created by the Superintendent or designee are not required to comply with the Brown Act but must comply with other, less complex procedural requirements. The following two paragraphs are **optional** and may be revised to reflect district practice.

The Superintendent or designee shall appoint a coordinated school health council consisting of representatives of the above groups. In addition to representatives from all eight components of coordinated school health programs, the council may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

(cf. 1220 – Citizen Advisory Committees)  
(cf. 9140 – Board Representative)

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.

**Nutrition education and Physical Activity Goals**

Note: The Note in 42 USC 1751 mandates that the district's wellness policy include goals for nutrition and physical activity, as specified below.

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC 1751 Note)

Note: The remainder of this section details policy language to address this mandated topic and should be revised to reflect district practice.

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.

(cf. 6010 – Goals and Objectives)  
(cf. 6011 – Academic Standards)  
(cf. 6143 – Courses of Study)

Nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects and may be offered through before and/or after school programs.

(cf. 6142.8 – Comprehensive Health Education)

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, and other structured and unstructured activities.

(cf. 6142.7 – Physical Education)  
(cf. 6145 – Extracurricular and Co curricular Activities)  
(cf. 6145.2 – Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

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

(cf. 4131 – Staff Development)  
(cf. 4331 – Staff Development)

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.

(cf. 1113 – District and School Web Sites)  
(cf. 6020 – Parent Involvement)

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.

(cf. 1325 – Advertising and Promotion)

### Nutrition Guidelines for Foods Available at School

Note: The Note in 42 USC 1751 mandates that the district's wellness policy include nutrition guidelines, as specified below.

The Board shall adopt nutrition guidelines selected by the district for all foods available on the Rockford campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note) Refer to BP 3550

Note: The remainder of this section details policy language to address this mandated topic and should be revised to reflect district practice.

The Board believes that foods and beverages available to students at school should support the health 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, fundraiser, or other venues, shall meet or exceed state and federal nutrition standards.

(cf. 3312 – Contracts)  
(cf. 3550 – Food Service/Child Nutrition Program)  
(cf. 3554 – Other Food Sales)  
(cf. 5148 – Child Care and Development)  
(cf. 6300 – Preschool/Early Childhood Education)

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, accomplishment, or classroom behavior.

(cf. 1230 – School-Connected Organizations)

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 nutritional standards to no more than one food or beverages per party. Class parties or celebrations shall be held after the lunch period when possible.

### Guidelines for Reimbursable Meals

Note: The Note in 42 USC 1751 mandates that the district's wellness policy include guidelines for reimbursable meals, as specified below.

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. (42 USC 1751 Note)

Note: The remainder of this section details policy language to address this mandated topic and should be revised to reflect district practice.

In order to maximize the district's ability to provide nutritious meals and snacks, Rockford School shall participate in available federal school nutrition programs, including the National School Lunch Program.

(cf. 3553 – Free and Reduced Price Meals)

### Program Implementation and Evaluation

Note: The Note in 42 USC 1751 mandates that the district's wellness policy establish a plan for measuring the implementation of the policy, including designating persons who will monitor implementation of the district's wellness policy, as provided in the following paragraph.

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district who is charged with operation responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)

(cf. 0500 – Accountability)

Note: The remainder of this section details policy language to address this mandated topic and should be revised to reflect district practice.

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy at Rockford 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; 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

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

Note: Education Code 49432 authorizes but does not require public schools to post a summary of nutrition and physical activity laws and regulations. The following paragraph is optional.

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	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

Legal References continued: (see next page)



Management Resources:

CSBA POLICY BRIEFS

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

CSBA PUBLICATIONS

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

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Health Children Ready to Learn, January 2005

Healthy 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

Web sites

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN

(Leaders Encouraging Activity and Nutrition: <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: [Http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)