

VENTURA COUNTY BOARD OF EDUCATION

BOARD POLICY NO. 5030

ADOPTED: 06/28/06

CLASSIFICATION: Students

REVISED: 10/22/12

SUBJECT: Student Wellness

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 VCOE 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 healthy school environment, and parent/guardian and community involvement.

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 administrators, Board representatives, and members of the public. (42 USC 1751)

To fulfill this requirement the Superintendent or designee may appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include VCOE administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

The school health council or committee shall assist with policy development and advise VCOE 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

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 VCOE determines appropriate. (42 USC 1751) (42 USC 1758b)

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-12 and, as appropriate, shall be integrated into core academic subjects. In addition, nutrition education also may be offered during before- and after-school programs.

All students in grades K-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, recess, and other structured and unstructured activities.

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 may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

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

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.

NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL

The Board shall adopt nutrition guidelines selected by VCOE for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751) (42 USC 1758b)

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

In order to maximize VCOE's ability to provide nutritious meals and snacks, all VCOE schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

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, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support VCOE'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 beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

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. (42 USC 1751)

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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 VCOE and at each school who is charged with operational responsibility for ensuring that the school sites implement VCOE's wellness policy. (42 USC 1751)

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy at each VCOE 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 VCOE'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.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

POSTING REQUIREMENTS

Each school shall post VCOE'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)

Legal References:

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
48547-49548.3	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