

**ORO GRANDE SCHOOL DISTRICT**  
Oro Grande, California  
**Student Wellness**

**BP 5030(a)**

**Students**

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 will build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

*(cf. 3513.3 - Tobacco-Free Schools)*  
*(cf. 3514 - Environmental Safety)*  
*(cf. 3555 - Nutrition Program Compliance)*  
*(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. 5141.22 - Infectious Diseases)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.31 - Immunizations)*  
*(cf. 5141.32 - Health Screening for School Entry)*  
*(cf. 5141.6 - School Health Services)*  
*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*  
*(cf. 6164.2 - Guidance/Counseling Services)*

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

*(cf. 1100 - Communication with the Public)*  
*(cf. 1112 - Media Relations)*  
*(cf. 1113 - District and School Web Sites)*  
*(cf. 1114 - District-Sponsored Social Media)*  
*(cf. 6020 - Parent Involvement)*

**BP 5030(b)**

School Health Council/Committee

The Superintendent or designee should facilitate 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)

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

*(cf. 1220 - Citizen Advisory Committees)*  
*(cf. 9140 - Board Representatives)*

The school health council/committee can advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

#### Nutrition and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

*(cf. 0000 - Vision)*  
*(cf. 0200 - Goals for the School District)*

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.

*(cf. 6011 - Academic Standards)*  
*(cf. 6143 - Courses of Study)*

**BP 5030(c)**

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, free give-aways, or other means.

*(cf. 1325 - Advertising and Promotion)*

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness 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.

*(cf. 4131 - Staff Development)*

*(cf. 4231 - Staff Development)*

*(cf. 4331 - Staff Development)*

## Nutritional Guidelines for Foods Available at School

### Overview

- All students in grade K-12 will have opportunities and encouragement to be physically active on a regular basis.
- Foods and beverages served or sold at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Any food sold or served in schools must be:

- ❖ Whole-Grain Rich; or
  - ❖ Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - ❖ Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; or
  - ❖ Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- Foods must also meet several nutrient requirements:
    - ❖ Calorie limits:
      - Snack items: <200 calories
      - Entrée items: <350 calories
    - ❖ Sodium limits:
      - Snack items: <230 mg
      - Entrée items: <480 mg
    - ❖ Fat limits:

- Total fat: <35% of calories
  - Saturated fat: <10% of calories
  - Trans fat: Zero grams
- ❖ Sugar limits: <35% of weight from total sugars in foods
- All students in grade K-12 will have opportunities and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; accommodate the ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables
- offer low-fat (1%) and flavored fat-free milk;
- ensure that at least 51% of grains served are whole grain.

Left-over food

- any and/or all food that is left over and cannot be reused, must be properly disposed of.

Meal Times and Scheduling

Schools:

- should schedule meal periods at appropriate times (whenever possible, lunch should be scheduled between 10:30 a.m. and 1:00 p.m);
- should not schedule tutoring, clubs, meetings or activities during mealtimes, unless students may eat during such activities

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one celebration per class per month. Parties will not include food or beverages that do not meet nutrition standards for foods and beverages.

\*Less than 200 cal. Per serving

\*Less than 35% total cal. From Fat

\*Less than 10% of cal. From Sat. Fat

\*Zero trans Fat

\*Less than 35% of cal. From Sugar

\*Less than 200 mg sodium

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. Class parties or celebrations shall be held after the lunch period when possible.

For food safety reasons, all items brought from home for class celebrations must be prepared in an approved commercial facility and pre-wrapped. Food prepared at home shall not be served in the classroom.

### Rewards

During the school day, schools that use foods or beverages as rewards will ensure that they meet the nutrition standards for foods and beverages and will not withhold food or beverages (including food served through school meals) as a punishment.

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional 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, or other venues, shall meet or exceed state and federal nutritional standards.

*(cf. 3312 - Contracts)*

*(cf. 3550 - Food Service/Child Nutrition Program)*

*(cf. 3554 - Other Food Sales)*

*(cf. 5141.27 - Food Allergies/Special Dietary Needs)*

*(cf. 5148 - Child Care and Development)*

*(cf. 5148.3 - Preschool/Early Childhood Education)*

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 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.

### Free and Reduced-priced Meals

Schools and the Food Services Department will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price meals.

*(cf. 3552 - Summer Meal Program)*  
*(cf. 3553 - Free and Reduced Price Meals)*

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.

*(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. Class parties or celebrations shall be held after the lunch period when possible.

#### Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

*(cf. 0500 - Accountability)*  
*(cf. 3555 - Nutrition Program Compliance)*

#### **BP 5030(e)**

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)

To determine whether the policy is being effectively implemented district-wide, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level (K-6)
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus

6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
7. Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

#### 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.

**BP 5030(f)**

#### *Legal Reference:*

##### *EDUCATION CODE*

*33350-33354 CDE responsibilities re: physical education*

*49430-49436 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*

*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*

*51210 Course of study, grades 1-6*

*51220 Course of study, grades 7-12*

*51222 Physical education*

*51223 Physical education, elementary schools*

*51795-51796.5 School instructional gardens*

*51880-51921 Comprehensive health education*

##### *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:*

1758b 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  
COURT DECISIONS  
*Frazer v. Dixon Unified School District*, (1993) 18 Cal.App.4th 781

*Management Resources:*

CSBA PUBLICATIONS

*Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement*, 2009

*Safe Routes to School: Program and Policy Strategies for School Districts*, Policy Brief, 2009

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

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*Nutrition Standards for Schools: Implications for Student Wellness*, Policy Brief, rev. October 2007

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

*Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve*, 2009

*Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education*, January 2005

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

CALIFORNIA PROJECT LEAN PUBLICATIONS

*Policy in Action: A Guide to Implementing Your Local School Wellness Policy*, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

*Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs*, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide*, 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

*Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action*, 2000

WEB SITES

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

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

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



*California Department of Public Health: <http://www.cdph.ca.gov>  
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>  
California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>  
California School Nutrition Association: <http://www.calsna.org>  
Center for Collaborative Solutions: <http://www.ccscenter.org>  
Centers for Disease Control and Prevention: <http://www.cdc.gov>  
Dairy Council of California: <http://www.dairycouncilofca.org>  
National Alliance for Nutrition and Activity:*

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*<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, Food Nutrition Service, wellness policy:  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>*

**Board Approved:**