

**Sequoia Union High School District**

**BP 5030**

**Student Wellness**

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

*(cf. 0000 - Vision)*

*(cf. 0100 - Philosophy)*

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

*(cf. 0500 - Accountability)*

*(cf. 1325 - Advertising and Promotion)*

*(cf. 6142.7 - Physical Education)*

*(cf. 6142.8 - Comprehensive Health Education)*

*(cf. 3312 - Contracts)*

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

*(cf. 3554 - Other Food Sales)*

*(cf. 3553 - Free and Reduced Price Meals)*

*(cf. 5141.6 - Student Health and Social Services)*

*(cf. 6010 - Goals and Objectives)*

*(cf. 9140 - Board Representatives)*

The Board's policy related to student wellness shall be developed, implemented, and evaluated with the involvement of the following stakeholders: parents/guardians, students, school food service professionals, school administrators, school nurses, counselors, teachers, board representatives, and members of the public interested in school health issues.

The Superintendent or designee shall appoint a Wellness Advisory Council consisting of representatives of the above listed stakeholders. The Council shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations.

Primary responsibilities of the Wellness Advisory Council shall be to assist with policy development and implementation and advise the District on health-related issues, activities, policies, and programs. The Council shall also assist with identifying processes for evaluating the Wellness Policy, including evaluation methods, indicators to measure success, and frequency of reports. 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. *(42 USC 1751)*

*(cf. 1220 - Advisory Committees)*

*(cf. 9140 - Board Representatives)*

The Centers for Disease Control and Prevention (CDC) has recommended ten components which are the foundation for the nationally recognized Whole School, Whole Community, Whole Child (WSCC) model to improve students' health and learning. This focus on wellness in our schools highlights the fact that health is academic.

1. Health Education
2. Nutrition Education/Services
3. Physical Education
4. Nursing/Health Services
5. Social and Emotional Climate
6. Physical Environment
7. Counseling/Psychological/Social Services
8. Staff Wellness
9. Community Involvement
10. Family Engagement

### **Health Education**

The District shall provide students with comprehensive health education to foster the knowledge, skills, and attitudes students need in order to lead healthy lives and avoid high-risk behaviors. Comprehensive health education shall be consistent with the expectations established in the State's curriculum frameworks and content standards. This shall include a mental health curriculum that provides a social-emotional learning component to support a positive school climate.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. In addition, all staff are encouraged to participate in professional development opportunities to increase awareness of comments, behaviors, and/or approaches that support acceptance of body diversity.

*(cf. 5131.6 - Alcohol and Other Drugs)*

*(cf. 5131.62 - Tobacco)*

### **Nutrition Education/Services**

The District's nutrition education 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. Nutrition education shall be provided as part of the health education program. Curriculum shall support sound nutrition principles and guidelines which promote informed behavioral changes and student mindfulness.

*(cf. 6010 - Goals and Objectives)*

*(cf. 6011 - Academic Standards)*

*(cf. 6143 - Courses of Study)*

*Nutrition Guidelines for Foods Available at School*

For all foods and beverages available on each campus during the school day, the District shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, 1779 and federal regulations and which support the objectives of promoting student health. Guidelines will also address food allergies, food safety and accommodations for special conditions.

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.

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

*(cf. 3553 - Free and Reduced Price Meals)*

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

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes the foods and beverages available to students at district schools 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, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

*(cf. 3312 - Contracts)*

*(cf. 3554 - Other Food Sales)*

School organizations shall be encouraged to use food items that meet or exceed state and federal nutritional standards or non-food items for fundraising purposes. School staff shall be encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff, students, parents/guardians or other volunteers are encouraged to support the District's nutrition education program by considering nutritional quality when selecting any food items for occasional class parties. The District encourages and supports the use of non-food celebratory activities.

The Board prohibits the marketing and advertising during school hours of any foods or beverages which do not meet nutritional standards adopted by the District through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

*(cf. 1230 - School-Connected Organizations)*  
*(cf. 3550 - Food Service/Child Nutrition Program)*  
*(cf. 3554 - Other Food Sales)*

### **Physical Education**

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, athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities. These shall be inclusive of students with special needs, focused on building confidence and competence in one's individual physical abilities, and encourage students to enjoy life-long involvement in physical activity.

Physical education programs shall be based on research, consistent with the expectations established in the State's curriculum framework and standards, and designed to build the skills and knowledge all students need to maintain a healthy lifestyle.

Withholding, or requiring, physical activity as a form of punishment is inconsistent with this wellness policy and State Education Code.

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

### **Nursing/Health Services**

School health services shall address actual and potential health problems including the provision of nursing assessments, interventions, case management, treatments, health screenings, education, consultation, and referrals.

These services shall be designed to connect school staff, students, families, community and healthcare providers to promote the overall health care of students, as well as a healthy and safe school environment. Services shall include active collaboration with school and community support services to increase the ability of students and families to adapt to and manage health and social stressors, economic barriers to health, and advocate for their own health and learning needs.

*(cf. 4112.4/4212.4/4312.4 - Health Examinations)*  
*(cf. 5141 - Health Care and Emergencies)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.31 - Immunizations)*  
*(cf. 5141.32 - Health Screening for School Entry)*

### **Social and Emotional Climate**

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of body size or health condition. A positive school climate shall be

maintained to ensure all students feel safe, supported, and take pride in their school. Schools are encouraged to have clear and consistent rules for student conduct with positive reinforcement for students who adhere to guidelines. Schools will make every effort to incorporate programs that promote non-violent conflict resolution skills and prevent bullying.

*(cf. 5131 - Conduct)*

*(cf. 5131.2 - Bullying)*

*(cf. 5137 - Positive School Climate)*

*(cf. 5138 - Conflict Resolution/Peer Mediation)*

*(cf. 5145.3 - Nondiscrimination/Harassment)*

### **Physical Environment**

The District is committed to ensuring the safety of each student and staff member. Each school site has a disaster plan in place. The District shall develop and maintain an Incident Command System (ICS), which is a systematic tool used for the command, control, and coordination of emergency response designed to deal with incidents of any size or scope.

The Board recognizes that walking, bicycling, and other forms of active transport to school promote students' physical activity and reduce vehicle traffic and air pollution in the vicinity of schools. As part of the District's coordinated approach to supporting student wellness and safety and enhancing student learning, the Superintendent or designee shall explore strategies to promote safe routes to school, safe driving, and pedestrian awareness.

*(cf. 0450 - Comprehensive Safety Plan)*

*(cf. 3510 - Green School Operations)*

*(cf. 3514 - Environmental Safety)*

*(cf. 5142 - Safety)*

### **Counseling/Psychological/Social Services**

District prevention and intervention services shall support the mental, behavioral, and social-emotional health of students, promote success in the learning process, and the health of the school environment. Services may include: direct and indirect interventions to address psychological, academic, and social barriers to learning, such as individual or group counseling and consultation, and referrals to school and community support services as needed.

*(cf. 1020 - Youth Services)*

*(cf. 5131.6 - Alcohol and Other Drugs)*

*(cf. 5141.52 - Suicide Prevention)*

*(cf. 5141.6 - School Health Services)*

*(cf. 6142.8 - Comprehensive Health Education)*

*(cf. 6164.2 - Guidance/Counseling Services)*

### **Staff Wellness**

Fostering employees' physical and mental health protects district staff, and by doing so, helps to support students' health and academic success. The District values its staff and their well-being and is committed to providing education and programs to support staff wellness and encourage

staff to serve as positive role models. Professional development is encouraged that facilitates staff's knowledge, skills, and understanding of health and wellness.

*(cf. 4112.4 Health Examinations)*

*(cf. 4154 Health and Welfare Benefits)*

*(cf. 4157/4257/4357 Staff Health and Safety)*

### **Community Involvement**

The District shall encourage and support community partners to become active participants in school wellness efforts, including participation as members of the Wellness Advisory Council. District schools may work in partnerships with community groups, organizations, and local businesses to coordinate information, resources, and services available, particularly social service agencies and health clinics. Schools, students, and their families can contribute to the community through service-learning and volunteer opportunities.

*(cf. 1100 - Communication with the Public)*

*(cf. 1220 - Advisory Committees)*

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

*(cf. 1330 - Use of School Facilities)*

*(cf. 1330.1 - Joint Use Agreement)*

### **Family Engagement**

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.

The District is committed to reaching out to a very diverse student/parent population by offering a wide variety of parent education topics in English and Spanish. Parent education supports student wellness by educating families about critical health issues that affect their students (e.g., addiction, drugs/alcohol, mental health, parent-teen communication, sexual health). Engaging and dynamic parent education programs shall be offered at the school sites, which are open to all students, faculty/staff, community members, parents, and families in the District.

*(cf. 5124 - Communication with Parents/Guardians)*

### **Program Implementation and Evaluation**

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the District's Wellness Policy. (42 USC 1758b; 7 CFR 210.30)

Director of Student Services  
(650) 369-1411 ext 22389

Director of Food Services  
(650) 369-1411 ext 22591

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

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least every three years. The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies, and a description of the progress made in attaining the goals of the wellness policy. Specific measurable objectives shall be defined to inform the assessment of the Wellness Policy.

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the Wellness Advisory Council, parents/guardians, students, teachers, before- and after-school program staff, and other stakeholders.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the District's Wellness Policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

The Superintendent or designee shall inform the public about the content and implementation of the District's Wellness Policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. The public shall be informed of the availability of the triennial district assessment of the Wellness Policy. (*Education Code 49432; 42 USC 1758b; 7 CFR 210.30*)

*(cf. 5145.6 - Parental Notifications)*

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

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: <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>

Policy

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SEQUOIA UNION HIGH SCHOOL DISTRICT

Redwood City, California