

STUDENTSSTUDENT 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 district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council

The Superintendent or designee shall encourage 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; 7 CFR 210.31)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate,

shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

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, summer learning 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 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 weight or health condition.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness.

Nutrition Guidelines for All 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, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times 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 by serving water in an appealing manner.

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

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 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.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31)

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The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

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 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)

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

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

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.

Notifications

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

the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including 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 wellness and academic performance.

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
- 38086 Free fresh drinking water
- 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
- 49540-49546 Child care food program
- 49547-49548.3 Comprehensive nutrition services
- 49550-49562 Meals for needy students
- 49565-49565.8 California Fresh Start pilot program
- 49570 National School Lunch Act
- 51210 Course of study, grades 1-6
- 51210.1-51210.2 Physical education, grades 1-6
- 51210.4 Nutrition education
- 51220 Course of study, grades 7-12
- 51222 Physical education
- 51223 Physical education, elementary schools
- 51795-51798 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

1751-1769j National School Lunch Program, especially:

1758b Local wellness policy

1771-1793 Child Nutrition Act, especially:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.33 National School Lunch Program, especially:

210.31 Wellness policy

220.1-220.22 National School Breakfast Program

COURT DECISIONS

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

Management Resources:

CSBA PUBLICATIONS

Integrating Physical Activity into the School Day, Governance Brief, April 2016

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012

Physical Activity and Physical Education in California Schools, Research Brief, April 2010

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

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

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

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, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

WEB SITES

CSBA: <http://www.csba.org>Action for Healthy Kids: <http://www.actionforhealthykids.org>Alliance for a Healthier Generation: <http://www.healthiergeneration.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>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>

U.S. Department of Agriculture, Healthy Meals Resource System:

<http://healthymeals.fns.usda.gov>

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STUDENTS

STUDENT WELLNESS

A. Purpose

The Corona-Norco Unified School District (referred to herein as ‘the District’) is committed to promoting a culture of health by providing a comprehensive program in collaboration with community partners that supports students and staff.

B. Nutrition Education

The District teaches, models, encourages, and supports healthy eating. Nutrition education and physical education foster lifelong habits of healthy eating and physical activity that promote and protect children’s health, well-being and academic success.

1. Nutrition education is available to students in grades 9-12 and may be integrated into other areas of the curriculum such as math, science, language arts, social studies, and electives. Nutrition education may be offered before and after school.
2. Nutrition education promotes current USDA dietary guidelines and healthy food preparation methods. It also emphasizes caloric balance between food intake and energy expenditure to promote physical activity.
3. The district school sites may provide health education information to families through newsletters, information handouts, parent meetings, web sites, and other venues that inform parents and children about health and nutrition. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
4. District staff wellness programs should support employee efforts to improve their personal health and fitness so they can serve as role models and promote the health of others including students.
5. Parents/guardians, volunteers, and school staff shall support the district’s nutrition education program by ensuring nutritional quality when selecting any snacks that they may donate for occasional class parties. Foods or beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per party. Class parties at elementary school sites shall be held after the lunch period when possible. Birthdays are encouraged to be recognized with non-food celebrations.

C. Physical Activity

The District provides students physical activity that includes physical education and recess. Classroom-based physical activity, walk and bicycle to school, and 60 minutes of out-of-school physical activity are encouraged.

To the extent feasible, the District will ensure that its grounds and facilities are safe and that equipment is available for students to be active. The District will conduct necessary inspections and repairs.

1. Physical Education

- a. The District provides students with physical education, using an age-appropriate, sequential curriculum consistent with State standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
- b. All students are provided equal opportunity to participate in physical education classes. The District makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.
- c. Time allotted for physical education is consistent with state requirements.
- d. As mandated by state law, students are assessed for physical fitness levels in grades 5, 7, and 9.
- e. All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education through single or multiple subject credentials.

2. Recess

- a. Recess provides a unique contribution to a child's creative, social, and emotional development.
- b. All elementary schools will offer at least twenty minutes of recess on all regularly scheduled days during the school year.
- c. Recess will complement, not substitute, physical education class.

3. Physical Activity Breaks

- a. Students are more attentive and ready to learn if provided periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities during and between classroom time to be active or to stretch on all or most days during a typical school week.
- b. The District will provide strategies to support teachers in providing classroom physical activity breaks.

4. Active Academics

- a. Teachers are encouraged to incorporate movement and kinesthetic learning strategies into instruction when possible and to limit sedentary behavior during the school day.
- b. The District will provide strategies to support teachers in incorporating movement and kinesthetic learning strategies.
- c. Teachers are encouraged to serve as role models by being physically active alongside the students whenever feasible.

5. Before and After School Activities

- a. Schools are encouraged to offer opportunities for students to participate in physical activity either before and/or after school hours through a variety of methods.

6. Active Transport

The District supports active transport to and from school, such as walking or biking. Schools are encouraged to support this through activities and promotional events such as participation in International Walk to School Week, and National Walk and Bike to School Week.

D. Campus Food

Campus food sold outside of the Federal Reimbursable Meal (school lunch) Program by students, staff, or parent organizations on the school campus, during the school day must meet the USDA requirements. The school day is defined as midnight through 30 minutes after the last bell. The school campus includes the cafeteria, vending machines, student stores, and fundraising sales.

1. Any school sponsored fundraising activities involving food or beverage items during the school day will follow the nutritional guidelines listed in Section F.

Fundraising activities that sell or serve food or beverages at the elementary or academy level will not occur more than four times per year, and not more than 20 days per organization at the secondary level. Site and district administrators will encourage parent groups, students, and staff to utilize available resources for non-food fundraising options.

2. Foods and beverages on campus during the school day may not compete with any foods sold as part of the school nutrition program.

E. Eating Environment

1. All schools shall maintain pleasant eating areas for students while fostering good manners and respect for fellow students and their environment.
2. Lunch periods shall be scheduled as near the middle of the school day as possible. Adequate time will be dedicated to lunch periods to maximize student time to eat and to promote physical activity.
3. Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.

F. Nutrition Service Operations

1. The Child Nutrition program will aim to be financially self-supporting. Therefore, food sold or served by students, staff, or parent organizations should not reduce student participation in the meal program.
2. Each school site will strive to maximize participation in the available state and federal child nutrition programs by reviewing all viable available programs (e.g. school lunch, school breakfast, after-school snack and supper programs).

G. Food Safety – Food Security

1. All foods sold on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food illness in schools.
2. For the safety and security of the food and facility, access to the nutrition service operations shall be limited to nutrition service staff and authorized personnel.

3. When schools become aware of a student with severe food allergies, a plan to mitigate exposure to those foods will be developed by the administrator, school nurse, nutrition services, and the parents of the student.
4. Parents will only provide home prepared items for consumption by their own student. Foods brought to school for the purpose of consumption by other students must be sealed in manufacturer containers and may not be made in the home to protect students' health and wellness. (*Hazard Analysis and Critical Control Points* (HACCP) regulations) Regulations are designed to protect students' health and wellness.