

Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed with health and wellness advisory council that includes teachers, parents, students, administrators, guidance counselors, and the school nurse.

Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

Key Areas of our Wellness Policy

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 coordinate 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 Boards 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.

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition will appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Healthy School Environment Wellness Committee will act as the PSDs Wellness Policy Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as resources to school sites for implementing those policies. (A school wellness policy committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)The committee may also consist of a member representing the Nutrition Network for Healthy, Active Families Contract with the USDA or any other grant that supports the education of students on nutrition.

NUTRITION EDUCATION AND PHYSICAL ACTIVITY

The Board shall adopt policy 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)

The Palmdale School Districts nutrition education and physical education programs shall be based on research, consistent with the expectations established in the states curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition Education should be age appropriate, following the United States Dietary Guidelines for Americans, California Department of Education State Frameworks in Health and Home Economics Careers and Technology Model Curriculum Standards.

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 and offered through before- and after-school programs. The District will continue to in-service teachers with established Nutrition curriculum in the middle school health and high school Foods and Nutrition classes Home Economics Careers & Technology curriculum has been noted for best practices lessons to follow from the Governors Summit on Health, Nutrition and Obesity.

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will have the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs. Students will receive physical education instruction as designated (EC51210, 51222, and 51223):

A minimum of 200 minutes/ for every 10 days for students in grades 1-6

A minimum of 400 minutes/for every 10 days for students in grades 7-12

High school students who are exempt from two years of physical education (FUSD BP 6146.1) will have the opportunity to participate in a variety of physical education elective courses (EC sections 51222(b) and 51241) All physical education will be delivered by a teacher credentialed to teach physical education (EC Section 44203). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, 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 shall 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 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 Board discourages 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.

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district's nutrition education program, food available on school premises shall:

Be carefully selected so as to contribute to student's nutritional well-being and the prevention of disease. Meet or exceed nutritional standards specified in law and administrative regulation. Be prepared in ways which will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.

Be served in age-appropriate quantities.

Be sold at reasonable prices.

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety.

Professional development for food service personnel shall include nutrition education and safe food handling.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district 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 Note)

The Board believes that 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 districts food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

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 Note)

In order to maximize the districts ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs to the extent possible, including the National School Lunch and Breakfast Programs, as well as snack and summer programs.

(cf. 3553 - Free and Reduced Price Meals)

OTHER FOOD SALES

The Governing Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Such food sales should not impair the food service's ability to be financially sound. (5 CCR 15500 and 15501)

Any food sales conducted outside the district's food services program shall meet nutritional standards specified in law, Board policy and administrative regulations and shall not impair student participation in the district's food service program. Food sales that do not meet current legislation are prohibited during school hours, and within one hour before the breakfast period or one hour after school hours. (Education Code 51520)

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455 along with Hazard Analysis Critical Control Point (HACCP) guidelines.

Foods shall not be sold on district school premises by outside commercial food vendors. The profits from all food sales, including vending machines which sell approved food or drinks, must benefit either the school, the school food service program, or the student groups sponsoring the sales.

When vending machines are sponsored by the district or a student or adult organization, the Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition shall determine the hours of operation of, and how and where vending machines may be placed at school sites, district offices or other school facilities.

The Board authorizes the Superintendent, Child Nutrition Director or Assistant Director to Child Nutrition to approve the sale of foods and beverages outside the districts food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.

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

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition shall require school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall require school staff to avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments, or classroom behavior.
(cf. 1230 - School-Connected Organizations)

School staff shall encourage and educate parents/guardians or other volunteers to support the districts nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Only foods or beverages that meet nutritional standards may be provided. Only foods and beverages that are purchased and pre-packaged may be donated. No homemade foods may be provided or donated. Class parties or celebrations may only be held during the last period of the school day. Foods provided must come from the acceptable food list, which is in both English and Spanish. See attached exhibit (a).

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

(cf. 0500 - Accountability)

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district 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 districts meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent, Child Nutrition Director or Assistant Director of Child Nutrition 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

Each school shall post the districts 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.

WEB SITES:

American Alliance for Health, Physical Education and Recreation and Dance (AAHPERD): <http://www.aahperd.org>

American School Food Service Association (ASFSA): <http://www.asfsa.org>

California American Alliance for Health, Physical Education and Recreation and Dance (CAHPERD):
<http://www.cahperd.org>

California School Boards Association: (CSBA) <http://www.csba.org>

California Association of School Business Officials: (CASBO) <http://www.casbo.org>

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

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

California Department of Education Standards and Frameworks: <http://www.cde.ca.gov/ci/ct/sf/>

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

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

California Nutrition Network for Healthy, Active Families: <http://www.dhs.ca.gov/ps/cdic/cpns/network>

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>

Fiscal and Crisis Management Assistance Team: <http://www.fcmat.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.html>

FUTURE GOALS

- Prohibit withholding recess and physical education as punishment and prohibit imposing physical activity as punishment.
- Joint/Shared-Use agreements for use of school facilities for physical activity, nutrition, and clinical access by the general public
- Collaborate with the city to develop and/or implement a Safe Routes to School Plan to encourage students to walk to and from school
- Increased fruit and vegetable accessibility at school and in the community
- Increased physical activity during the academic day via short prescribed activity