

Policy 5030: Student Wellness

Status: ADOPTED

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The Board of Trustees 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.

(cf. 1020 - Youth Services)

(cf. 3513.3- Tobacco-Free Schools)

(cf. 3514 Environmental Safety)

(cf. 5131.5- 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. 5146.6 - School Health Services)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 - Guidance/Counseling Services)

District Wellness Committees and School Site Wellness Councils

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Child Nutrition Director, Director of Mental Health Services, 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 210.30)

To fulfill this requirement, the Superintendent or designee shall appoint a district wellness committee and a wellness committee coordinator that will meet a minimum of three times a year. The district committee and school site councils may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after- school program staff, Social Emotional Liaisons (SEL), school psychologists, Parent Community Liaisons (PCL), health services staff, health practitioners, and/or others interested in school health issues. Each school site shall designate one individual who will be responsible to ensure the wellness policy is in practice. Schools are encouraged to create school site wellness committees to support the work of the district's wellness committee.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The district wellness committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school and community. The committee will act as the Palmdale School District's 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. The committee will update the wellness policy based on findings from the triennial assessments.

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 210.30)

(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, aligned with state standards, and designed to build the skills and knowledge that all students need to maintain a healthy and active lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6143 - Courses of Study)

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 in grades K-12 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.

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer Learning Programs)

All students, including students with disabilities, special health-care needs, and in alternative educational settings, 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.

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

All physical education will be delivered by a certified/licensed teacher who is endorsed to teach physical education (Education Code Section 44203). Elementary schools should provide 150 minutes per week of physical education instruction. Middle schools should provide 225 minutes per week of physical education instruction. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Schools may not allow students to be exempt for required physical education class time or credit. There will be no substitutions allowed for the physical education time requirement.

Schools shall provide at least 20 minutes of active recess daily to all elementary school students. Middle schools must schedule a twenty-minute mid-morning break each day to provide students with physical activity opportunities. Teachers should provide students with physical activity breaks, not counting the transitions between classes. Schools shall aim to promote physical activity opportunities for all students and encourage participation in after-school sports, intramurals, and other, non-competitive physical activity programs via school announcements, newsletters, posters, etc.

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

(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Professional development for food service personnel shall include nutrition education and safe food handling.

(cf. 4131 - Staff Development) (cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

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)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

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.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models, displaying healthy eating and physical activity. He/she may also promote and provide opportunities and programs that support healthy eating and regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1758, 1766, 1773 and 1779 and federal regulations supporting 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 the Child and Adult Care Food Programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

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

(cf. 3552 - Summer Meal Program)

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

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

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

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

1. Be carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Meet or exceed nutritional standards specified in law and administrative regulation
3. Be prepared in ways which will appeal to students, retain nutritive quality and foster lifelong healthy eating habits
4. Be served in age-appropriate quantities
5. Be sold at reasonable prices

The Board desires to provide students with adequate space and time to eat meals. Students should be allowed at least 25 minutes for lunch. To the extent possible, school and transportation schedules should be designed to encourage participation in school meal programs.

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. He/she shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional 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 nutritional standards. See Appendix A for complete details of the California Department of Education's Competitive Food Regulations Summary.

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

The Superintendent or designee 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 Code 113700-114455.

The Superintendent or designee shall encourage school organizations to avoid the use of non-nutritious foods for fundraising purposes and utilize healthy food items, non-food items, or physical activity events instead. 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 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. Class parties or celebrations shall be held after the lunch period. Only foods or beverages that meet nutritional standards may be provided. Only foods and beverages that are purchased and pre-packed may be donated. No homemade foods may be provided or donated. Foods provided must be compliant with the California Department of Education's Competitive Food Regulations. The Competitive Food Regulations Summary can be found in Appendix A.

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

(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)

Foods shall not be sold on districts school premises by outside commercial food vendors during school hours. The profits from all food sales must benefit the school, the school food service program, or student groups sponsoring the sales.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet the Federal and State Competitive Food Rule, for the sale of foods and beverages on campus during the school day. The marketing of products in areas where food is purchased, through posters, menu boards, coolers, trash cans, and other food service equipment, and are all subjects to meet this rule. Additionally, only those foods and beverages that are allowed for sale on campus during the school day may be marketed within the district. This prohibition includes the advertising during the school day on any property or facility owned or leased by the school district or school and used for school-related activities, including, but not limited to, school buildings, athletic fields, facilities, signs, scoreboards, or parking lots, or any school buses or other vehicles, equipment, vending machines, uniforms, educational material, or supplies. (7 CFR 210.30) (cf. 1325 - Advertising and Promotion)

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the wellness coordinator, the individual responsible for ensuring that each school site complies with this policy. (42 USC 1758b; 7 CFR 210.30) Director of Child Nutrition (661) 789-6565 wellness@palmdaesd.org

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7CFR 210.30)

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 services personnel, school administrators, the wellness committee, parents/guardians, students, teachers, before- and afterschool 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
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 nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. 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
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate
9. Quantitative assessments of policy implementation using the School Health Index or other assessments deemed 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.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

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 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 to 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. This information will be posted on the Palmdale School District's health and wellness webpage (<https://www.palmdalesd.org/domain/2014>). (Education Code 49435; 42 USC 1758b; 1 CFR 210.30)

(cf. 5145.6 - Parent Notifications)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including, but not limited to, district or school newsletters, district and school web sites, handouts, parent/guardian meetings, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness 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)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the district 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)

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 may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, 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 through the Palmdale School District website. (7 CFR 210.30)
