



Book	Board Policies
Section	5000 Students
Title	Student Wellness
Code	5030
Status	Active
Adopted	September 27, 2006

Students

Student Wellness

The Governing Board recognizes the link between student health and learning, and is committed to providing a comprehensive coordinated school health program promoting healthy eating and physical activity. The Superintendent or designee shall build a coordinated 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.

Goals for Nutrition and Physical Education, and Physical Activity

- The FUSD nutrition and physical education programs 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.
- District health education standards and guidelines shall include nutrition and physical education.
- Students in grades K through 12 shall be provided nutrition and physical education as part of the health education program.
- Nutrition and physical education shall be integrated into core academic subjects and offered through before and after school programs and school dining facilities, as appropriate.
- All students in grades K-12 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, 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.
- All physical education and physical activity requirements in the California Education Code are met.
- 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, district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Nutrition Guidelines for Foods and Beverages Available at School

- The Board shall adopt nutrition guidelines selected by the district for all foods and beverages sold on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity. These nutrition guidelines must meet or exceed all state and federal laws, regulations, and guidelines and guidelines.
- Nutrition guidelines shall apply to the school food service program, student stores, vending machines, fundraisers, and any other venues where food or beverages are sold.
- 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 classroom activities. Class parties or celebrations including food or beverage shall be held after the lunch period when possible.

Other School Based Activities

- Facilities are provided to accommodate all students in a comfortable and pleasant environment during meal periods, wherever possible.
- Facilities are provided to accommodate all students in a comfortable and pleasant environment for physical education and activity, wherever possible.
- Adequate time to eat is provided during each school day, during each meal period.
- Schools provide a safe and healthy school environment that supports health literacy and successful learning.
- Staff wellness programs are encouraged to support employees' efforts to improve their personal health and fitness, so they can serve as role models for promoting health.

Program Implementation and Evaluation

- The Board shall establish a plan for implementing the district wellness policy and measuring implementation of that policy.
- The Superintendent shall designate at least one person within the school district to be charged with the operational responsibility for ensuring that the school sites implement the district's wellness policy.
- Each school shall post the district wellness policy and accompanying regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.
- The Superintendent or designee shall ensure district wide and individual school compliance with the adopted district wellness policy.
- Continuing professional development that is supportive of the adopted district wellness policy should be provided to teachers, school/district nutrition services personnel, and others involved in the development of the district wellness policy and regulations.
- Continuing education that is supportive of the district wellness policy and regulations should be available for all district staff, parents/guardians, and community.
- The Superintendent or designee 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.

Legal Reference:

[EDUCATION CODE](#)

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
 49490-49493 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
 49550-49560 Meals for needy students
 49565-49565.8 California Fresh Start pilot program
 49570 National School Lunch Act
 51222 Physical education
 51223 Physical education, elementary schools

[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:
1751 Note 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

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