

Board Policy

Student Wellness

BP 5030

Students

The Board of Education 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 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.

- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 5131.6 - 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. 5141.27 - Food Allergies/Special Dietary Needs)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - Student Health and Social Services)
- (cf. 5142 - Safety)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

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.

- (cf. 1113 - District and School Web Sites)
- (cf. 6020 - Parent Involvement)

District Wellness Committee

1. The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, food service staff, school staff, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

2. The district wellness committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. 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.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals 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)

(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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The primary goal of nutrition education is to increase students' knowledge regarding healthy eating choices to enable them to adopt healthy eating behaviors. Students shall receive nutrition education consistent with the Health Framework for California Public Schools and current legislation. Instruction shall be age-appropriate, based on accurate and current information, and provide the skills and motivation to focus on behavior change. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. Students shall receive consistent nutrition messages throughout the school campus.

The primary goal for the promotion of physical activity is to increase students' knowledge and skills to enable them to adopt a physically active and healthful lifestyle. 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.

(cf. 5148.2 - Before/After School Programs)

(cf. 6142.8 - Comprehensive Health Education)

Physical education instruction shall be aligned with the California Physical Education Content Standards and current legislation. Physical education instruction shall be age-appropriate, focused on movement and fitness skill development, and provide the motivation for behavior change. Staff shall have appropriate training to enable them to provide instruction that promotes enjoyable, lifelong physical activity among students.

(cf. 6142.7 - Physical Education)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. 4131 - Staff Development)
(cf. 4231 - Staff Development)
(cf. 4331 - Staff Development)

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 prohibits the marketing and advertising of nonnutritious foods and beverages on district property through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. 1325 - Advertising and Promotion)

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

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 and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through Federally reimbursable school meal programs shall meet or exceed State and 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 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, to the extent possible.

(cf. 3553 - Free and Reduced Price Meals)

Other School Based Activities Designed to Promote Student Wellness

Students shall have a clean, safe dining environment. Students shall be provided adequate space in pleasant surroundings, as well as have adequate time to eat, relax, and socialize. Students shall have clean, safe drinking fountains, so that they can get water at meals and throughout the day.

Students shall not be rewarded with foods of minimal nutritional value, consistent with State and Federal legislation. Students shall not be denied access to school meals or adequate time to eat as a form of punishment. Students shall not be denied regular participation in recess or other regular physical activities as a form of punishment or for classroom make-up time. Assignment of physical activity as a form of punishment shall be discouraged.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

Program Implementation and Evaluation

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide 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 during the school day of non-nutritious foods and beverages and fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, school staff, the district wellness committee, parents/guardians, students, and other appropriate persons.

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 district's wellness policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

The Superintendent or designee 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.

To determine whether the policy is being effectively implemented districtwide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee 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 district's policies and regulations on nutrition and physical activity and nutritional content of regularly offered selections and beverages in public view within all school cafeterias or in other central eating areas. These policies and regulations shall also be posted on the district website. (Education Code 49432)

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

Management Resources:

CSBA PUBLICATIONS

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Food Safety Requirements, Fact Sheet, October 2007

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

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 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

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

Making It Happen: School Nutrition Success Stories, 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

Team Nutrition, Food and Nutrition Services, 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>

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_steps.html

Policy BURBANK UNIFIED SCHOOL DISTRICT

adopted: June 1, 2006 Burbank, California

revised: February 15, 2007

revised: May 1, 2008

Administrative Regulation

Student Wellness

AR 5030

Students

Food Service/Child Nutrition Program

1. Posting Requirements

a. Each district school shall post the district's policies and regulations on nutrition and physical activity and nutritional content of regularly offered selections and beverages in public view within all school cafeterias or in other central eating areas. These policies and regulations shall also be posted on the district website. (Education Code 49432)

b. The school district shall communicate to parents a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. (Education Code 49432)

2. Nutritional Standards for the School Day

a. The Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

(1) Effective July 2007, Food Services will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following Senate Bill 12 standards:

(a) An individually sold snack may have no more than:

(i) Thirty-five percent of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, nonfried vegetables, and cheese packaged for individual sale)

(ii) Ten percent of its calories from saturated fat (excluding eggs and cheese packaged for individual sale)

(iii) Thirty-five percent sugar by weight (excluding fruits and vegetables)

(iv) 175 calories (elementary schools)

(v) 250 calories (middle and high schools)

(b) An individually sold entree may have no more than:

- (i) Four grams of fat per 100 calories
- (ii) 400 calories
- (iii) And must qualify under the federal meal program

(2) Effective July 2007, the district shall exercise control over all beverage vending machines on its property including vendors, locations, contents, and appearance. Fifty percent of beverages sold in vending machines available to students on school campuses may include only water with no added sweeteners, fruit-based or vegetable-based drinks that are at least 50 percent juice, non-carbonated electrolyte replacement drinks, and/or reduced fat milk, soy milk, or other similar non-dairy milk.

(3) Effective July 2009, 100 percent of beverages sold in vending machines available to students on school campuses may include only water with no added sweeteners, fruit-based or vegetable-based drinks that are at least 50 percent juice, noncarbonated electrolyte replacement drinks, and/or reduced fat milk, soy milk, or other similar nondairy milk.

b. Food Services shall ensure that fresh produce is sold wherever food is sold on campus. Salad bars and/or pre-packaged salads, as well as fresh fruit, shall be available at each school site.

c. The district shall ensure that meals are served in a pleasant environment with sufficient time for eating.

(1) Students shall have a minimum of 30 minutes to eat lunch.

(2) Each school shall maintain a clean and attractive dining environment.

(3) Food Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.

d. The district shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum student participation in the school meal program.

e. The district shall increase family and community involvement in issues of nutrition and physical activity information as it relates to childhood and adult health.

(1) The district shall provide nutrition and physical activity information to parents frequently through the district website and student folder(s).

(2) The district shall provide information to parents about school lunch menus, including nutritional content of food served through Food Services.

(3) Food Services will offer dining options for parents and community members to support special school events.

Other Food Sales

1. The sales of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale.

2. Food sales are prohibited during school hours, and within 30 minutes before or after school hours, unless the food is sold by Food Services or a student organization. In any school participating in the National School Lunch or Breakfast Program, student organizations may sell food items in accordance with 5 CCR 15500-15501. The specific nutritious food item shall be approved by the Superintendent or designee and, if sold during the regular school day, shall not be a food item prepared on school premises or sold in the food service program at school during that day. (5 CCR 15500-15501)

3. The Superintendent or designee shall ensure that all food and beverages outside of the Child Nutrition Services program meets the basic nutrition standards:

Non-nutritious foods, including but not limited to candy, sodas, and chewing gum, cannot be sold by or to students during their official school day (defined as one half-hour before the official school day begins, until one half-hour after the official school day ends).

Nutrition and Health Education

1. Nutrition and health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.

a. Teachers shall be provided with training and resources to integrate nutritious eating experiences, school gardens, and nutrition education into the curriculum for math, science, history and language arts at all grade levels.

b. All schools are encouraged to develop school gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into standards based curriculum.

c. Ways to establish on-site cooking equipment/facilities for student use shall be explored, and methods to incorporate cooking into class nutrition lessons shall be pursued as appropriate.

d. Food that is prepared by students in the classroom will meet the same nutritional guidelines as food made available by the Food Services program.

2. Nutrition and health instruction shall be aligned with the grade level expectancies stated in the Health Framework for California Public Schools.

a. Students should demonstrate ways in which they can enhance and maintain their nutrition-related health and well-being, using knowledge based on current recommendations, goal setting skills, and decision making skills.

- b. Students shall understand and demonstrate how to play a positive, active role in promoting the nutrition-related health of their families, peers, and the community, through advocacy and interpersonal communication skills.
- c. Students shall identify information, products, and services that may be helpful or harmful to their health and demonstrate the ability to access valid nutrition information.

Goals for Physical Education and Physical Activity

- 1. Schools shall provide all students in grades K-12 the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.
- 2. Physical activity refers to participation in physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, jogging, etc.), or opportunities to participate in physical activity in the daily routine.

Physical Education

- 1. Requirements for physical education:
 - a. All students (including students with disabilities) shall receive physical education instruction as designated (Education Codes 51210,51222, 51223):
 - (1) A minimum of 200 minutes for every 10 school days in grades 1-6
 - (2) A minimum of 400 minutes for every 10 school days for students in grades 7-12
 - b. Temporary exemptions from physical education shall be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Education Code 51241)
 - c. High school students must complete 20 semester units of physical education in grades 9 and 10. Students in grades 11 and 12 shall be provided the opportunity to participate in a variety of physical education elective courses. (Education Codes 51222 and 51241)
 - d. The district shall administer physical fitness tests annually to all students in grades five, seven, and nine. Students and parents will receive their individual fitness test results. (Education Code 60800)
 - e. Teachers and other school and community personnel are discouraged from using physical activity (e.g., running laps, pushups) or withholding regular opportunities for physical activity (e.g., recess, physical education) as punishment. (Education Code 49001)
- 2. Curriculum and Instruction - instruction in physical education shall be based on the physical

education content standards and shall include the following:

- a. Full inclusion of all students.
- b. At least 50 percent of instructional time spent in moderate to vigorous physical activity.
- c. Maximum participation and ample practice opportunities for class activities.
- d. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child.
- e. Fitness education and assessment to help students understand, improve, and maintain, their physical well-being.

Physical Activity

1. All elementary school students shall have at least 20 minutes a day of supervised recess, during which schools will encourage moderate to vigorous physical activity, including the provision of space and equipment.
2. The Superintendent or designee shall encourage all schools to offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity.
3. After school child care and enrichment programs shall provide and encourage daily periods of moderate to vigorous physical activity for all participants, including the provision of space and equipment.

District Wellness Committee

1. The membership of the district Wellness Committee shall include, but is not limited to, the following members: Board designee, school administrators, food services staff, school staff, students, parents/guardians, physical and health education teachers, health care professionals, and interested community members.
2. The district Wellness Committee shall develop a plan to implement to all aspects of the Student Wellness Policy, including tasks to be accomplished, timeline, persons responsible, budget, as well as a plan for measuring implementation of the policy.
3. The district Wellness Committee shall meet at least three times during the year and meetings shall be open to the public.

Regulation BURBANK UNIFIED SCHOOL DISTRICT

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revised: February 15, 2007