San Carlos School District
Board Policy

Students BP 5030(a)

STUDENT WELLNESS

The Governing Board of the San Carlos School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for all students.

The Superintendent or designee ensures that this program will be part of a coordinated school healthy system that addresses all components of the Coordinated School Health Program as recommended by the California Department of Education and the Department of Health Services, and supports and reinforces:

- health literacy through health education, including nutrition education,
- physical education and physical activity,
- health services,
- nutrition services,
- psychological and counseling services,
- health promotion for staff and students,
- a safe and healthy school environment,
- balance of rest, recreational and mental, and social activities,
- parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, health information will be disseminated 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. Staff will also be encouraged to serve as positive role models.

1.0 Goals

The District shall adopt goals for a coordinated school health system aligned with current state and federal guidelines/standards/regulations that will include nutrition education, physical activity and other school-based activities to promote student wellness. The District's nutrition, health 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.

2.0 Nutrition

The District recognizes that proper student nutrition and health is vital to the learning environment and to achieve high standards in school. To reinforce the District's nutrition education programs, the District shall implement nutrition guidelines that promote student health, reduce childhood obesity and reinforce healthy eating habits.

3.0 Physical Activity

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis through physical education and 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.

4.0 Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 U.S.C. §§ 1758(f)(l), 1766(a), and 1779(a) and (b), as they apply to schools.

5.0 Monitoring

The Board of Education shall establish a plan for measuring implementation of this policy.

The Superintendent or designee is authorized to appoint a District Wellness Committee. The committee may include District and school administrators, health professionals, school nurses, health educators, physical education teachers, counselors, parents, community members and/or others interested in school healthy issues, and shall advise the District on health-related issues, activities, policies, and programs.

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.

Legal References

EDUCATION CODE
49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001, especially:
49432 Posting of nutrition and physical activity information
49490-49494 School breakfast and lunch program
49500-49505 Meals
49510-49520 Nutrition
49530-49536 Child Nutrition Act of 1974
49540-49546 Child care food program
49547-49548.3 Comprehensive nutrition services

49550-49561 Meals for needy pupils in kindergarten and grades 1 to 12
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51222 Physical education
51223 Minimum instruction in elementary school district (physical education)

CODE OF REGULATIONS, TITLE 5
15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students, definitions
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42
1751-1769h National School Lunch Program, especially:
1751 Local wellness policy (Note)
1771-1791 Child Nutrition, including:
1773 School Breakfast Program
1779 Rules and regulations

CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 School Breakfast Program