

San Mateo-Foster City School District

POLICY 4260

WELLNESS POLICY

The Governing Board of the San Mateo-Foster City School District is committed to improving the school community's health by promoting policies that teach students to establish and maintain life-long healthy eating and physical activity habits. This goal shall be accomplished through a comprehensive district program to promote the wellness of students and staff which includes: health education, physical education and the food served in schools.

Statement of Principles

The San Mateo-Foster City School Board recognizes:

1. there is a link between health education, physical activity and food served in schools
2. the important connection between a healthy diet, physical activity and a student's ability to learn effectively and achieve high standards in school
3. it is the District's role, as part of the larger community, to model and practice actively through policy and procedures the promotion of health, physical activity and good nutrition.

In order to accomplish its mission and to comply with its principles, the San Mateo-Foster City School Board hereby adopts the attached Health Policy, Physical Education Policy and Nutrition Policy.

NUTRITION

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. To help ensure the health and welfare of each student attending the San Mateo-Foster City School District and to provide guidance to school personnel in the areas of nutrition and food service, the Governing Board subscribes to the following:

1. The Board of Trustees will ensure that an economically sustainable meal program that provides a healthy nutritious lunch is available to every student at every school so that students are prepared to learn to their fullest potential.

2. The Board of Trustees will ensure that the meals offered by the district's Child Nutrition Service program meet all legal requirements for participation in the National School Lunch and Breakfast programs.

3. Meals will be served in age appropriate quantities and be presented in a pleasant environment with sufficient time for eating. It shall be the responsibility of the school staff to foster good manners and respect for fellow students.

4. 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.

5. Any food sale conducted outside the district's Child Nutrition Services department shall follow Federal and State law, Board policy and administrative regulations and shall not impair student participation in the district's food service program.

6. School cafeterias will 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.

PHYSICAL EDUCATION

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a standards-based, physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

Instructional Minutes

All students will have access to a high-quality, comprehensive, developmentally appropriate, standards-based physical education program on a regular basis:

Elementary School students (grades 1-6) receive physical education instruction for a minimum of 200 minutes each 10 school days.

Middle School students (grades 7-8) receive physical education instruction for 400 minutes each 10 school days.

Physical Performance Testing

During the month of February, March, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing.

Exemptions

The Superintendent or designee may grant exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his / her needs cannot be provided. (Education Code 51241)
2. The student is enrolled for one-half time or less. (Education Code 51241)

HEALTH

The Governing Board believes that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development and informed use of health-related information, products and services.

The district shall provide a planned, sequential health education curriculum for students in grades K-8 that is research based and age appropriate. The content of the health instruction shall be offered in accordance with law, Board policy, administrative regulation and state curriculum frameworks.

The Board intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, counseling services and a safe and healthy school environment.

Policy adopted: July 20, 2006