

STUDENTS

Student Wellness

The Superintendent recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for San Joaquin County Office of Education (SJCOE) students. The Superintendent or designee shall coordinate and align SJCOE 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.

School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the SJCOE student wellness policy.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Superintendent 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 Superintendent shall review and consider evidence-based strategies and techniques.

SJCOE's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, health management, and oral health. Nutrition education shall be provided as part of the health education program 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.

All students 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.

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

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

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

The Superintendent 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.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. The Superintendent or designee shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, SJCOE shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations that support the objectives of promoting student health.

In order to maximize the ability of SJCOE to provide nutritious meals and snacks, all SJCOE schools will be encouraged to participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, SJCOE may sponsor a summer meal program.

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, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Superintendent believes that all foods and beverages sold to students at SJCOE schools, including those available outside the SJCOE's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by SJCOE for foods and beverages provided through student stores, vending machines, or other venues shall, to the extent possible, meet or exceed state and federal nutrition standards.

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

Also, the Superintendent or designee shall encourage school staff to avoid the use of foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support SJCOE's nutrition education program by considering nutritional quality when selecting any snacks that may be donated for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce SJCOE's nutrition education program, the Superintendent prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

Program Implementation and Evaluation

The Superintendent or designee will be responsible for ensuring that each school site complies with the SJCOE wellness policy.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which SJCOE 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.

The Superintendent or designee shall invite feedback on SJCOE and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the SJCOE activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the SJCOE'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 SJCOE programs, based on a sample of menus and production records.

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program.
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 nutrition standards.
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards.
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 SJCOE efforts to provide additional opportunities for physical activity outside of the physical education program.
8. A description of other SJCOE-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.
9. As feasible, the assessment report may include a comparison of results across multiple years, a comparison of SJCOE data with county, state-wide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the SJCOE's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both SJCOE and state evaluations shall be submitted to the Superintendent for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus SJCOE 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 SJCOE's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. The Superintendent or designee shall also inform the public of the progress towards meeting the goals of the wellness policy, including the availability of the triennial SJCOE assessment.

The Superintendent or designee shall distribute this information through the most effective methods of communication, including SJCOE or school newsletters, handouts, parent/guardian meetings, SJCOE and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, 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.

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education
38086 Free fresh drinking water
49430-49434 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
49550-49562 Meals for needy students
49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51210.1-51210.2 Physical education, grades 1-6
51210.4 Nutrition education
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51798 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:
 - 1758b Local wellness policy
- 1771-1793 Child Nutrition Act, especially:
 - 1773 School Breakfast Program
 - 1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

- 210.1-210.33 National School Lunch Program, especially:
 - 210.31 Wellness policy
- 220.1-220.22 National School Breakfast Program