

**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students enrolled in Humboldt County Office of Education schools. The Office of Education shall support and reinforce health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, safe and healthy school environments, and parent/guardian and community involvement.

The Office of Education will 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 district's student wellness policy. A school health council may be created or other district committee whose membership shall include representatives from these groups.

Nutrition Education and Physical Activity Goals

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

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects.

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, extracurricular programs, and other structured and unstructured activities.

To encourage consistent health messages between the home and school environment, the school principals may disseminate health information to parents/guardians through newsletters, handouts, parent/guardian meetings, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Nutrition Guidelines for Foods Available at School

The Board believes that foods and beverages available to students at Office of

Education schools during the school day should support the health curriculum and promote optimal health. Nutrition standards adopted by the Office of Education for all foods and beverages sold to students, including foods and beverages provided through the Federal school nutrition programs, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

School principals/designees shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. They also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

The Superintendent or designee shall provide access to free potable water during meal times in the food service area 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 serving water in an appealing manner.

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

To reinforce the district's nutrition education program, the Board 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.

#### Guidelines for Reimbursable Meals

Foods and beverages available on campus and provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1773 and 1779 which support the objectives of promoting student health and reducing childhood obesity.

#### Program Implementation and Evaluation

The school principal for each Office of Education school is responsible for ensuring that the school sites implement the Office of Education's wellness policy.

The Superintendent/designee shall measure the implementation of this policy in Office of Education schools at least every three years through reports from

school principals, feedback from other school administrators, school staff, parents/guardians, students, and other appropriate persons.

The assessment shall include the extent to which HCOE programs are in compliance with this policy and a description of the progress made in attaining the goals of the wellness policy. (42 UCS 1758b)

The assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed 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 district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school websites, and other communication

### Posting Requirements

Each school shall post the Office of Education's policies and regulations on nutrition and physical activity in public view in central eating areas.

#### *Legal Reference:*

##### *EDUCATION CODE*

*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*

*49550-49560 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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Washington, D.C. 20250-9410;

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