

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.

Annual Training for Food and Nutrition Staff

All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

Physical Education shall be taught by an appropriately credentialed teacher.

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. In first through sixth grades, California Education Code section 51210 (a)(7) requires 200 minutes every 10 school days: twenty minutes a day. A parent even filed suit on the school physical education issue when his school district cut PE minutes

to 120 minutes every 10 days in Doe v. Albany Unified School District. The parent won, and the California court of appeal validated section 51210 and its PE mandate. For students in seventh through twelfth grades, the amount is even higher, with a 400 minute every 10 day requirement outlined in California Education Code section 51222

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 mealtimes in the food service area and throughout the school day 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.

All schools will provide breakfast through the USDA School Breakfast Program.

Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website. After obtaining food, students will have at least 20 minutes to eat lunch. All foods will meet the Competitive Foods and Beverages standards set by the California Department of Education guidelines. Working link is provided here:

- [Competitive Foods and Beverages - Healthy Eating & Nutrition Education \(CA Dept of Education\)](#)

Single-Use Food Service Ware Reduction Policy

In recognizing the detrimental impacts of single-use food service ware, this policy intended to decrease Humboldt County Office of Educations collective impact by reducing single-use food service ware on our campuses.

In an effort to reduce single-use food service ware, including single-use plastics, Humboldt County Office of Education will encourage compliance with the provisions outlined below.

Departments that operate food service facilities and catering, including but not limited to the Food and Nutrition Services Department, will be responsible for implementing the applicable requirements. This includes identifying alternatives to single-use food service ware and utilizing those alternatives in daily operations to the maximum extent practical.

The Food and Nutrition Services Department and other departments or organizations that provide food service on our campuses are encouraged to:

- Eliminate single-use food service ware including plastic utensils, straws, packaging, and plastic bags where possible.
- Replace disposable single-use food service ware and accessory items with reusable items or locally compostable alternatives for all food service facilities including child nutrition program meal services and other meetings and events.
- Replace single-use plastic food service ware items with reusable or locally compostable alternatives where possible.
- Eliminate the sale and free distribution of single-use plastic water and beverage bottles and non-recyclable water containers and provide reusable or compostable alternatives where possible.

- Prioritize the installation of hydration stations to encourage the refill of reusable water bottles.
- Prioritize the installation of commercial dishwashers in food service facilities.
- Prioritize the training of school nutrition staff on how to eliminate single-use food service ware in their operation, including techniques for managing additional ware washing.
- Prioritize foods that are able to be served in bulk without the need for single use food service ware or packaging. When selecting foods prepared and packaged by a third-party vendor (individually wrapped muffins, etc.), vendors will be encouraged to utilize locally compostable or locally recyclable packaging options.
- Include language in procurement solicitations, bids, and RFPs to replace disposable, single-use plastic food service ware with reusable or locally compostable alternatives.

If alternatives do not fit the needs of people with disabilities, a small stock of single-use plastics (including, but not limited to, plastic-type straws) should be maintained and made readily available for individuals who need them.

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*

Nondiscrimination

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410

fax:

(202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

Students

Board Policy 5030(g)

May 14, 2025