

**WELLNESS
POLICY
2018-19**

Albany USD Board Wellness Policy

BP 5030 Students

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

- (cf. 3513.3 - Tobacco-Free Schools)
- (cf. 3514 - Environmental Safety)
- (cf. 3555 - Nutrition Program Compliance)
- (cf. 5131.6 - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. 5131.62 - Tobacco)
- (cf. 5131.63 - Steroids)
- (cf. 5141 - Health Care and Emergencies)
- (cf. 5141.22 - Infectious Diseases)
- (cf. 5141.27 - Food Allergies/Special Dietary Needs)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - School Health Services)
- (cf. 5142 - Safety)
- (cf. 5146 - Married/Pregnant/Parenting Students)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or the District's student wellness policy to parents/guardians as he/she deems necessary. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

- (cf. 1100 - Communication with the Public)
- (cf. 1112 - Media Relations)
- (cf. 1113 - District and School Websites)
- (cf. 6020 - Parent Involvement)

School Health Council/Committee

The Superintendent or designee shall appoint a school wellness committee consisting of parents/guardians, students, food service employees, District and school site administrators, Board representatives, school health professionals, physical education teachers, counselors, members of the public, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

The wellness committee shall advise the District and report to the Board on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charge(s) may include the planning, implementation and evaluation of activities to promote health within the school or community.

Wellness Mission Statement of the Albany Unified School District Mission

The AUSD Integrated Wellness Policy seeks to improve the health and fitness of our entire community through a deliberate focus on nutrition, fitness, health education and mental health. We believe that addressing the whole child is critical for individual academic preparedness and success and for a positive school climate. AUSD intends to integrate school and community resources in order to promote healthy development of students and their families.

This mission is accomplished through the following services:

- Physical education that promotes healthy fitness habits
- Food service that provides access to well-balanced, nourished food
- Food policy that promotes ecoliteracy, nutrition education and the importance of food for optimal learning
- A safe and healthy school environment, including the sensitivity to and respect for cultural, ethnic, gender, sexual orientation, appearance, socioeconomic and ability differences
- Classroom instruction aimed at increasing knowledge about health, nutrition and fitness; and
- Mental health programs, serving students at elementary, middle and high school levels.

The Wellness Committee will serve as a resource for implementing this mission, through policy and program recommendations to the Albany Board and school district administration. The group will meet quarterly.

To this end, the Board has adopted the following Board policies:

BP 3550 Food Services/Child Nutrition Program
BP 3551 Food Service Operations/Cafeteria Fund
BP 3553 Free and Reduced Price Meals
BP 3554 Other Food Sales
BP 5030 Student Wellness
BP 5131.6 Alcohol and Other Drugs
BP 5145.3 Nondiscrimination/Harassment
BP 5145.7 Sexual Harassment
BP 5145.9 Hate-Motivated Behavior
BP 6142.7 Physical Education and Activity
BP 6142.8 Health Education
BP 6164.2 Guidance/Counseling Services
BP 6164.5 Student Success Teams

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school- based activities that are designed to promote student wellness.

(42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

The District'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.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

The District recognizes the importance of the students, staff, and families to be ecoliterate. Nutrition education will include the understanding that what we eat affects our bodies, the community, and the world.

Nutrition education shall be provided as part of the integrated health education program in grades K-12.

(cf. 6142.8 - Comprehensive Health Education)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

(cf. 1325 - Advertising and Promotion)

The Board recognizes the positive benefits of physical activity for student health and academic achievement. 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, school athletic programs, extracurricular programs, before- and/or after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)
(cf. 6142.7 - Physical Education and Activity)
(cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she may promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf.4131-Staff Development)
(cf.4231-Staff Development)
(cf.4331-Staff Development)

Nutritional Guidelines for Foods Available at School

The Board shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at District schools should support the health curriculum and promote optimal health. Nutritional standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards. The Board recognizes and encourages the use of home/locally grown foods whenever possible.

(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 6300 - Preschool/Early Childhood Education)

The Superintendent or designee shall encourage school organizations to use healthy food items or non- food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non- nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the District's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Promoting a Healthy Development

We strive to foster a positive school environment to promote the healthy development of students' social and emotional health through the use of programs/curriculum, and recognize these to be important predictors of academic success. Social and emotional health interventions may occur both at the school- wide level (including prevention programs and school climate enhancement programs) and at the individual level, targeting students at risk of school failure. Schools use an interdisciplinary approach, utilizing the expertise of mental health clinicians, school psychologists, school counselors, support staff, administrators, teachers, families and community-based agencies to collaborate in promoting social and emotional health.

Teachers and school staff play an important role through using effective classroom management strategies, identifying and referring students with mental health issues, collaborating with clinicians, and being active in school-wide initiatives that enhance individual health and school climate.

Support staff may provide appropriate onsite services to students or make referrals to community resources when necessary. Schools will strive to engage families and community to provide youth with meaningful extracurricular activities.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of this policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that each school site implements this policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which District 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. (42 USC 1758b)

To determine whether the policy is being effectively implemented District-wide and at each District school, the following indicators may be used:

- Descriptions of the District's nutrition education, physical education, and health education curricula by grade level
- Number of minutes of physical education instruction offered at each grade span
- Number and type of exemptions granted from physical education
- Results of the state's physical fitness test
- An analysis of the nutritional content of meals served based on a sample of menus
- Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
- Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs
- Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
- Any other indicators recommended by the Superintendent and approved by the Board

Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Legal Reference:

EDUCATION CODE -33354 CDE responsibilities re: physical education
-49436 Pupil Nutrition, Health, and Achievement Act of 2001
-49494 School breakfast and lunch programs
-49505 School meals

- 49520 Nutrition
- 49536 Child Nutrition Act
- 49546 Child care food program
- 49548.3 Comprehensive nutrition services
- 49561 Meals for needy students
- 49565.8 California Fresh Start pilot program National School Lunch Act Course of study, grades 1-6 Course of study, grades 7-12 Physical education Physical education, elementary schools
- 51796.5 School instructional gardens
- 51921 Comprehensive health education CODE OF REGULATIONS, TITLE 5
- 15501 Food sales by student organizations Mandatory meals for needy students
- 15535 Nutrition education
- 15565 School lunch and breakfast programs UNITED STATES CODE, TITLE 42
- 1769 National School Lunch Program, especially: b Local wellness policy
- 1791 Child Nutrition Act, including: School Breakfast Program Rules and regulations, Child Nutrition Act CODE OF FEDERAL REGULATIONS, TITLE 7
- 210.31 National School Lunch Program
- 220.21 National School Breakfast Program COURT DECISIONS Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES CSBA: <http://www.csba.org> Action for Healthy Kids:
<http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):
<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy ALBANY UNIFIED SCHOOL DISTRICT

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