

## **Fresno Unified Board Policy**

### **Business and Noninstructional Operations**

**BP 5030**

#### **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 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. 0000 - Vision)*  
*(cf. 0200 - Goals for the School District)*  
*(cf. 3513.3 - Tobacco-Free Schools)*  
*(cf. 3514 - Environmental Safety)*  
*(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. 5141.23 - Infectious Disease Prevention)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.31 - Immunizations)*  
*(cf. 5141.32 - Health Screening for School Entry)*  
*(cf. 5141.6 - Student Health and Social 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)*

#### **School Health Council/Committee**

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

The Superintendent or designee will appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

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

The Healthy School Environment Wellness Committee will act as the FUSD Wellness Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as a resource to school sites for implementing those policies. A school wellness policy committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school

food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The committee may also consist of a member representing the Nutrition Network for Healthy, Active Families Contract with the USDA or any other grant that supports the education of students on nutrition.

## **FOOD SERVICE/CHILD NUTRITION PROGRAM**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district's nutrition education program, food available on school premises shall:

1. Be carefully selected so as to contribute to student's nutritional well being and the prevention of disease.
2. Meet or exceed nutritional standards specified in law and administrative regulation.
3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.
4. Be served in age-appropriate quantities.
5. Be sold at reasonable prices.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Policy set forth herein does not apply to food brought from home for individual consumption.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall 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

*(cf. 1312.4 - Williams Uniform Complaint Procedures)*  
*(cf. 3517- Facilities Inspection)*  
*(cf. 7110 - Facilities Master Plan)*

Professional development for food service personnel shall include nutrition education and safe food handling.

*(cf. 4231 - Staff Development)*

## **Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition 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 nutrition standards.

## **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs to the extent possible, including the National School Lunch and Breakfast Programs, as well as snack and summer programs.

*(cf. 3553 - Free and Reduced Price Meals)*

## **OTHER FOOD SALES**

The Governing Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Such food sales should not impair the food service's ability to be financially sound. (5 CCR 15500 and 15501)

Any food sales conducted outside the district's food services program shall meet nutritional standards specified in law, Board Policy and Administrative Regulations and shall not impair student participation in the district's food service program. Food sales that do not meet current legislation are prohibited during school hours, and within ½ hour before or ½ hour after school hours. (Education Code 49431)

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

Foods shall not be sold on district school premises by outside commercial food vendors. The profits from all food sales, including vending machines that sell approved food or drinks, must benefit the school, the school food service program, or the student groups sponsoring the sales.

When vending machines are sponsored by the district or a student or adult organization, the Superintendent or designee shall determine how and where vending machines may be placed at school sites, district offices, or other school facilities.

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.

*(cf. 3312 - Contracts)*

*(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 and educate parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible. This does not apply to food provided by parents/guardians for individual consumption.

## **NUTRITION EDUCATION AND PHYSICAL ACTIVITY**

The Board shall adopt policy for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC 1751 Note) (EC Section 51210)

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 designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition Education should be age appropriate, following the United States Dietary Guidelines for Americans, California Department of Education State Frameworks in Health and Home Economics Careers and Technology Model Curriculum Standards.

*(cf. 6010 - Goals and Objectives)*

*(cf. 6011 - Academic Standards)*

*(cf. 6143 - Courses of Study)*

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 and offered through before- and after-school programs. The District will continue to in-service teachers with established Nutrition curriculum in the middle and high school Health and Foods and Nutrition classes. Home Economics Careers & Technology curriculum has been noted for

best practices lessons to follow from the Governor’s Summit on Health, Nutrition, and Obesity.

*(cf. 6142.8 - Comprehensive Health Education)*

All students in grades K-12, including students with disabilities as defined by their Individual Educational Plan (IEP), special health-care needs, and in alternative educational settings, will have the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs. Students will receive physical education instruction as designated (EC 51210, 51222, and 51223):

- A minimum of 200 minutes for every 10 days for students in grades 1 – 6
- A minimum of 400 minutes for every 10 days for students in grades 7 - 12
- High school students, who are exempt from two years of physical education (FUSD BP 6146.1), will have the opportunity to participate in a variety of physical education elective courses. (EC sections 51222(b) and 51241)

Physical education instruction will be delivered by a teacher credentialed to teach physical education (EC Section 44203). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

*(cf. 6142.7 - Physical Education)*

*(cf. 6145 - Extracurricular and Co curricular Activities)*

*(cf. 6145.2 - Athletic Competition)*

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

*(cf. 4131- Staff Development)*

*(cf. 4331- Staff Development)*

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

*(cf. 1113 - District and School Web Sites)*

*(cf. 6020 - Parent Involvement)*

The Board discourages 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, or other means.

*(cf. 1325 - Advertising and Promotion)*

## **PROGRAM IMPLEMENTATION AND EVALUATION**

The Board shall establish a plan for measuring implementation of the 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 the school sites implement the district's wellness policy. (42 USC 1751 Note)

*(cf. 0500 - Accountability)*

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

### **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)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

*Legal Reference:*

EDUCATION CODE

38085 Sale of specified food items

38080-38103 Cafeteria, establishment and use

45103.5 Contracts for management consulting services; restrictions

48931 Authorization and sale of food

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 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  
51520 School premises; prohibited solicitations  
HEALTH AND SAFETY CODE  
113700-114455 California Uniform Retail Food Facilities Law  
114200-114245 Vending machines  
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

*Management Resources:*

CSBA POLICY BRIEFS

*The New Nutrition Standards: Implications for Student Wellness Policies*, November 2005

CSBA PUBLICATIONS

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide*, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

*Healthy Children Ready to Learn*, January 2005

*Healthy Food Policy Resource Guide*, 2003

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

*Physical Education Framework for California Public Schools, Kindergarten Through Grade 12*, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools*, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

*Fit, Healthy and Ready to Learn*, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

*Dietary Guidelines for Americans*, 2005

*Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action*, 2000

FCMAT PUBLICATIONS

*Associated Student Body Accounting Manual and Desk Reference*, 2002

WEB SITES

American Alliance for Health, Physical Education and Recreation and Dance (AAHPERD):

<http://www.aahperd.org>

American School Food Service Association (ASFSa): <http://www.asfsa.org>

CAHPERD: <http://www.cahperd.org>

CSBA: <http://www.csba.org>

California Association of School Business Officials: <http://www.casbo.org>

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

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

California Department of Education Standards and Frameworks: <http://www.cde.ca.gov/ci/ct/sf/>

California Department of Health Services: <http://www.dhs.ca.gov>

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

California Nutrition Network for Healthy, Active Families:  
<http://www.dhs.ca.gov/ps/cdic/cpns/network>

*California Project LEAN (Leaders Encouraging Activity and Nutrition):*  
<http://www.californiaprojectlean.org>  
*Centers for Disease Control and Prevention (CDC):* <http://www.cdc.gov>  
*Dairy Council of California:* <http://www.dairycouncilofca.org>  
*Fiscal and Crisis Management Assistance Team:* <http://www.fcmat.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:* [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy FRESNO UNIFIED SCHOOL DISTRICT

Adopted: