

Students

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 in District students.

This policy is intended to provide a wellness policy that, at a minimum, shall: (42 UCS 1751 Note)

1. Include goals 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.
2. Include nutrition guidelines selected by the District for all food available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that the District guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779 (a) and (b), as they apply to schools.
4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the District or at each school charged with operational responsibility for ensuring that this policy is implemented.

The Policy was developed as required by a well-represented committee of parents, administrators and teachers.

The Board of Education has authorized a District Wellness Committee as an advisory committee and/or working group to develop policy recommendations. The Committee shall examine related research and laws, assess student needs and the current school environment and raise awareness about student health issues. The Committee may also survey parents or guardians, conduct public forums or focus groups, collaborate with community agencies and organizations, or engage in similar activities for these established purposes.

The Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work.

The Committee shall present policy recommendations to the Board which include, but are not necessarily limited to the following topics:

1. Goals and strategies for increasing student participation in the school lunch program.
2. Nutritional standards for the school lunch program that meet or exceed State and Federal standards.
3. The amount of time allowed for students to eat and the adequacy of facilities.
4. Guidelines and standards for food and beverages sold outside of the District meal program, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior.
5. Foods and beverages donated for class parties or other school events.
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and /or other areas accessible to students, and activities such as coupon or incentive programs.
7. Age-appropriate, skill building nutrition education at each grade level that is focused on behavior change.
8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.
9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activities.
10. Process for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success and frequency of reports.

Legal Reference:

EDUCATION CODE

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

49570 National School Lunch Act

Legal Reference (continued)

EDUCATION CODE (continued)

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 program

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 PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

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

CDC 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

USDA PUBLICATIONS

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

WEB SITES

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

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

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

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

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

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

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

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

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

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

U.S. Department of Agriculture: http://www.fns.usda.gov/tnHealthy/wellnesspolicy_steps.html

MENLO PARK CITY SCHOOL DISTRICT

Policy Adopted: October 11, 2006

Atherton, California