

BP 5030(a) Student Wellness

The Healthy, Hunger-Free Kids Act of 2010 (42 USC 1758b) mandates each district participating in the National School Lunch Program (42 USC 1751-1769) or any program in the Child Nutrition Act of 1966 (42 USC 1771-1791), including the School Breakfast Program, to adopt a districtwide school wellness policy. The following policy fulfills this mandate. Other policies contain additional provisions supporting this wellness policy, such as BP 3312 - Contracts, BP/AR 3550 - Food Service/Child Nutrition Program, BP/AR 3552 - Summer Meal Program, BP/AR 3553 - Free and Reduced Price Meals, BP/AR 3554 - Other Food Sales, BP/AR 6142.7 - Physical Education and Activity, and BP/AR 6142.8 - Comprehensive Health Education.

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 coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

The District will maintain a district wellness program that follows the Coordinated School Health model. Millbrae Elementary Schools recognizes that a Coordinated School Health and Wellness Program connects health and academics and that supporting student and staff wellness contributes to academic achievement through a quality, safe learning and working environment.

The program will be culturally proficient and focus on increasing academic opportunities by eliminating barriers that affect students' readiness to learn. The District shall promote a healthy, safe learning and working environment that provides students and staff with the skills, social support, and environmental reinforcement they need to adopt long-term health promoting behaviors that can improve student achievement and assist staff in meeting the needs of students.

(cf. 1020 - Youth Services)
(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. 5141.22 - Infectious Diseases)
(cf. 5141.3 - Health Examinations)

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(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)

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.

Coordinated School Health Committee

The Board's policy related to student wellness shall be developed and periodically reviewed and updated, as needed, with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The Board will appoint a Coordinated School Health Committee as needed which may include representatives of some or all of the above groups. The committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The Committee shall assist with policy development, review, and updating, and advise the district on health-related issues, activities, policies, and programs. At the Board's discretion, the Committee charges may include planning and implementing activities to promote health within the school community.

Health Messages

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through

- a) district or school newsletters,
- b) handouts,
- c) parent/guardian meetings,
- d) the district or school web site, and
- e) other communications.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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Marketing, Advertising, and Nutrition Promotion

School based nutrition promotion and marketing will be consistent with our district's nutrition education and health promotion activities. As such, schools will limit food and beverage marketing to the promotion of beverages that meet the nutrition standards for meals or for foods and beverages sold or offered individually.

School based marketing of brands promoting predominately low nutrition foods and beverages is prohibited. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through

- a) signage,
- b) vending machine fronts,
- c) logos,
- d) school supplies,
- e) advertisements in school publications,
- f) other means.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years. The assessment shall include 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. 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.

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,

- a) an analysis of the nutritional content of meals and snacks served in all district programs, based on a sample of menus and production records;
- b) student participation rates in school meal and/or snack, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program;
- c) feedback from food service personnel, school administrators, parents/guardians, students, and appropriate persons;
- d) extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards;

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- e) descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements;
- f) results of the state's physical fitness test at applicable grade levels
- g) number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
- h) a description of district efforts to provide additional opportunities for physical activity outside of the physical education program
- i) a description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate.

The Superintendent or designee shall invite feedback on district and school wellness activities 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

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results.

In addition, 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 focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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.

SCHOOL FOODS

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.

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

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through the district's food service program, student stores, vending machines, shall meet or exceed state and federal nutrition standards.

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.

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 food or beverage per party. Annually, parent education materials including the District's policy on celebratory foods and a guide on selecting celebratory foods compliant with the policy and celebratory non-food options, shall be included in all student registration packets and periodically throughout the year in other parent communications. Class parties or celebrations shall be held after the lunch period when possible.

FOOD SERVICE/CHILD NUTRITION PROGRAM

Child Nutrition Program

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. Foods and beverages available through the district's food service program shall:

- a) Carefully select so as to contribute to students' nutritional well-being and the prevention of disease
- b) Meet or exceed nutritional standards specified in law and administrative regulation
- c) Be prepared in ways that will appeal to students, retain nutritive quality, and foster lifelong healthful eating habits
- d) Be served in age-appropriate portions

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.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school 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

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

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

The Superintendent or designee shall annually report to the Board regarding the district's compliance with state and federal nutrition standards for foods and beverages.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance.

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, including the National School Lunch and School Breakfast Programs, to the extent possible.

Nutritional Standards for Foods and Beverages

Schools participating in the National School Lunch Program or School Breakfast Program shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group.

Until July 1, 2007, for foods not reimbursed through the federally reimbursable meal programs, a minimum of 50 percent of the food sold by the district on school grounds during regular school hours shall be from the nutritious foods listed in Education Code 38085. (Education Code 38085)

Elementary Schools

Beginning July 1, 2007, the only foods that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)

- 1) Not more than 35 percent of its total calories is from fat.
- 2) Not more than 10 percent of its total calories is from saturated fat.
- 3) Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar.
- 4) Its total calories do not exceed 175 calories.

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

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- 1) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
- 2) Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
- 3) Drinking water with no added sweetener
- 4) Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

Middle Schools

Beginning July 1, 2007, foods sold to students in middle schools, junior high schools, and high schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code 49430, 49431.2)

- 1) Each entree item shall:
 - a) a. Not exceed 400 calories
 - b) b. Contain no more than four grams of fat per 100 calories
 - c) c. Be categorized as an entree item in the National School Lunch or School Breakfast program
- 2) For each snack item that supplements a meal:
 - a) Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
 - b) Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
 - c) Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.
 - d) Its total calories shall not exceed 250 calories.

The district's food service program shall give priority to serving unprocessed foods and ingredients and fresh fruits and vegetables that have not been deep-fried.

The only beverages that may be sold to middle school or junior high school students from one-half hour before the start of the school day until one-half hour after the end of the school day are: (Education Code 49431.5)

- 1) Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
- 2) Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
- 3) Drinking water with no added sweetener
- 4) Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

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- 5) Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

FOOD SALES OUTSIDE CHILD NUTRITION PROGRAM

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. Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, Board policy, and administrative regulations and shall not reduce student participation in the district's food service program.

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

Food sales are prohibited during school hours, and within one half hour before and after school hours, unless the organization is legally organized as a nonpartisan, charitable organization, the purpose of the solicitation is nonpartisan and charitable, and the solicitation has been approved in accordance with Board policy. (Education Code 51520)

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.

Nutritional Standards for Foods and Beverages

Food sales outside the District's food service program shall comply with the nutritional standards specified in Education Code 38085. Beginning July 1, 2007, food sales outside the District's food service program shall comply with the standards described in Education Code 49431 for elementary schools and Education Code 49431.2 for middle schools, junior high schools, and high schools. (Education Code 38085, 49431, 49431.2) Beverage sales shall be subject to the nutritional standards specified in Education Code 49431.5. (Education Code 49431.5)

When the food and beverage standards in Education Code 49431 and 49431.5 are effective, the sale of foods or beverages that do not comply with those standards may be permitted at an **elementary school**, as part of a fundraising event, only when the items are sold by students of the school and the sale meets one of the following conditions:

(Education Code 49431, 49431.5)

- 1) It takes place off and away from school premises.

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- 2) It takes place at least one-half hour after the end of the school day.

The sale of food items that do not comply with the nutritional standards in Education Code 49431.2, when effective, may be permitted at a **middle school**, junior high school, or high school in any of the following circumstances: (Education Code 49431.2)

- 1) The sale takes place off and away from school premises.
- 2) The sale takes place on school premises at least one-half hour after the end of the school day.
- 3) The sale occurs during a school-sponsored student activity after the end of the school day.

Beverage sales that do not comply with the nutritional standards in law may be permitted at a **middle school** or junior high school as part of a school event under the following circumstances: (Education Code 49431.5)

- 1) The sale occurs during a school-sponsored event and takes place at the location of the event at least one-half hour after the end of the school day.
- 2) Vending machines, student stores, and cafeterias are used later than one-half hour after the end of the school day.

Additional Requirements for Schools Participating in the National School Lunch or Breakfast Program

The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale.

No foods of minimal nutritional value shall be sold in food service areas during breakfast and lunch periods.

By July 1, 2007, the Superintendent or designee shall not permit the sale of foods by PTA or by student organizations in a school with any of grades K-5 that is participating in the National School Breakfast or Lunch Program, except when all of the following conditions are met:

- 1) The specific nutritious food item is approved by the Superintendent or designee.
- 2) The sale does not begin until after the close of the regularly scheduled midday food service period.
- 3) There are no more than four such sales per year per school.
- 4) The food sold is not one sold in the district's food service program at that school during that school day.

In Middle School, an authorized student organization may be approved to sell food items during or after the school day if all of the following conditions are met:

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- 1) Only one student organization conducts a food sale on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organizations may conduct the sale of any food items.
- 2) The specific nutritious food items are approved by the Superintendent or designee.
- 3) The food items sold are not those sold in the District's food service program at that school during that school day.

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, serving water in an appealing manner, and encouraging classroom teachers to allow water-tight sealed containers of water in the classroom for consumption during instruction periods.

NUTRITION EDUCATION AND PHYSICAL ACTIVITY GOALS

The Board shall adopt 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.

The district's nutrition education and physical education programs shall be

- a) based on research, consistent with the expectations established in the state's curriculum frameworks, and
- b) designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students in grades K-8 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, and through other structured and unstructured activities.

Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors on the part of students. Professional development may also include topics that encourage personal health among staff.

Physical Education

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

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The district's wellness program shall integrate physical activity to provide students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

In addition to the Physical Education and Health Education Content Standards, schools shall provide opportunities for all students to participate in before, during and/or after school physical activity programs outside of physical education programs. These may include, but are not limited to:

- a) 10-minute "brain breaks" integrated into curriculum
- b) Safe Routes to School encouragement and education activities
- c) Intramurals
- d) Clubs
- e) Out-of-school organized sports and other physical activities

Those opportunities shall offer diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature.

The Board shall approve the components of the physical education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

Instruction in physical education shall be provided for a total period of time of not less than 200 minutes each 10 school days. (Education Code 51210, 51223)

Exemptions

The Superintendent or designee may grant temporary exemption from physical education under any of the following conditions:

- a) The student is ill or injured and a modified program to meet his/her needs cannot be provided. (Education Code 51241)
- b) The student is enrolled for one-half time or less. (Education Code 51241)

The Governing Board recognizes the importance of a positive experience in physical activity, and therefore, discourages use of physical activity as punishment. The Board encourages staff to find alternative methods of discipline.

Physical Ability Testing

During the month of February, March, April or May, students in grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education. Students with a

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physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing. (Education Code 60800)

If individual results are provided orally to the students, they will be communicated with sensitivity and discretion. Each student's scores on the physical performance test shall be included in his/her cumulative record. Teachers and other school or community personnel are discouraged from using physical activity as punishment.

Comprehensive Health Education

The Governing Board believes that health education should foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives. The District's health education program shall teach personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products, and services.

Goals for the District's health education program shall be designed to promote student wellness and shall be developed in accordance with Board policy.

The content of health instruction shall be offered in accordance with law, Board policy, administrative regulation, and shall be aligned with state curriculum frameworks.

The Board intends for health education to be part of a coordinated school health system that links District, school, and community programs and services to promote the health and well-being of students.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program.

Content of Instruction

The District's health education program shall include instruction to aid students in making decisions in matters of personal, family and community health, including the following topics: (Education Code 51890)

- 1) The use of health care services and products
- 2) Mental and emotional health and development
- 3) Use and misuse of drugs, including tobacco and alcohol
- 4) Family health and child development, including the legal and financial aspects and responsibilities of marriage and parenthood

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- 5) Oral health, vision, and hearing
- 6) Nutrition, which may include related topics such as obesity and diabetes prevention
- 7) Exercise, rest, and posture
- 8) Diseases and disorders, including sickle cell anemia and related genetic diseases and disorders
- 9) Environmental health and safety
- 10) Community health

Instruction also shall include injury prevention and safety, which may include but not be limited to prevention of brain and spinal cord injuries, hearing conservation, and avoidance of overexposure to sun.

Comprehensive sexual health education shall be taught during at least one middle school grade level and shall include medically-accurate and age-appropriate information on AIDS/HIV awareness and prevention; contraceptives and their effectiveness; abstinence; gender, race, physical abilities, and sexual orientation tolerance; and STI prevention and treatment.

Exemption from Health Instruction

Upon written request from a parent/guardian, a student shall be excused from any part of the school's health instruction that conflicts with his/her religious training and beliefs, including personal moral convictions. (Education Code 51240) Students so excused shall be given an alternative educational activity.

Involvement of Health Professionals

Health care professionals also shall be involved in the development and implementation of the district's health education plan and in course evaluation. Such professionals shall represent, at the district's option, the varied fields of health care, including voluntary collaborations with managed health care and health care providers; local public and private health, safety, and community service agencies; and other appropriate community resources. (Education Code 51913)

The District's health education program shall be designed to actively involve the community, including professional health and safety personnel, in course evaluation. (Education Code 51913)

Health care professionals, health care service plans, health care providers, and other entities participating in a voluntary initiative with the district are prohibited from communicating about a product or service in a way that is intended to encourage persons to purchase or use the product or service. However, the following activities may be allowed: (Education Code 51890)

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1. Health care or health education information provided in a brochure or pamphlet that contains the logo or name of a health care service plan or health care organization, if provided in coordination with the voluntary initiative.
2. Outreach, application assistance, and enrollment activities relating to federal, state, or county-sponsored health care insurance programs.