

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

STUDENT WELLNESS

The Superintendent and County Board of Education recognize the link between student health and learning and desire to provide a comprehensive program promoting healthy eating and physical activity for county students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, 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. 5141.3 - Health Examinations)*
- (cf. 5141.31 - Immunizations)*
- (cf. 5141.32 - Health Screening for School Entry)*
- (cf. 5141.6 - School Health Services)*
- (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 Sutter County Board of Education’s student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. 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 Web Sites)*
- (cf. 1114 - District-Sponsored Social Media)*
- (cf. 6020 - Parent Involvement)*

The Superintendent or designee shall permit 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 Sutter County Board of Education’s student wellness policy. (42 USC 1758b)

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

A school’s advisory committee shall assist with policy development and advise the Sutter County Superintendent of Schools on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Sutter County Superintendent of Schools 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 Sutter County Superintendent of Schools determines appropriate. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

Nutrition education and physical education programs provided in grades PreK-12 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.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before-and after-school programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6142.8 - Comprehensive Health Education)

The Sutter County Superintendent of Schools 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 give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students regardless of age in grades PreK-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity where appropriate shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, programs

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

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. The Superintendent or designee may promote work-site wellness 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. 4231 - 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 the Sutter County Superintendent of Schools or school newsletters, handouts, parent/guardian meetings, the Sutter County Superintendent of Schools or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Nutrition Guidelines for Foods Available at School

For all foods available on each campus where Sutter County Superintendent of Schools' programs are operated during the school day, the Superintendent shall adopt nutritional guidelines consistent with those districts with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758)

The Superintendent believes that foods and beverages available to students at Sutter County Superintendent of Schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the Sutter County Superintendent of Schools for all foods and beverages sold to students, including foods and beverages provided through the Sutter County Superintendent of Schools food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

The Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)

(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. 5148.3 - 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.

School staff shall encourage parents/guardians or other volunteers to support the Sutter County Superintendent of Schools' nutrition education program by considering nutritional quality when selecting any snacks which they may donate for outdoor education programs and school sites.

(cf. 1230 - School-Connected Organizations)

In order to maximize the Sutter County Superintendent of Schools ability to provide nutritious meals and snacks, all SCSOS schools and programs shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

(cf. 3553 - Free and Reduced Price Meals)

Program Implementation and Evaluation

The Superintendent shall establish a plan for measuring implementation of the policy.

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

The Superintendent shall designate at least one person within the Sutter County Superintendent of Schools and at each school who is charged with operational responsibility for ensuring that the school sites implement the Sutter County Superintendent of Schools' wellness policy. (42 USC 1758b note)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

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, compared to percentage of students eligible for free and reduced-price meals; descriptions of the Sutter County Superintendent of Schools' nutrition education, physical education, and health education curricula by grade level; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the Sutter County Superintendent of Schools' 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 four 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 Sutter County Superintendent of Schools' 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

33350-33354 CDE responsibilities re: physical education

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

51210 Course of study, grades 1-6

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

51220 Course of study, grades 7 - 12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education
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: 1758b 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
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 12, 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*

**Board Policies and Regulations Manual
Sutter County Board of Education**

Series 5000 – Student

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local 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 PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide

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

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 Services: <http://www.cdhs.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 (CDC): <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:

<http://www.fns.usda.gov/tnIHealthy/wellnesspolicy>