

STUDENT WELLNESS

The County Superintendent recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Merced County Office of Education (MCOE) students. The County 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. 1020 – Children and Youth Services)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 – Safety Management)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.61 – Drug Testing)
(cf. 5131.62 - Tobacco)
(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. 6142.1 - Sexual Health: HIV/AIDS Prevention Instruction)

To encourage consistent health messages between the home and school environment, the County Superintendent or designee may disseminate health information and/or the MCOE's student wellness policy to parents/guardians through MCOE or school newsletters, handouts, parent/guardian meetings, the MCOE web site, 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 - MCOE Web Site)
(cf. 1114 – MCOE-Sponsored Social Media)
(cf. 6020 - Parent Involvement)

School Health Council/Committee

The County 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 MCOE's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the County Superintendent or designee may appoint a school health council or other MCOE committee whose membership shall include representatives of these groups. Other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school issues also may be invited to participate.

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(cf. 9140 – Board Representatives)

The school health council/committee shall advise the MCOE on health-related issues, activities, policies, and programs. At the discretion of the County Superintendent or designee, the duties of the council/committee may include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The MCOE shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the MCOE)

The MCOE’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. 6142.7 – Physical Education and Activity)

(cf. 6143 - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. 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, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 – Summer School)

The MCOE 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, or other means.

(cf. 1325 - Advertising and Promotion)

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs,

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programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 6145 - Extracurricular and Co-curricular Activities)
(cf. 6145.2 - Athletic Competition)

The County Superintendent or designee may enter into a joint use agreement to make MCOE facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand student's access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

The County Superintendent or designees shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall 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. 4331- Staff Development)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)
(cf. 5145.3 - Nondiscrimination/Harassment)

Nutrition Guidelines for Foods Available at School

For all foods available on each campus during the school day, the MCOE shall adopt nutrition guidelines consistent with Regulation 3550 – Food Service/Child Nutrition Program and Regulation 3554 – Other Food Sales, and support objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The County 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 and serving water in an appealing manner.

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The County Superintendent believes that foods and beverages available to students at MCOE 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 MCOE for all foods and beverages sold to students, including foods and beverages provided through the MCOE's food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3554 - Other Food Sales)

In order to maximize the MCOE's ability to provide nutritious meals and snacks, all MCOE schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the MCOE may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)

The County Superintendent or designees 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 MCOE's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The County Superintendent shall designate one or more MCOE employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

The County 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 MCOE schools are in compliance with this

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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 MCOE-wide and at each MCOE school or program, the County Superintendent may recommend other indicators.

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

Posting Requirements

Each school shall post the MCOE'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: (see next page)

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Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
- 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
- 49490-49494 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
- 49550-49561 Meals for needy students
- 49565-49565.8 California Fresh Start pilot program
- 49570 National School Lunch Act
- 51210 Course of study, grades 1-6
- 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

- Increasing Access to Drinking Water in Schools, Policy Brief, March 2013*
- Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012*
- 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*
- Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012*
- Physical Education and California Schools, Policy Brief, rev. October 2007*
- Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012*
- 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*
- Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003*

STUDENT WELLNESSCALIFORNIA 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*FEDERAL REGISTER*Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167*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 SITESCSBA: <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_steps.html

USDA Nondiscrimination Statement

SNAP and FDPIR State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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