

STUDENTS
COMPREHENSIVE STUDENT WELLNESS
DISTRICT/SCHOOL HEALTH COUNCIL

Nutrition and Physical Activity and Other School-Based Activities that Promote Student Wellness
Nutrition Education and Promotion

Black Oak Mine Unified School District aims to teach, encourage, and support healthy eating by students. Schools engage in nutrition promotion and provide nutrition education as part of health education that:

1. Is offered as part of sequential, coordinated health education instruction, based on the Health Framework for California Public Schools, and is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Includes assessment of students' knowledge and skills;
3. Is part of the health education program and classroom instruction in other subjects as appropriate;
4. Coordinates nutrition education with nutrition services, physical education, health services, counseling, healthy school environment and other components of coordinated school health so students receive consistent information and reinforcement from multiple sources;
5. Provides staff members involved in nutrition education with adequate professional development that focuses on teaching strategies that promote healthy behaviors;
6. Advises and involves family members and the community in supporting and reinforcing nutrition education;
7. Prepares students to participate as advisors and/or advocates for a school environment that promotes healthy eating and physical activity.

Physical Education and Physical Activity Opportunities

Black Oak Mine Unified School District provides all students in kindergarten through grade twelve the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

1. Physical education is a planned sequential program of curricula and instruction that helps students develop the knowledge, skills and confidence necessary for an active lifestyle.
2. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being is a component of the program.
3. Administration of the Physical Fitness Test (PFT) is given to all students as required by California State law.
4. In addition to the required PFT, assessment of student learning and accurate reporting of progress is an ongoing process in physical education.
5. **Daily Recess** – All elementary school students will have at least **20 minutes** a day of supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity with appropriate facilities/space and equipment.
6. When activities such as mandatory school-wide testing or other long periods of inactivity make it necessary for students to remain indoors for long periods of time, students are given periodic breaks during which they are encouraged to stand and be moderately active.

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Physical Activity and Punishment – School personnel will not use physical activity (e.g., running laps, pushups) or regularly withhold opportunities for physical activity (e.g., recess, physical education) as punishment. (Education Code 55291.5, 44807.5, 33350).

Other School-based Activities – Parent/guardian outreach and advisories emphasize the relationship between student health and academic performance and the need for consistent health messages between home and school.

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

Individual food items sold or served outside the federal reimbursable meal programs meet local, state and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

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Elementary Schools

Foods

The only foods that may be sold or served during breakfast and lunch periods are those that are sold or served as a full meal through a federal reimbursable meal program with the exception of:

- Fruits, vegetables and cheese packaged for individual sale
- Nuts, seeds, and eggs, which may be sold or served as individual food items provided they meet the 35/10/35 as described under middle and high school below

Beverages

The only beverages that may be sold or served outside of the federal reimbursable meal program are:

- Water, with no added sweeteners
- Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than **8** ounce serving size
- Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than **6** ounce serving size
- Vegetable juice, at least 50 percent vegetable juice and no larger than **6** ounce serving size

Middle and High Schools

Foods

The only foods that may be sold or served must meet the following requirements:

- Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs, and cheese)
- Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese)
- Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables)
- Portion size of a la carte foods shall not exceed the portion size of food served through the federal reimbursable meal programs
- Snack items (e.g., cookies, candies, chips) shall not exceed 200 calories per package

Beverages

The only beverages that may be sold or served are:

- Water, with no added sweeteners
- Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than **12** ounce serving size.
- Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than **8** ounce serving size
- Vegetable juice, at least 50 percent vegetable juice and no larger than **8** ounce serving size.
- Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20 ounce serving

Food/beverage marketing in schools – Any foods or beverages that do not meet the above criteria are not advertised or promoted at schools through signage, vending machines, logos, scoreboards or school supplies.

School-sponsored events – Healthy food and beverage products are promoted at school-sponsored events.

Celebrations – Schools limit celebrations that involve food during the school day and encourage that any food provided at celebrations meets the guidelines above. Communication will occur from school to home through the site Administrator in newsletters and through classroom communication from teacher for specific celebrations.

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Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs

1. Schools will participate in all available federal school nutrition programs as possible.
2. Meals served through the Child Nutrition Program will ensure that students receiving free and reduced meals are not stigmatized or otherwise treated differently because they avail themselves of meals and snacks. Only those school employees assigned with qualifying students have access to the information.

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3. Schools will encourage participation through advertising and marketing menus. Students will have at least 15 minutes to eat after sitting down.

Other

1. The school district will provide continuing professional development for the school nutrition director/coordinator. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.
2. Students are discouraged from sharing food and beverages, given concerns about food allergies, disease transmission and special diets.

Health Education Goals

Consistent with the expectations established in the state's curriculum framework for health education, students in grades K-12 shall receive age-appropriate, skill-building health and safety education, including but not limited to sun safety, air quality guidelines, universal precautions, hand washing, oral health, mental health, stress reduction, and drug, including steroids, alcohol, tobacco and violence prevention education.

Health Services Goals

The Superintendent or designee will seek out and establish community partnerships that provide mental and physical health services for the purpose of improving access to and removing barriers to healthcare for all students.

The district supports the parent's role as the primary decision-maker related to the health and well being of their child. The district will seek opportunities to inform parents about the importance of vision, hearing, spinal care, mental health and oral healthcare as it relates to overall health and learning, and shall recommend children's health be evaluated periodically through the formative years of growth.

The district will seek opportunities to provide education regarding the impact of stress on health and well being and strategies for stress reduction to students and staff.

The district will assist families as funding permits, and, whenever possible, in securing access to health resources including Medi-Cal and Healthy Families insurance.

Psychological and Counseling Services Goals

The Superintendent or designee will actively seek to develop community partnerships that will allow all students in grades K-12 access to mental health services as appropriate.

Professional staff development will be available to improve early detection and appropriate referral for mental health assessments and treatment for students.

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Healthy and Safe Environment Goals

The Superintendent or designee will ensure that a healthy educational environment, considering both physical and psychosocial aspects, exists in all facilities.

A healthy physical environment includes physical safety, good air and water quality, good sanitation, heating, and ventilation.

A healthy social and psychological educational environment is one that fosters positive and engaging educational experiences for students, is broad and flexible, promotes caring relationships, and values youth as a resource who can

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work with adults in the creation of a healthy environment. Its goal is to increase youths' sense of connectedness to school.

The Superintendent or designee will encourage professional staff development in topics such as substance use prevention, school safety and violence prevention, youth development initiatives, character education, drop-out prevention, services for students with disabling conditions, service learning and before-and after-school programs.

Family and Community Involvement Goals

Staff will actively seek input from students and families on policy development and programs designed to address health and safety issues in district schools. This shall include parent organizations, student advisory teams, school site councils, and district health council.

School sites may include information on health promotion, linking families to medical services, and the District's coordinated school health program at back to school nights, open houses, youth expos and other community events.

Employee Wellness Goals

The Superintendent or designee encourages staff to serve as positive role models, promoting regular physical activity among employees such as walking clubs, gyms, health clubs, and intramural sports teams, the utilization of bike trails and local community resources.

The Superintendent or designee will work with District health insurance providers to provide education on healthy eating, tobacco and drug cessation, active living, and employee health screening activities.

Program Implementation and Evaluation

The Superintendent or designee shall monitor specific quality indicators which will be used to measure the implementation of the Wellness Board Policy and Administrative Regulations district-wide and at each district school. These measures may include, but not be limited to, an analysis of the annual Fitnessgram results, 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; professional development opportunities; and feedback from food service personnel, school administrators, the School Health Council, parents/guardians, students, and other appropriate persons.

Posting Requirements

Each school shall post the District's policies and regulations pertaining to wellness and coordinated school health in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Reviewed By CSBA Legal Counsel:	11/00/05
Approved by Superintendent:	05/31/07