

MODESTO CITY SCHOOLS

Board Policy

BP 5030

STUDENTS

Student Wellness

The Board intends for health education to be part of a comprehensive District program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, and a safe healthy school environment.

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.

Wellness Promotion

Modesto City Schools is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

The school District will engage students, parents, teachers, food service, professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.

Food and beverages sold or served at school will meet or exceed all required state and federal nutrition regulation.

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Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma and to prevent the overt identification of students who are eligible for free and reduced-priced meals.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods and beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.

Celebrations

Schools shall monitor celebrations and shall encourage the use of healthy food and beverage alternatives along with the use of non-food items.

Rewards

Schools will limit the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior and will not withhold food or beverages as punishment. Schools will pursue healthy food and beverage alternatives as well as non-food items for rewards.

School Wellness Council

The Superintendent or designee shall encourage 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 District's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other District committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

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The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also 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 Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

The District's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

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.

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

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The Board may enter into a joint use agreement or memorandum of understanding to make District facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

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.

Modesto City Schools offers comprehensive health care including: before- and after-school expanded learning services, health education at multiple grade levels, first-aid, hearing and vision screening, nutritional support, tobacco cessation programs, substance abuse education, suicide prevention and counseling, health and development assessments, emergency care, and school nursing services

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.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. They shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the District shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the District may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times 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 by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at District schools, including those available outside the District's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for foods and beverages provided through student stores, vending machines, or other venues 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.

They 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. Class parties or celebrations shall be held after the lunch period when possible.

To reinforce the District's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

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Program Implementation and Evaluation

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the District's wellness policy. (42 USC 1758b; 7 CFR 210.31)

Senior Director, Student Support Services
426 Locust Street, Modesto, Ca. 95351
209-574-1600

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

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. (42 USC 1758b)

The Superintendent or designee shall invite feedback on District and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after- school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Such indicators may include, but are not limited to:

1. 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
2. An analysis of the nutritional content of school meals and snacks served in all District programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs,

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4. including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
5. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
6. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
7. Results of the state's physical fitness test at applicable grade levels
8. 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
9. A description of District efforts to provide additional opportunities for physical activity outside of the physical education program
10. A description of other Districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of District data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the District's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the District and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus

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District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the District's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. They shall also inform the public of the District's progress towards meeting the goals of the wellness policy, including the availability of the triennial District assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including 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 wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

Legal References:

EDUCATION CODE

33350-33354 CDE Responsibilities re: physical education

38086 Free fresh drinking water

49430-49434 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

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Legal References (cont.):

49547-49548.3 *Comprehensive nutrition services*
49550- 4956149562 *Meals for needy students*
49565-49565.8 *California Fresh Start pilot program*
49570 *National School Lunch Act*
51210 *Course of study for grades 1-6*
51210.1-51210.2 *Physical education, grades 1-6*
51210.4 *Nutrition education*
51220 *Course of study for grades 7-12*
51222 *Physical education*
51223 *Physical education, elementary schools*
51795-51796.5 51798 *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
1751-1769J *National School Lunch Program*
1758b *Local wellness policy*
1771-1791 1793 *Child Nutrition Act*
1773 *School Breakfast Program*
1779 *rules and Regulations, Child Nutrition Act*
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.33 *National School Lunch Program*
210.1-210.31 National School Lunch Program
210.31 *Wellness policy*
220.1-220.22 220.23 *National School Breakfast Program*

Management References:

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATION

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

Health Framework for California Public Schools: Kindergarten through Grade 12, 2003

CALIFORNIA PROJECT LEAN PUBLICATION

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, Jan 2015

CENTERS FOR DISEASE CONTROL & PREVENTION PUBLICATION

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and planning Guide, rev. 2012

CSBA PUBLICATION

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

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Management References (cont.):

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

Integrating Physical Activity into the School Day, governance Brief, April 2016

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, 2012

School-Based Marketing of foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012

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 Activity and Physical Education in California Schools, Research Brief, April 2010

Physical Education and California Schools, Policy Brief, October 2007

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

NATIONAL ASSOC. OF STATE BOARDS OF EDUCATION PUBLICATION

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATION

Dietary Guidelines for American, 2016

COURT DECISIONS

Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781

WEBSITES

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://californiaprojectlean.org/>

California School Nutrition Association: <https://calsna.org/>

Center for Collaborative Solutions: <https://www.ccscenter.org/>

Dairy Council of California: <https://www.usdairy.com/about-us/national-dairy-council/local-California>

National Alliance for Nutrition and Activity: <https://www.cspinet.org/protecting-our-health/nutrition/national-alliance-nutrition-and-activity>

National Association of State Boards of Education: <https://www.nasbe.org/>

School Nutrition Association: <https://schoolnutrition.org/>

Society for Nutrition Education: <https://www.sneb.org/>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

U.S. Department of Agriculture, Healthy Meals Resource System:

<https://www.fns.usda.gov/healthy-meals-resource-system-hmrs>

Action for Healthy Kids: <https://www.actionforhealthykids.org/>

Alliance for a Healthier Generation: <https://www.healthiergeneration.org/>

California Department of Education, Nutrition Services Division:

<https://www.cde.ca.gov/re/di/or/nsd.asp>

California Department of Public Health: <https://www.cdph.ca.gov/>

California Healthy Kids Resource Center: <https://www.californiahealthykids.net/home>

Centers for Disease Control and Prevention: <https://www.cdc.gov/>

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

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Cross References:

0200 – Goals For The School District (N/A)
0460 – Local Control And Accountability Plan (N/A)
1220 – Citizen Advisory Committees
1230 – School-Connected Organizations
1260 – Educational Foundation (N/A)
1325 – Advertising and Promotion
1330.1 – Joint Use Agreements (N/A)
1400 – Relations Between Other Governmental Agencies And The Schools (N/A)
1700 – Relations Between Private Industry and The Schools (N/A)
3000 – Concepts And Roles (N/A)
3290 – Gifts, Grants, And Bequests
3312 – Contracts
3452 – Student Activity Funds
3513.3 – Tobacco-Free Schools
3513.4 – Drug And Alcohol Free Schools (N/A)
3513.4 – Liability Issues and Parent Groups Organizing Grad Night
3550 – Food Service/Child Nutrition Program
3551 – Food Service Operations, Cafeteria Fund
3552 – Summer Meal Program
3553 – Free And Reduced Price Meals
3554 – Other Food Sales
3555 – Nutrition Program Compliance
4131/4231 – Staff Development
5113.1 – Chronic Absence And Truancy (N/A)
5113.1 - Truancy
5113.12 – District School Attendance Review Board
5131.2 – Bullying
5131.6 – Alcohol And Other Drugs
5131.61 – Drug Testing (N/A)
5131.62 – Tobacco (N/A)
5131.63 – Steroids (N/A)
5137 – Positive School Climate
5141 – Health Care And Emergencies
5141.22 – Infectious Diseases
5141.23 – Asthma Management
5141.27 – Food Allergies/Special Dietary Needs
5141.3 – Health Examinations
5141.31 – Immunizations
5141.32 – Health Screening For School Entry
5142.2 – Safe Routes To School Program (N/A)
5144 – Discipline (N/A)
5144 – Subpoena Power, Expulsion Proceedings
5145.3 – Nondiscrimination/Harassment
5145.6 – Parental Notifications
5145.71 – Title IX Sexual Harassment Complaint Procedures

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Cross References (cont.):

5146 – Married/Pregnant/Parenting Students

5147 – Dropout Prevention (N/A)

5148 – Child Care And Development

5148.2 – Before/After School Programs (N/A)

5148.3 – Preschool/Early Childhood Education

6020 – Parent Involvement

6112 – School Day

6142.1 – Sexual Health And HIV/AIDS Prevention Instruction (N/A)

6142.5 – Environmental Education

6142.7 – Physical Education And Activity

6142.8 – Comprehensive Health Education (N/A)

6145.2 – Athletic Competition

6176 – Weekend/Saturday Classes (N/A)

6177 – Summer Learning Programs (N/A)

6184 – Continuation Education

7110 – Facilities Master Plan

ADOPTED: June 12, 2006

REVISED: November 17, 2014

October 23, 2023