

STUDENT WELLNESS

School Health Advisory Council

The Governing Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public (42 USC 1751) through the Folsom Cordova Unified School District School Health Advisory Council.

Coordinated School Health Goals

The Board shall adopt goals for nutrition education, physical activity, and other coordinated school health activities that are designed to promote student wellness.

The Superintendent or designee will actively seek to develop community partnerships that allow all students in grades K–12 access to healthcare services including, but not limited to, oral health and mental health services.

Nutrition Goals

The district's nutrition education program 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.

Nutrition education shall be provided as part of health education in grades K-12 and, as appropriate, shall be integrated into core academic subjects consistent with the expectations established in the state's curriculum framework.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Staff shall be encouraged to use nutritious foods and beverages, as set forth in SB 12 and SB 965, for rewards, celebrations, and occasional treats.

Effective July 1, 2007, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, book covers, beverage cups, and advertisements in school publications, coupon or incentive programs, or other means. Pricing strategies that favor nutritious foods and beverages shall be implemented. Further, the Board encourages the marketing and advertising of nutrition and physical activity education in student locations, such as advertising water rather than sports drinks.

As set forth in SB 12 and commencing on July 1, 2007, the only foods that may be sold to a student in elementary, middle, or high school during the school day are:

- Full meals and entrees that meet USDA-approved School Breakfast Program or National School Lunch Program meal pattern requirements.

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- 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, if it meets all the following standards:
 - Not more than 35 percent of its total calories shall be fat. This subparagraph does not apply to the sale of nuts and seeds.
 - Not more than 10 percent of its total calories shall be from saturated fat.
 - Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar. This subparagraph does not apply to the sale of fruits or vegetables.
 - No more than 175 calories per individual food item for elementary schools.
 - No more than 250 calories per individual food item for middle and high schools.

SB 965 lists beverages that may be sold to students at an elementary, middle, or junior high school, and restricts the sale of beverages to students at a high school at specified times to certain specified beverages.

In elementary schools, regardless of the time of day, only the following beverages may be sold to a student:

- Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener.
- Vegetable-based drinks that are composed of no less than 50 percent vegetable juices and have no added sweetener.
- Drinking water with no added sweetener.
- Two-percent fat milk, one-percent fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.

In middle or junior high school, from one-half hour before the start of the school day to one-half hour after the end of the school day, only the following beverages may be sold to a student:

- Those beverages listed for elementary schools.

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- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving.

For all students, commencing July 1, 2007, a minimum of 50 percent of all beverages sold to a student from one-half hour before the start of the school day to one-half hour after the end of the school day shall meet the standards above. Commencing July 1, 2009, all beverages sold to a student from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards above.

SB 12 and SB 965 list specific provisions for exceptions to the requirements given above. These include, but are not limited to the following:

An elementary school may permit the sale of food and beverages that do not comply with the above requirements as part of a school fund raising event if:

- The items are sold by students of the school, and the sale of those items takes place off and away from the premises of the school.
- The items are sold by students of the school, and the sale of those items takes place one-half hour or more after the end of the school day.

In addition, a middle school may permit the sale of beverages that do not comply with the above requirements if:

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

Many options are available that meet the requirements stated above. In appropriate portions, the following foods and beverages, among others, are acceptable sales items:

- Water
- 100 percent fruit juices
- Low-fat milk
- Cheese
- Yogurt

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- Fresh fruits and vegetables
- Vegetables and dip
- Vegetable salads
- Fruit salads
- Whole grain breads
- Bagels
- Trail mix
- Granola bars
- Low-fat popcorn

Nutrition Guidelines for Foods Available at School

The Board believes that foods and beverages available to students during the school day 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 through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

School organizations are encouraged to use healthy food items and non-food items for fundraising purposes.

The unauthorized sale to students of non-nutritious foods or beverages by individual students, staff, or others is prohibited on school campuses at any time.

Guidelines for Lunch and Breakfast Programs

Food and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766 (a), and 1779(a) and (b), as they apply to schools (42 USC 1751).

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.

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The Superintendent or designee shall explore the possibility of offering universal breakfast meals in all Folsom Cordova Unified School District schools that meet federal guidelines for inclusion in this program.

Whenever possible, recess times for elementary students will occur before lunch to encourage healthy eating habits.

Parents/guardians are discouraged from delivering food from outside vendors to students for lunches.

Physical Education/Activity Goals

All students in grades K-12 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, school athletic programs, extracurricular programs, and before- and after-school programs.

The Superintendent or designee shall ensure that all students in grades K-12 receive the appropriate amount of high quality physical education required by the Education Code.

The Board shall adopt curriculum for physical education as outlined in the Content Standards for Physical Education, upon adoption by the state. 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.

Tools to measure height, weight, heart rates, and body composition should be available to help students more accurately determine their health and fitness level.

As need is indicated by air quality, reasonable accommodations will be made to physical education and athletic programs.

Food shall not be withheld for disciplinary reasons. Withholding physical activity for disciplinary reasons is discouraged except in cases when student or staff safety is at risk.

Professional staff development including first aid training and cardiopulmonary resuscitation training will be available for all physical education teachers, food service employees, yard supervisors, and campus monitors.

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 drugs, including steroids, alcohol, tobacco, and violence prevention education.

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Professional staff development will be available to identify instructional strategies that assess health knowledge and skills and promote lifelong healthy behaviors.

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 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, 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.

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

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. It also includes access for persons with disabilities.

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

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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, as well as school improvement initiatives such as high school reform efforts.

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 the Student Advisory Board, Parent-Teacher Associations and Organizations, and Family Support Services, among others.

School sites will include information on health promotion, linking families to medical services, and the district's coordinated school health program at Back-to-School nights and open houses.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district or school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and encourage families to increase their level of physical activity.

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, and the utilization of the bike paths in the communities of Rancho Cordova and Folsom.

Staff is encouraged to participate in the district's Employee Assistance Program as needed for a wide range of services that promote health, wellness, and general wellbeing.

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 such as tuberculosis screening and blood pressure screening, to the extent possible.

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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 Advisory 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)