

Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 01/16/2008 | **Last Revised Date:** 06/14/2023 | **Last Reviewed Date:** 06/14/2023

The Goleta Union School District is committed to providing a comprehensive program within the school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish connections between health education and school meal programs.

Regulations/Procedures

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his or her school and will report on the school's compliance to the school district Superintendent or designee.

The Superintendent or designee shall recommend for Board of Trustees approval, specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. 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; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, school nurses, District Wellness Committee, parents or guardians, students, teachers of physical education, Board members, and members of the public.

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)

To review policy compliance, assess progress, and determine areas in need of improvement, the Superintendent or designee shall report to the Board at least every two years on the implementation of this policy, including a comparison of the District's policy with model wellness policies, and any other Board policies related to nutrition and physical activity. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Nutrition Education

Goleta Union School District aims to teach, encourage, and support healthy eating by students. Research shows a definite link between nutrition and physical activity and academic performance.

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.

Schools will provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is integrated at different times and in various subjects such as math, science, language arts, social studies, and elective subjects;
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as taste testing, farm visits, and school gardens;
4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise);
6. Reinforces messages on healthy eating by coordinating child nutrition programs and school food service with classroom-based nutrition education and with other components of the school health system;

7. Helps students to analyze the influence of culture, media, technology, and other factors on their decisions related to nutrition, physical activity, and lifestyle choices;
8. Provides instructional staff with adequate and ongoing nutrition education training that focuses on teaching strategies that assess health knowledge and skills, and promote healthy behaviors;
9. Offers opportunities to educate parents and staff regarding nutrition education (including food allergy education) through resource lists, newsletters, community meetings, and special events.

To reinforce the guidelines from USDA's Final Rule: Nutrition Standards for All Food Sold in School standards apply to a la carte in the cafeteria, in school stores, snack bars, vending machines, and any other venues where food or candy may be sold on school campuses during the school day, including fundraisers, beginning July 1, 2014. School sites will not have school stores or vending machines. The Board 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 giveaways, or other means. School sites will use online communication tools to promote any food sales or fundraising events involving food products. (Finding #2)

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.

(cf. 5142.2 - Safe Routes to School Program)

Goals for Physical Education and Physical Activity

The Superintendent or designee shall support and encourage staff to serve as positive role models for healthy eating and physical fitness.

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. Physical activity refers to teacher led and student initiated physical activities throughout the day. Physical activities may include but are not limited to the following: physical education classes, games, sports, walk to school programs, dance, and movement breaks.

At school, students will ideally participate in an average of 30 minutes daily of sustained moderate physical activity. Parents will work in partnership with schools in meeting the national recommendation of 60 minutes of physical activity daily. The district will provide to staff and parents a list of suggested activities and resources to accomplish these goals.

Physical Education

The minimum requirements for physical education are:

1. All Grade 1-6 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as designated (Education Code 51210, 51222, and 51223):
 - A minimum of 200 minutes for every 10 school days for students in grades 1-6 exclusive of recesses and the lunch period.
2. Temporary exemptions from physical education should be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Education Code 51241)
3. Physical education instruction is delivered by a teacher credentialed to teach physical education. (Education Code 44203)
4. Class size is consistent with the requirements of good instruction and safety. (CCR, Title 5, 10060)

5. The district will administer a physical fitness test annually to all students in grade five during the months of February, March, April, or May. (Education Code 60800)

6. Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) as punishment.

Curriculum and Instruction

Instruction in physical education will be based on the physical education content standards and will include the following:

1. Full inclusion of all students;
2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity;
3. Maximum participation and ample practice opportunities for class activities;
4. Well-designed, district-wide aligned lessons that facilitate student learning;
5. Appropriate discipline and class management;
6. Instruction in a variety of motor skills designed to enhance the physical and social development of every child;
7. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being;
8. Development of cognitive concepts about motor skill and fitness.

Other Activity

The school community will participate in other activities that promote student and teacher wellness through:

1. The attendance of teachers, parents, and other staff at the School Wellness Summit.
2. The participation of all certificated staff in annual Wellness professional development that includes such topics as social emotional learning, mindfulness, nutrition, physical activity, and stress-reduction techniques.

Assessment of Student Learning

1. In addition to the required physical fitness test, assessment of student learning and skills and accurate reporting of progress will be an ongoing process in physical education.
2. Each student's fifth grade physical fitness test results will be shared as determined by the California Department of Education (CDE).sent to parents and guardians.

Food Service/Child Nutrition Program

The Board recognizes that students need adequate, nourishing food in order to grow, learn, and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district's nutrition education program:

1. All school nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs. (Finding #1)
2. Foods available on school premises shall be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease;

3. Meals served through the National School Lunch and Breakfast Programs and after-school snack programs shall meet nutritional standards specified in law and Administrative Regulation 3550. To accomplish this objective, they will:
 - a. Offer a variety of fresh fruits and vegetables, locally sourced and organic preferred;
 - b. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by USDA);
 - c. Ensure that at least eighty percent (80%) of the grains served are whole grain (as defined by USDA); and
 - d. Provide a peanut free menu throughout the District.
4. Be prepared with minimal processing, ideally scratch cooking, in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits;
5. Be served in age-appropriate quantities and at reasonable prices;
6. Be served when possible with eco-friendly serving ware, with composting practices encouraged at sites.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents or guardians in the selection of foods of good nutritional quality for school menus.

Parents and guardians are encouraged to support the district's nutrition efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

All Goleta Union schools shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website. (Finding #8)

Each school also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

National School Lunch Program

1. The Board recognizes that adequate nutrition is essential to child development and learning and that some families may be unable to provide breakfast and lunch for their children. In accordance with law, the district shall provide nutritionally adequate meals through the National School Lunch and Breakfast Programs, and the after school snack programs for students whose families meet federal eligibility criteria.
2. The Superintendent or designee shall recommend for Board approval a plan that ensures that students eligible to receive National School Lunch Program meals are not treated differently from other students or easily identified by their peers.
3. Upon approval of the Board, this plan shall be submitted to the California Department of Education for approval.
4. All applications and records related to eligibility for the National School
 - The lunch Program shall be confidential except as provided by law.
5. In accordance with law, the Board authorizes designated employees to use individual records pertaining to student eligibility for any National School Lunch Program meals for the purpose of:
 - a. Disaggregation of academic achievement data;
 - b. Identification of students eligible for school choice and supplemental educational services in any school identified for program improvement.

6. The Board further authorizes the release of information on the school lunch program application to the local agency that determines Medi-Cal program eligibility, provided that the student is approved for free meals and the parent/guardian consents to the sharing of information as provided by Education Code 49557.2.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

1. Healthy choices are encouraged at all school events. Schools shall take into consideration students with special dietary needs.
2. All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines. (Finding #3)
3. There will be no candy or soda served in classrooms or during school-sponsored events that take place during the school day and up to one hour before or after school.
4. Snacks
 - a. Snacks served during the school day (including snacks served at special celebrations and events) or in district after-school programs will make a positive healthy contribution to children's diets with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
 - b. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
 - c. The district will disseminate a list of healthful snack suggestions to teachers, staff, after-school program personnel, and parents.
5. The 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.
6. In the case of 504, IEP or health plans, all aspects of this policy may not apply.

Rewards

1. Staff will not use food or beverages as rewards for academic performance or good behavior.
2. The school district will distribute to teachers a list of suggested ideas and methods for encouraging and motivating students without the use of food.

Classroom Celebrations

1. Celebrations that involve food during the school day are limited to no more than one celebration per class per month. No cake/cupcakes/donuts, candy or highly processed foods will be allowed to be provided, including by parents for classroom celebrations. All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
2. Food celebrations will not be held within thirty minutes before lunchtime.
3. The district will disseminate a list of suggested healthy party ideas to parents and teachers, including the USDA Smart Snacks in Schools document

Fundraising Activities

1. To support children's health and school nutrition-education efforts, school fundraising activities that do not involve food will be encouraged. If foods are used, they will offer a variety of nutritional choices.
2. Schools will encourage fundraising that promotes physical activity, academic activity, or both.

3. The school district will develop and distribute a list of suggested ideas for fundraising to teachers, parents, principals, and student organizations.

Program Implementation and Evaluation

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

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The evaluation 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)

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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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