

BP 5030 Student Wellness

The Santa Clara County Board of Education (County Board) recognizes the link between student health and

based activities that are designed to promote student wellness in a manner that the SCCOE determines appropriate. (42 USC 1758b; 7CFR 210.30)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the SCCOE)

The SCCOE nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content

SCCOE 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)

### Nutritional Guidelines for Foods Available at School

For all foods and beverages available on each campus during the school day, the SCCOE shall adopt nutritional 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)

In order to maximize the SCCOE's ability to provide nutritious meals and snacks, all SCCOE 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 SCCOE may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

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 SCCOE believes that all foods and beverages sold to students at SCCOE schools, including those available outside the SCCOE's reimbursable food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the SCCOE for all foods and beverages sold to students, including foods and beverages provided through the SCCOE food service program, student sto r 9scn 124m-[( 322.68 Tm ( )3 (8 ( ( E)- ( E)-O4 (C)3 T3)-4se)-6 (c

School staff shall encourage parents/guardians or other volunteers to support the SCCOE nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

#### **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school m

1. Descriptions of the SCCOE nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the SCCOE meal programs
8. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons
9. Any other indicators recommended by the County Superintendent and approved by the County Board

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

The assessment results of both the SCCOE 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 SCCOE resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

## Notifications

The County Superintendent or designee shall inform the public about the content and implementation of the SCCOE's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the SCCOE's progress towards meeting the goals of the wellness policy, including the availability of the triennial SCCOE assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30) (cf. 5145.6 - Parental Notifications)

The County Superintendent or designee shall distribute this information through the most effective methods of communication, including SCCOE or school newsletters, handouts, parent/guardian meetings, SCCOE and school web sites, and other communications. Outreach to

parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1113 - SCCOE Web Sites)

(cf. 6020 - Parent Involvement)

Each school may post a summary of nutrition and physical activity laws and regulations prepared

UNITED STATES CODE, TITLE 42  
1751-1769 National School Lunch Program, especially:  
1751 Note Local wellness policy  
1771-1791 Child

CSBA: <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>  
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](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Adopted: October 20, 2010  
Revised: September 6, 2017