
School Nutrition & Student Wellness

Policy 3-201

Scope:

This policy outlines the District's commitment to fostering a healthy school environment that promotes student wellness through nutrition education, physical activity, and community involvement.

1. Nutrition Education and Promotion

- The District shall provide nutrition education that is age-appropriate and culturally relevant and integrated into core subjects where feasible.
- Students shall receive consistent messages about healthy eating across all areas of the school.
- Schools are encouraged to use cafeteria signage, posters, and other media to promote healthy food choices.

2. Physical Activity and Physical Education

- All students shall have opportunities for regular physical activity through physical education classes and other programs.
- Elementary students shall receive physical education instruction for at least 200 minutes every 10 school days; middle and high school students shall receive at least 400 minutes every 10 school days, subject to any lawful exemption or alternative scheduling permitted by law.
- Schools are encouraged to incorporate physical activity into the school day through programs such as "brain breaks," active recess, and walk-to-school days.

Purpose

The District is committed to promoting the health, well-being, and academic success of all students. In alignment with the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010, this policy establishes goals for nutrition education, physical activity, and school-based wellness initiatives.

3. Other School-Based Wellness Activities

- The District shall support school gardens, nutrition clubs, and farm-to-school programs where feasible.
- Schools shall provide access to drinking water throughout the day at no cost to students.
- Wellness activities shall be coordinated with other school health programs.

4. Nutrition Guidelines for All Foods Available at School

- All foods and beverages sold to students on campus during the school day, including those sold outside of the reimbursable meal programs, shall meet USDA Smart Snacks in School nutrition standards, as well as the requirements and nutrition standards set forth in state and federal law, including, but not limited to 7 C.F.R. sections 210.10, 210.11, 220.8, as well as Education Code sections 49430, et seq. Such food shall likewise promote student health and reduce childhood obesity.
- Foods and beverages provided, but not sold, to students during the schoolday shall comply with standards that are consistent with the goals of this policy and promote student wellness. The District shall permit marketing and advertising on school campus during the schoolday only for foods and beverages that meet applicable federal and state nutrition standards unless otherwise allowed by law.

5. Stakeholder Involvement

- The District shall establish a Wellness Committee composed of parents, students, physical education teachers, school health professionals, Board members, school administrators, and the general public to participate in the development, implementation, periodic review, and update of this policy.
- The Committee shall meet at least every three years to assess the extent to which District schools are in compliance with this policy and any model policies provided by state or federal health officials. Based on this assessment, the Committee may recommend appropriate modifications to this policy for the Board's consideration.

6. Implementation, Monitoring, and Reporting

- The District may use tools such as the Wellness School Assessment Tool (WellSAT) to evaluate the strength and comprehensiveness of this wellness policy and guide improvements over time.

- The Superintendent or designee shall oversee the implementation of this policy and ensure each school complies with the wellness requirements.
- Each school site shall designate a staff member to monitor compliance and coordinate wellness activities.
- The District shall assess the implementation of this policy at least once every three years and make the results available to the public.
- The District shall annually inform the public about the content and implementation of this policy and any updates to the policy, which may be accomplished through posting on the District website or by other methods reasonably calculated to notify households and the school community.

7. **Record Retention**

- The District shall retain records documenting compliance with this policy, including the written policy, documentation of public notification and stakeholder participation, and documentation of the triennial assessment for each school under the District's jurisdiction, in accordance with 7 C.F.R. section 210.31(f).