

Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 11/14/2011 | **Last Revised Date:** 11/12/2025 | **Last Reviewed Date:** 11/12/2025

The Board of Education 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 will 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 will 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.

District Wellness Committee

Committee Role and Membership

The Superintendent or designee will convene a representative district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs including development, implementation and periodic review and update of this district-level wellness policy.

The district wellness committee membership will include, but not limited to: parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public. He/she also shall invite participation of other groups or individuals, such as health educators, mental health and social services staff, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or other interested in school health issues. To the extent possible, the district wellness committee will include representatives from each school building and reflect the diversity of the community. (42 USC 1758b)

Each school within the district is encouraged to establish an ongoing School Wellness Committee that convenes to review school-level issues, in coordination with the district wellness committee.

The district wellness committee will advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Leadership

The Superintendent or designee(s) will convene the district wellness committee and facilitate the development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The school principal is designated as the school wellness policy coordinator, and will ensure compliance with the policy.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board will adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

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

Nutrition Education

Each school's Wellness Policy Coordinator will facilitate instruction that will teach, model, encourage and support healthy eating by all students. Schools will encourage nutrition education and the engagement in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health. The nutrition education program will include, but is not limited to, information about the relationships between healthy eating and personal health and disease prevention, food guidance from MyPlate, reading and using FDA's nutrition facts labels, eating a variety of foods every day, balancing food intake and physical activity, eating more fruits and vegetables and whole grains, choosing foods that are low in fat, saturated fat, choosing foods and

beverages with little added sugars, eating more calcium-rich foods, preparing healthy meals and snacks, accepting body size differences, the importance of water consumption, the importance of eating breakfast, and oral health.

Nutrition education will be provided as part of the health education program and, as appropriate, will be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

Food and Beverage Marketing in Schools

The Board prohibits the marketing and advertising foods and beverages that do not meet the USDA Smart Snacks in School nutrition standards through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district will adopt nutritional guidelines which are consistent with 42 USC 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 district's ability to provide nutritious meals and snacks, all district schools will 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.

All schools within the District are committed to offering school meals through the National School Lunch and School Breakfast Programs, and other Federal child nutrition programs, that are accessible to all students, appealing and attractive to children, and served in clean and pleasant settings. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.

The Superintendent or designee will 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.

The Board requires that all foods and beverages sold to students at district schools, including those available outside the district's food services program, will support the health curriculum and promote optimal health. Nutritional 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 nutritional standards.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including celebrations, classroom parties, and classroom snacks brought by parents. Approved snacks may be donated for occasional class parties approved by the principals a maximum of once per trimester. Class parties or celebrations shall be held after the lunch period. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas and a list of foods and beverages that meet the Smart Snack nutrition standards. As appropriate, school staff will provide only non-food items as a reward for students' academic performance, accomplishments, or classroom behavior. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Food and beverages will not be used as a reward, or withheld as a punishment for any reason.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The school day is defined as the midnight before to 30 minutes after the official school day ends. Schools are encouraged to use non-food fundraisers and those promoting physical activity.

Physical Activity

All students will be provided opportunities before, during and after-school to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through, but not limited to, physical education and recess and may also be provided through school athletic programs, extracurricular programs, before-

and after-school programs, active recess 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.

Recess will complement, not substitute, physical education class. Recess supervisors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade level will receive physical education for at least 100 minutes per week, or 200 minutes every 10 school days, throughout the school year. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

Joint Use of Agreements

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.

Other Activities that Promote Student Wellness

Schools will coordinate content across curricular areas that promote students health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnership

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, non-profit organizations, etc.) in support of the implementation of this wellness policy. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Notification of Policy

The Superintendent or designee will actively disseminate health information and/or the district's student wellness policy to parents/guardians through 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 academic performance.

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.

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.

Professional Development

Professional development will be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

Staff Wellness and Health Promotion

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

Program Implementation and Evaluation

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

The Superintendent or designee will assess the implementation and effectiveness of this policy at least once every two years.

The assessment will 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 Board and the Superintendent or designee will 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, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. 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
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

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

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.

The Superintendent or designee will inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results will be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

USDA nondiscrimination statement-

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- 1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
- 2. fax:
202-690-7442; or
- 3. email:
Program.Intake@usda.gov.

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Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the Governing Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State	Description
5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act

Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.1-51210.2	Physical education; grades 1-6
Ed. Code 51210.4	Nutrition education
Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education; elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education
Federal	Description
42 USC 1751-1769j	School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program
Management Resources	Description
California Department of Education Publication	Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009
California Department of Education Publication	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
Court Decision	Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012

U.S. Department of Agriculture
Publication
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Cross References

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[Dietary Guidelines for Americans, 2016](#)

[CSBA District and County Office of Education Legal Services](#)

[California Project LEAN \(Leaders Encouraging Activity and Nutrition\)](#)

[California School Nutrition Association](#)

[Center for Collaborative Solutions](#)

[Action for Healthy Kids](#)

[Alliance for a Healthier Generation](#)

[California Department of Education, School Nutrition](#)

[Dairy Council of California](#)

[National Alliance for Nutrition and Activity](#)

[National Association of State Boards of Education](#)

[School Nutrition Association](#)

[Society for Nutrition Education](#)

[U.S. Department of Agriculture, Food Nutrition Service, wellness policy](#)

[U.S. Department of Agriculture, Healthy Meals Resource System](#)

[California Department of Public Health](#)

[California Healthy Kids Resource Center](#)

[Centers for Disease Control and Prevention](#)

[CSBA](#)

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