



---

### **Student Wellness**

The Governing Board of Chico Unified School District (CUSD) recognizes the link between student health and learning. Children and youth that begin each day as healthy individuals are more receptive to the learning experience and more likely to succeed now and in the future. Further, the Board also believes that a healthy staff can more effectively perform their job responsibilities, and model appropriate wellness behaviors to students. This policy encourages a comprehensive approach to school and community wellness and addresses the components of the Coordinated School Health program as recommended by the California Department of Education and the Department of Health Services. CUSD is committed to providing a school climate that promotes and protects children's health, well-being, and ability to learn by supporting healthy behaviors and environments.

It is the policy of CUSD that schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **Student Wellness Services**

Student Wellness Services include Health Counseling, Psychological and Social Services. The Board supports effective wellness programs that will facilitate positive learning and instill healthy behaviors.

The Board supports school facilities that are designed to provide a safe, secure physical plant as well as a healthy and supportive environment that fosters learning and overall well-being.

*(cf. 3514 - Environmental Safety)*  
*(cf. 5131.6 - Alcohol and Other Drugs)*  
*(cf. 5131.61 - Drug Testing)*  
*(cf. 5131.62 - Tobacco)*  
*(cf. 5131.63 - Steroids)*  
*(cf. 5141 - Health Care and Emergencies)*  
*(cf. 5141.22 - Infectious Diseases)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.31 - Immunizations)*  
*(cf. 5141.32 - Health Screening for School Entry)*  
*(cf. 5141.6 - School Health Services)*  
*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*  
*(cf. 6164.2 - Guidance/Counseling Services)*

The Board's policy related to student wellness was developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

### **District Wellness Committee**

The Superintendent or his/her designee shall convene an advisory and oversight committee consisting of Board members, school-site administrators, school-site Wellness Representatives, health professionals, teachers, nutrition services staff, physical education instructors, parents, community members and students to evaluate policy implementation. The committee will report to the Board of Education every two years about implementation of the policy as required by law.

*(cf. 9140 - Board Representatives)*  
*(cf. 1220 - Citizen Advisory Committees)*  
*(cf. 9140 - Board Representatives)*

### **Nutrition Education and Physical Activity Goals**

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

Policy Adopted: 1/16/08; 7/20/11; 11/16/11; 08/20/14



---

*(cf. 0000 - Vision)*  
*(cf. 0200 - Goals for the School District)*

The district's nutrition education and physical education programs 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.

*(cf. 6011 - Academic Standards) (cf. 6143 - Courses of Study)*

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. When appropriate, opportunities for activity may be incorporated into learning.

*(cf. 6142.8 - Comprehensive Health Education)*

CUSD will provide all students in grades K-12 the opportunity, support, and encouragement to be physically active through physical education instruction and/or physical activity programs and encourages additional physical and educational opportunities to be explored.

### **Integrated Nutrition Education**

Integrated Nutrition education in CUSD aims to teach, encourage and support healthy eating by students. Teachers will incorporate nutrition education into their instruction. At the secondary school level it is recommended that subject appropriate teachers incorporate nutrition education into their instruction.

Integrated nutrition education will provide students with the knowledge and skills necessary to promote and protect their health.

*(cf. 6011 - Academic Standards)*  
*(cf. 6142.7 - Physical Education and Activity)*  
*(cf. 6142.8 - Comprehensive Health Education)*  
*(cf. 6143 - Courses of Study)*

### **Physical Education and Physical Activity**

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, before- and after-school programs, and other structured and unstructured activities.

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. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.).

Besides promoting high levels of personal achievement and a positive self-image, Physical Education activities should teach students how to cooperate in the achievement of common goals.

*(cf. 6142.7 - Physical Education)*  
*(cf. 6145 - Extracurricular and Co-curricular Activities) (cf. 6145.2 - Athletic Competition)*



**Chico Unified School District**

1163 East Seventh Street, Chico, CA 95928-5999  
(530) 891-3000

**Board Policy:**

**#5030**

**Section: 5000**

**Students**

**Page 3 of 7**

---

**Staff Wellness**

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

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

*(cf. 4131- Staff Development)*

*(cf. 4331- Staff Development)*

**Family and Community Involvement**

The Board believes that family and community involvement and collaboration are key elements in supporting the healthy development of youth and their families. Long-term partnerships with diverse community groups are encouraged. The Board recommends partnerships that will promote health education activities for parents/guardians and community members.

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, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

*(cf. 1113 - District and School Web Sites) (cf. 6020 - Parent Involvement)*

The Board discourages 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)*

**Nutrition Guidelines for Foods Available at School**

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues. The district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and Smart Snacks 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 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 district may sponsor a summer meal program.

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

*(cf. 3552 - Summer Meal Program)*

*(cf. 3553 - Free and Reduced Price Meals)*

*(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 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.



---

(cf. 3312 - Contracts)  
(cf. 6300 - Preschool/Early Childhood Education)

The Board encourages all school organizations to utilize the current Smart Snacks Federal Regulations for healthy food items or non-food items for fundraising purposes. The district will make available a Smart Snacks Federal Regulations (healthy snack calculator) for healthy food items.

1. At school-sponsored off-campus events (or on-campus events after school hours) where food items are sold, there shall be posted the calorie and fat content in a location visible by consumers for comparison purposes. Items sold during fundraisers must also indicate calories and fat content.
2. The District strongly encourages the sale of locally produced products at extra-curricular events and in fundraising efforts.
3. To assist organizations in exploring the vast array of fundraising possibilities, the District will add to its website under "Resources", "Useful Links", links to fundraising websites that comply with this policy but are not necessarily endorsed by the District.

Parents and teachers will be required to comply by only offering/providing current Smart Snacks Federal and State regulations (healthy snack calculator) healthy foods for all school related activities, including classroom parties. The district shall require all persons bringing food on campus intended to share with others to adhere to the Smart Snacks Federal and State regulations (healthy snack calculator) prior to bringing food on campus. Class parties or other food related celebrations shall be held after the lunch period when possible.

The Board prohibits school staff from using non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Foods may be used as rewards/reinforces when they are specified in a student's Behavior Support Plan (BSP).

(cf. 1230 - School-Connected Organizations)

Any food provided to K-12 students during school hours and from midnight to one-half hour after school shall not contain or have been prepared with artificial trans fat, including vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless the manufacturer's documentation or label lists the trans fat content as less than 0.5 grams per serving. (Education Code 49431.7)

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

Foods 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 Note)

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.

(cf. 3553 - Free and Reduced Price Meals)

#### **Program Implementation and Evaluation**

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)



---

*(cf. 0500 - Accountability)*

The following indicators will be used to measure the implementation of the wellness policy district wide and at each district school from midnight to half hour after school day. 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; adherence to current Smart Snack regulations at all venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school wellness committee, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation and effectiveness of this policy and any other Board policies related to nutrition and physical activity.

#### **Assessment and Monitoring of the Wellness Policy**

Representatives of the school district shall develop a plan for implementing the district wellness policy and measuring implementation of that policy. The district superintendent or designee shall designate at least one person from the administration, and one from Nutrition Services within CUSD that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.

The assessment 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)

The Board and the Superintendent or designee shall 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. Examples 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, or student stores, comply with nutritional standards
5. Results of the state's physical fitness test at 5<sup>th</sup> and 7th grade levels
6. Number of minutes of physical education offered at each grade span.

The Superintendent or designee shall 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)

#### **Posting Requirements**

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. (Education Code 49432)



## **Chico Unified School District**

1163 East Seventh Street, Chico, CA 95928-5999  
(530) 891-3000

**Board Policy:**

**#5030**

**Section: 5000**

**Students**

**Page 6 of 7**

---

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

The Superintendent or designee may 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.

### *Legal Reference:*

#### **EDUCATION CODE**

- [33350-33354](#) CDE responsibilities re: physical education
- [49430-49434](#) Pupil Nutrition, Health, and Achievement Act of 2001
- [49490-49494](#) School breakfast and lunch programs
- [49500-49505](#) School meals
- [49510-49520](#) Nutrition
- [49530-49536](#) Child Nutrition Act
- [49540-49546](#) Child care food program
- [49547-49548.3](#) Comprehensive nutrition services
- [49550-49561](#) Meals for needy students
- [49565-49565.8](#) California Fresh Start pilot program
- [49570](#) National School Lunch Act
- [51210](#) Course of study, grades 1-6
- [51220](#) Course of study, grades 7-12
- [51222](#) Physical education
- [51223](#) Physical education, elementary schools
- [51795-51796.5](#) School instructional gardens
- [51880-51921](#) Comprehensive health education

#### **CODE OF REGULATIONS, TITLE 5**

- [15500-15501](#) Food sales by student organizations
- [15510](#) Mandatory meals for needy students
- [15530-15535](#) Nutrition education
- [15550-15565](#) School lunch and breakfast programs

#### **UNITED STATES CODE, TITLE 42**

- [1751-1769](#) National School Lunch Program, especially:
- [1758b](#) Local wellness policy
- [1771-1791](#) Child Nutrition Act, especially:
- [1773](#) School Breakfast Program

- [1779](#) Rules and regulations, Child Nutrition Act

#### **CODE OF FEDERAL REGULATIONS, TITLE 7**

- [210.1-210.31](#) National School Lunch Program
- [220.1-220.23](#) National School Breakfast Program

#### **COURT DECISIONS**

- Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781*

### *Management Resources:*

#### **CSBA PUBLICATIONS**

- Increasing Access to Drinking Water in Schools, Policy Brief, March 2013*
- Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012*
- Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012*
- Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012*
- Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009*
- Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009*
- Physical Education and California Schools, Policy Brief, rev. October 2007*
- School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006*
- CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS**
- Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009*



**Chico Unified School District**

1163 East Seventh Street, Chico, CA 95928-5999  
(530) 891-3000

Board Policy:

#5030

Section: 5000

Students

Page 7 of 7

---

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003  
CALIFORNIA PROJECT LEAN PUBLICATIONS  
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 in Afterschool Programs, March 2010  
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS  
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005  
FEDERAL REGISTER  
Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167  
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS  
Fit, Healthy and Ready to Learn, 2000  
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS  
Dietary Guidelines for Americans, 2005  
Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000  
WEB SITES  
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>  
Center for Collaborative Solutions: <http://www.ccscenter.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>  
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.html>