



## **Chico Unified School District**

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

**Board Policy: #5030**

**Section: 5000 Students**

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### **Student Wellness**

The Governing Board of Chico Unified School District (CUSD) recognizes the link between student health and learning. Students 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 student'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.

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.

In addition to integrating nutrition education and promoting physical activity, the District shall offer student wellness services including health counseling, psychological and social services. The Board supports effective wellness programs that will facilitate positive learning and instill healthy behaviors.

*(cf. 1400 – Relations Between Other Government Agencies and the Schools)*

*(cf. 3513.3 – Tobacco-Free School)*

*(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)



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### **Goals for Nutrition, Physical Activity and Other Wellness Activities**

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b; 7 CFR 210.31)

*(cf. 0000 - Vision)*

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

Nutrition education shall be provided as part of the health education program in grades TK-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. 6011 – Academic Standards)*

*(cf. 6142.7 – Physical Education and Activity)*

*(cf. 6142.8 - Comprehensive Health Education)*

*(cf. 6143 – Course of Study)*

CUSD will provide all students in grades TK-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 are strongly encouraged to incorporate nutrition education into their instruction at every grade level (TK-12). At the secondary school level, subject-appropriate teachers will incorporate nutrition education into their instruction when appropriate.

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

Where appropriate, the nutrition education program will utilize the school meal program to develop school gardens and use the cafeteria as a learning lab.

Where appropriate, the nutrition education curriculum will use the school garden as a teaching tool. Additionally, students will have an opportunity to visit local farms.

*(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**

#### **Physical Education**

All students in grades TK-12 shall be provided opportunities to be physically active on a regular basis. The physical education curriculum for grades TK-12 will be aligned with established state physical education standards. 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.

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*(cf. 5149.2 – Before/After School Programs)*

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.).

*(cf. 6142.7 - Physical Education)*

*(cf. 6145 - Extracurricular and Co-curricular Activities)*

*(cf. 6145.2 - Athletic Competition)*

All elementary school students shall receive 200 minutes every two weeks of physical education instruction throughout the school year. All middle school and high school students shall receive 400 minutes every 10 school days of physical education instruction throughout the school year. Physical education for grades TK-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

Schools may not allow students to be exempt for required physical education class time or credit. An exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education.

### **Physical Activity**

All elementary, middle and high schools are encouraged to offer after school extracurricular physical activities for all students such as clubs, intramural, interscholastic opportunities.

Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

### **Family & Community Involvement**

The District encourages schools to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide-variety of offerings. (i.e. Walk-a-Thon, Jog-a-Thon and Bike Week)

The Board believes that family and community involvement and collaboration are key elements in supporting the healthy development of youth and their families. 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 website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

*(cf. 1113 - District and School Websites)*

*(cf. 6020 - Parent Involvement)*



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### **Daily Recess & Breaks**

Schools shall provide at least 20 minutes of active daily recess to all elementary school students to provide all students with physical activity opportunities.

### **School Facility Use**

The District develops joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.

### **Safe Route to School**

Schools should promote walking and biking to school. Where appropriate, the District will work with local government and community-based agencies to support active transport to school to implement a comprehensive active transport.

### **Staff Wellness**

School staff are encouraged to model healthy eating and physical activity behaviors. In collaboration with the District's medical joint power authority, the District may promote and provide opportunities for regular physical activity, healthy lifestyle choices and eating habits among employees.

*(cf. 4131- Staff Development)*

## **Schools Meal Programs**

### **Meal Guidelines**

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 and Child and Adult Care Food programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program. All meals served under each program will follow the specific meal guideline requirements.

*(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 District's federally reimbursable school meal programs serve all meals under the California Universal Meal Program and served at no charge, therefore, status identification is not necessary; thus, protecting student privacy, eliminating any overt identification and preventing any students accruing an unpaid balance.

Although all meals served in the federally reimbursable school meals programs are free, applications for free/reduced priced meals continue to be sent home to all families at the beginning of the school year, when applicable. The application is also available on the district website, as needed.



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To support and increase participation in the school meal programs, the District shall implement the following:

1. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast
2. All high school students have a scheduled lunch period
3. The CUSD Nutrition Services department shall utilize the USDA's Smarter Lunchroom tools and other resources available on the USDA website.
4. The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.

### **Meal Times**

The District shall allow for adequate meal times, requiring at least 10 minutes of "seat time" for breakfast and 20 minutes of "seat time" for lunch, after obtaining their food.

### **Water Accessibility**

The Superintendent or designee shall provide access to free, potable drinking 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. Students and staff will have access to free, safe and fresh drinking water throughout the school day.

*(cf. 3312 - Contracts)*

*(cf. 6300 - Preschool/Early Childhood Education)*

### **Nutrition Staff Training**

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.

### **Local Food**

The District will purchase and promote local foods when available and conducive to the school meal program. School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.

### **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 1758, 1766, 1773 and 1779 and Smart Snacks federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

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.



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1. At school-sponsored, off-campus events (or on-campus events after school hours) where food items are sold, schools are encouraged to post 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.

It is the policy of the School District that all foods and beverages sold to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. Policy prohibits the sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels, during the school day.

All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day.

### Fundraisers

Each school is allowed three food-related fundraisers on school campus per year that does not meet nutrition and portion size standards for foods and beverages that are sold individually. Limited to no more than one month in length. To assist organizations in exploring the vast array of fundraising possibilities, the District will add links to fundraising websites that comply with this policy to its website under "Resources", "Useful Links." These links will not necessarily be endorsed by the District.

### Classroom Parties

It is recommended that parents and teachers only offer/ provide foods that meet current Smart Snacks Federal and State regulations (healthy snack calculator) healthy foods for all school related activities, including classroom parties. The District recommends all persons bringing food or beverages on campus with the intent to share with others adheres 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. Unless provided by the CUSD Nutrition Service Department, foods items or beverages brought to the classroom with the intent to share with others must be prepackaged and store bought. It is prohibited to distribute home-made food items to students.

The District discourages the use of food as a reward. However, when food is used as a reward for academic performance, accomplishments, or classroom behavior, the District recommends the use of nutritious foods. Foods may be used as rewards/reinforces when they are specified in a student's Behavior Support Plan (BSP). Teachers are strongly encouraged to use non-food alternatives as rewards (i.e. physical activity), such as extra recess may be provided, when feasible.

*(cf. 1230 - School-Connected Organizations)*

### Food Marketing in Schools

The District encourages school-based marketing to be consistent with nutrition education and health promotion. To reinforce the district's nutrition education program, the District discourages the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31). The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. Food service providers should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds. Display and advertising of unhealthful foods is discouraged on school grounds.

*(cf. 1325 - Advertising and Promotion)*



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Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Staff members are encouraged to select materials free of brand names/logos and illustrations of unhealthy foods. The District discourages the advertisement of any food or beverage that may not be sold on campus during the school day. Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website. All marketing done on-campus, during school hours for any fundraiser must promote a message that is consistent with our goals for a healthy school community.

### **District Wellness Committee**

The District 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 develop, implement and review the wellness policy. School wellness agenda items will be included in school site council agendas. The subcommittees will be represented as part of the District wellness committee that will meet twice a year. The Superintendent or designee will report to the Board of Education every three years about implementation of the policy as required by law (42 USC 1758b; 7 CFR 210.31). The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the school administrator or designee shall ensure compliance. A copy of the wellness policy will be posted at every school site and on the District website for faculty, staff, parents, student and community promotion.

*(cf. 9140 - Board Representatives)*

*(cf. 1220 - Citizen Advisory Committees)*

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

#### **Implementation**

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 school administration that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy at that site.

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.

#### **Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the school administration designee will ensure compliance with those policies in their school and will report on the school's compliance to the school district superintendent or designee. (42 USC 1751 Note)

*(cf. 0500 - Accountability)*

*(cf. 3555 – Nutrition Program Compliance)*



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### Assessment

The wellness committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. A triennial progress report with information about each school's wellness related activities will be shared with the Board. The report will include an assessment on compliance, the extent to which our wellness policy compares to the Wellness School Assessment Tool-Implementation (WellSAT-I), and progress made in achieving goals. (42 USC 1758b)

### Nondiscrimination Policy

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

### Legal Reference:

*EDUCATION CODE*  
*33350-33354 CDE responsibilities re: physical education*  
*38086 Free fresh drinking water*  
*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*

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51210 Course of study, grades 1-6  
51210.4 Nutrition Education  
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  
210.1-210.33 National School Lunch Program, especially:  
210.31 Wellness Policy  
220.1-220.22 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*  
*Integrating Physical Activity into the School Day, Governance Brief, April 2016*  
*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*  
*Physical Activity and Physical Education in California School, Research Brief, April 2010*  
*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*  
*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, January 2015*  
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS  
*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012*  
FEDERAL REGISTER  
*Rules and Regulations, January 29, 2016 Vol. 81, Number 146, pages 50151-50170*  
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS  
*Fit, Healthy and Ready to Learn, rev. 2012*  
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS  
*Dietary Guidelines for Americans, 2016*  
*Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*  
WEB SITES  
CSBA: <http://www.csba.org>

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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>