

BOLINAS-STINSON UNION SCHOOL DISTRICT

Wellness Committee Meeting

Monday, January 14, 2019

12:15 p.m.

Bolinas Campus Library

Agenda

1. Update
2. Roll-out of requirements of Wellness Policy
3. Plans for subsequent meetings

BOLINAS-STINSON UNION SCHOOL DISTRICT
BOARD POLICY - ARTICLE V - STUDENTS
#5030
STUDENT WELLNESS

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students to learn effectively and achieve high standards in school. The Board also recognizes the school's important role as part of the larger community, to support family health, environmental awareness, and sustainable agriculture and business practices.

The Governing Board recognizes The Superintendent or designee shall 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 shall 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.

School Wellness Committee

The Bolinas-Stinson School Wellness Committee shall meet at least quarterly, and shall be charged with making wellness policy recommendations to the Board of Trustees and advising the district on school health and environment related issues, activities, policies and programs.

The Principal, Superintendent or designee shall appoint the School Wellness Committee, consisting of parents/guardians, students, school food service professional, school administrator, Board representative, school nurse, physical education teacher, and/or others interested in school health issues.

Goals for Nutrition Education, Physical Activity and Education, and Other School Based Activities

The Board shall adopt goals for nutrition education, physical activity and education, and other school based activities that are designed to promote student wellness consistent with the district's educational mission.

The district shall promote a comprehensive nutrition education and physical education program that is sequential and generally consistent with the expectations established in the state's curriculum frameworks. The goal of the programs should be to build the skills and knowledge that all students need to foster lifelong habits of healthy eating and physical activity, and social-emotional well-being.

Nutrition Education

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as

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STUDENT WELLNESS (continued)

appropriate, shall be integrated into other academic subjects in the regular educational program, instruction in such core subjects as science, mathematics, English-language arts, history-social science, before- and after-school programs, summer learning programs, and school garden programs.

Encourage instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, tours of farmers markets and school gardens) and that engage family members in reinforcing healthy nutrition behaviors.

Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition and health education.

Provide instructional staff with adequate and ongoing in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy behaviors.

Physical Activity and Education

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis, including students with disabilities and students with special health-care needs. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other structured and unstructured activities.

All K-8 students will receive physical education instruction that meets or exceeds state requirements (EC sections 51210, 51222, 51233, 51241).

The school district will continue to collaborate with state and local agencies in identifying and achieving safe routes to school for walking and biking, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, and in-class physical activity breaks.

Other School Based Activities

The Principal/Superintendent or designee shall encourage all District staff to strive to serve as positive role models through promoting healthy food options and opportunities for regular physical activity for all District employees.

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STUDENT WELLNESS (continued)

Professional development shall 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, healthy behaviors, physical education strategies and environmental awareness.

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

To encourage consistent health messages between the home and school environment, the Principal and or 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.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages. 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.

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 threatening, intimidating behavior, physical harm and harassment of all students, including threatening, intimidating behavior, physical harm and harassment on the basis of weight or health condition.

NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL

The Board shall adopt nutrition guidelines/standards selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (BP. #3550)

The Board believes that foods and beverages available to students at school should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The Principal/Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the

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use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by limiting unhealthy foods served at class parties and considering nutritional quality when selecting any snacks which they may donate for occasional class parties and birthday celebrations. 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 meal programs shall meet or exceed state and federal regulations and guidance issued pursuant to 42 USC 1758(f)(I), 1766(a), and 1779(a) and (b) as they apply to schools.

In order to maximize the district's ability to provide nutritious meals and snacks, the district shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

The District shall utilize all available resources to strengthen its outreach to students and their families, to ensure that all eligible Bolinas-Stinson Union School District students are enrolled in the free/reduced meal program. Outreach and participation plans will incorporate strategies to prevent overt identification of low-income students or otherwise treat them differently because of their income status.

Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible. Student preferences shall be solicited in the planning of menus and snacks, and religious, ethnic, and cultural diversity of the student body shall be incorporated in meal planning.

The District shall provide all students and staff with a clean, safe, and pleasant eating environment with sufficient time for eating meals.

The District shall also 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 Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Program Implementation and Evaluation

The Principal/Superintendent shall have responsibility for implementing the district's wellness policy.

The School Wellness Committee shall repeat the School Health Index baseline nutrition and physical activity assessment at least every two years to determine compliance and progress to implementation of the adopted school wellness policy.

The School Wellness Committee shall utilize quality indicators that will help to measure the implementation of the wellness policy district-wide. These measures may include, but are not limited to:

- an analysis of the nutritional content of meals served;
- student participation rates in school meal programs;
- feedback from food service personnel, teachers, students, parents/guardians, school administrators, and other appropriate persons;
- data collected on student wellness and achievement from:
 - o annual Fitnessgram scores including Body Mass Index (BMI) scores for students in grades 5 and 7
 - o California Healthy Kids Survey data (exercise and eating practices, BMI)
 - o Average Daily Attendance (ADA)
 - o Academic Performance Index (API) scores

The Principal/Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity and education, and set new priorities as needed.

The Superintendent or designee shall 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 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)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments

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STUDENT WELLNESS (continued)

as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

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

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In addition, the assessment results shall 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.

Adopted: 6/27/2006

Board approved 3/11/2014