

		SUBJECT	
		<b>STUDENT WELLNESS (FEDERAL NUTRITION PROGRAM)</b>	
DATE ISSUED 03/03/11	DATE REVISED 04/20/2016	NOVA POLICY #	
ISSUED BY	REVIEWED BY	APPROVED BY <b>NOVA BOARD</b>	COA POLICY #

**SUBJECT**

Student Wellness (Federal Nutrition Program)

**POLICY STATEMENT**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for all students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.

**School Wellness Committee**

The Superintendent or designee may appoint a Wellness Committee consisting of stakeholder representatives, including: parents/guardians, students, school food service professionals, school administrators, school health professionals, physical education teachers, representatives of the Board, and members of the public.

The purpose of the Wellness Committee is to advise the school (s) on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the committee's charges may include planning and implementing activities to promote health within the school or community.

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

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness and reduce childhood obesity in a manner that the school determines appropriate.

The School'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.

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.

All K-12 students 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, and extracurricular program.

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

Professional development shall include instructional strategies related to student health knowledge and skills, physical education, and be designed to promote healthy behaviors. Furthermore, the Board strongly encourages the use of physical activity as a reward for students when appropriate.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machines, logos, school supplies, advertisements in school publications, or other means.

## **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The Board will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards
- Nutrition promotion events including green smoothie tasting and the Alphabet Produce Train
- Nutrition awareness postings and healthy menu planning
- Parent education workshops
- Nutrition professionals presenting nutrition information and healthy cooking techniques on Career Day

### **Public Notification**

The Board 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. The LEA will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families and the general public are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### **Food Service/Child Nutrition Program**

The Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desired to provide students with adequate space and time to eat meals. To reinforce the school's nutrition education program, food available on school premises shall:

1. Be carefully selected so as to contribute to student's nutritional wellbeing and the prevention of disease.
2. Meet or exceed nutritional standards specified in law and administrative regulation.
3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.
4. Be served in age-appropriate quantities.
5. Be sold at reasonable prices.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the school's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Policy set forth herein does not apply to food brought from home for individual consumption.

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the school's food service program, including sales by student or adult organizations, sales at secondary school student stores for fundraising purposes. Food and

beverages sold during the school day (school day is defined as midnight before through one half hour after the end of school) will comply with Smart Snacks in Schools (SSIS).

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation.

Professional development for food service personnel shall include nutritional education and safe food handling.

### **Nutrition Guidelines for Foods Available During the School Day**

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 school for all foods and beverages sold to students, including foods and beverages provided through the food service program will comply with all applicable state and federal laws with the goal of promoting student health and reducing childhood obesity.

## **Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant 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 schools shall participate in available federal school nutrition programs, including the National School Lunch Program, School Breakfast Program, as well as snack and summer programs to the extent possible.

## **Program Implementation and Evaluation**

The Superintendent or designee shall establish a plan for measuring implementation of the policy. Additionally, the Superintendent or designee shall designate at least one person at each school who is charged with operational responsibility for ensuring that the school sites implement the wellness policy.

The Superintendent or designee shall establish quality indicators that will be used to measure the implementation of the policy at each school site. 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; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the meal programs; and feedback from food service personnel, school administrators school health councils, parents/guardians, student, and any other appropriate persons.

The Superintendent or designee shall report to the Board annually on the implementation of this policy and any other Board policies related to nutrition and physical activity.

## **Non-Discrimination Statement**

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(1) correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: [\(202\) 690-7442](tel:2026907442); o (3) correo electrónico: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Posting Requirements

Each school shall post the policies and regulations on nutrition and physical activity in public view within al school cafeterias or in other central eating areas.

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

(cf. 3550 – Food Service/Child Nutrition Program) (cf. 3553 – Free and Reduced Price Meals) (cf. 6142.7 – Physical Education) Legal Reference:

### Education Code

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001 49500-49505 School Meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act 49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services 49550-49560 Meals for needy students  
49565-49565.8 California Fresh Start pilot program 49570 National School Lunch Act  
51222 Physical education  
51223 Physical education, elementary schools

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 1751 Note Local wellness policy  
1771-1791 Child Nutrition Act  
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program