

## **DJUSD Student Wellness Policy**

### **Philosophy**

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 and a "fit for life" focus among students and staff in our district. As part of the coordinated school health program designed to improve student health, and in conjunction with federal and state regulations, the Board has established nutritional standards for food and beverages available at schools. Additionally, nutritional standards have been set and goals have been developed for physical activity and nutrition education that promote and protect children's health, well-being, and ability to learn.

Community participation is essential to the development and implementation of a successful school wellness policy. Therefore, this policy was developed through working groups and various committees comprised of school board members, teachers, parents, students, coaches, nurses, community members, food service director and administrators to ensure broad involvement of the community.

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Studies have shown that students who are physically fit score higher on academic tests. Additionally, good health fosters student attendance and education. In the last two decades, obesity rates have doubled in children and tripled in adolescents. Physical inactivity and excessive calorie intake are the predominate causes of obesity and secondary diseases associated with obesity such as type two diabetes and heart disease.

This policy is set in place to promote a healthy lifestyle among our students to increase school attendance and academic success.

### **Definition**

A healthy lifestyle is defined as one in which individuals understand and apply, among other things, principles of disease and injury prevention; substance abuse prevention knowledge; avoidance of violence and harassment; mental, emotional and social health; and build healthy relationships with others. For the purposes of this policy, components of a healthy lifestyle include individuals' ability to understand and apply nutrition education to their eating habits and participate in activities to stay physically fit.

Separate policies covering food and nutrition can be found at 3550 Food Services/Child Nutrition and 3554 Other Food Sales. These coordination policies and this policy serve to meet the state and federal requirements for a student wellness policy.

(cf. [3550](#) - Food Service/Child Nutrition Program)

(cf. [3554](#) - Other Food Sales)

### **Physical Activity Goals**

Schools should provide all students in K-12 the opportunity, support, and encouragement to be physically active on a regular basis through multifaceted, progressive, and developmentally appropriate physical education instruction and physical activity programs.

(cf. [6142.7](#) - Physical Education)

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 a structured activity (walking programs, games, dance, sports, etc.), unstructured activity (recess, lunchtime activities, etc.), or opportunities to participate in physical activity in the daily routine (walk-to-school programs, etc.).

The goals below were developed to promote healthy physical activities for students:

1. Provide physical education that fosters lifelong habits of physical activity and fitness.
2. Review national and state guidelines and ensure that schools are meeting the state mandates for Physical Education through a coordinated sequential instructional program from elementary through the required secondary levels.
3. Maximize the time that students are physically active during structured physical education time.
4. Ensure that daily recess is available for all elementary students.
5. Provide, for all students (pre-k-12), opportunities for additional physical activity during the school day, for example; daily recess periods, elective physical education classes, walking programs, school gardens, kinesthetic instructional strategies, and the integration of physical activity into the academic curriculum.
6. Establish professional development goals and provide professional development opportunities for district staff specifically in the areas of team building assessment, non-competitive games, and physical fitness assessment, keeping in mind differentiated instruction in all of these areas.
7. Support opportunities for physical activity through a range of after-school programs such as intramurals, interscholastic athletics, and physical activity clubs.

(cf. [6145](#) - Extracurricular and Cocurricular Activities)

(cf. [6145.2](#) - Athletic Competition)

8. Provide appropriate space, facilities and equipment that support physical activity.
9. Promote partnerships with city, county, and community groups for access to physical activity facilities and programs outside school hours.
10. Explore grant opportunities to support physical fitness activities at schools.

### **Nutrition Education Goals**

The primary goal of nutrition education is to influence students' eating behaviors and help students to understand the importance of a nutritionally balanced diet. In promoting these tenets, the Board of Education has established the following goals in conjunction with the policy 6142.8 - Comprehensive Health Education:

1. Provide nutrition education, aligned with state standards, to foster lifelong habits of healthy eating and establish linkages between health education and school meal programs with related community services.
2. Provide students in grades pre-k-12 with nutrition education that may include experiential, interactive and/or hands-on lessons that teach the skills they need to adopt healthy eating behaviors.

3. Promote consistent nutrition education messages throughout the school, classroom, cafeteria, home, and community.
4. Integrate nutrition into the health education curricula or core curriculum (e.g., math, science, language arts).
5. Provide staff development opportunities for all school staff and volunteers at their various levels of responsibility, including safe food handling, nutrition education, and recognition of the signs, symptoms, and appropriate responses to severe food allergy reactions.
6. Conduct nutrition education activities, such as gardening, cooking, health fairs that involve parents, students, and the community.

### **Nutrition Guidelines**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Student Nutrition Services must ensure that reimbursable school-meals meet the program requirements and nutrition standards set forth under the state and federal mandates. Standards established by the Student Nutrition Services must be compliant with current state and federal regulations.

Whenever possible, all schools in the district will participate in the available federal school nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), After-school Snack Program (ASP), and Summer Food Service Program (SFSP). All schools with a preschool will participate in the NSLP, SBP or Child and Adult Care Food Program (CACFP). School food service departments should use either the USDA or any SHAPE California menu planning options as the basis for school meal menu planning.

To support the Nutrition Guidelines, the following goals are set:

1. Establish standards for all foods and beverages sold or served to students, including those available outside of the school meal programs.
2. Schools should offer fresh fruits and vegetables with each meal or snack whenever possible.
3. Ensure that school meals meet or exceed nutrition requirements established by local, state, and federal requirements.
4. Provide nutritional content of all school meals and snacks, if available, to students and parents.
5. Ensure that school and district personnel implement practices to prevent overt identification of their low-income students and to ensure that those students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced-price meals and snacks.

(cf. [3553](#) - Free and Reduced Price Meals)

6. Ensure that district food preparation and service facilities meet all state and federal safety and sanitary requirements.

### **Other School-Based Goals to Support Student Wellness**

In establishing a school environment that promotes overall student wellness through nutrition education and physical activity, the following goals have been established:

1. Provide a clean, safe enjoyable meal environment for students with enough space and serving areas to ensure students access to school meals with a minimum wait time.
2. Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
3. Consider scheduling recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.
4. Develop strategies for parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
5. Encourage student, parent, or school groups to sell compliant food, beverages or non-food items as fundraisers.
6. Encourage staff to arrange with the district food service department for catering class parties/celebrations to ensure food safety and maximize the ability of the district food service department to serve healthy and appealing meals.
7. Encourage activities to raise awareness of unhealthy dieting and the continuum of eating disorders and appropriate school based responses.
8. Work with community organizations to create an environment that is safe and supportive of students' physically active commute to and from school.

### **Monitoring and Policy Implementation**

The Superintendent or designee shall, with the help representatives of the Wellness Committee, develop associated administrative procedures and a plan for implementing the district wellness policy and measuring implementation of that policy. For more focused work, the Wellness Committee may merge with the Nutrition Committee. The Superintendent or designee shall designate at least one person within the local educational agency or at each school that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.

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](#))

#### Implementation and Monitoring

To determine priorities for implementation and to monitor the continuing impact of the Wellness Policy, a baseline assessment of nutrition education practices and physical fitness activity opportunities will take place. A review of existing district programs associated with Nutrition Education, Physical Education, and physical fitness activities shall take place to ensure that they meet minimum state mandates and the needs of our local community. To complete the assessment of the programs, members of the Wellness Committee may work with members of the Nutrition Committee to review specific data. Upon completion of these assessments and surveys, recommendations for implementation priorities and program improvement will be made.

#### Selection of Quality Indicators

The Superintendent or designee shall recommend for school Board approval specific quality indicators used to measure the implementation of the policy.

For Nutrition Education Goals and Standards, these quality indicators may include: nutrient analysis of school meals; school meal participation rates; sales of non-nutritious foods/beverages from fund-raisers and other venues; feedback from school/district food service personnel, administrators, members of the Nutrition Committee, parents, students, and other appropriate persons; conduct a review of nutrition education curriculum in the district; and average daily attendance rates.

For Physical Activities Goals, these quality indicators may include: a survey of physical activity programs and practices; a survey of available space and equipment conducive to physical activities; physical fitness test results; review of physical education programs and alignment with state and federal guidelines.

Upon completion of analysis of the approved data, results will be compiled at the district level and used to set priorities. Analysis of these data should be used to set priorities for implementation, updating policies, and determining compliance.

The Superintendent or designee should ensure district-wide and individual school compliance with the adopted Wellness Policy. School/district food service staff and other staff members should provide continued assistance in ensuring policy compliance. The Superintendent or designee should report every two years on Wellness Policy compliance to the Board, parent/teacher organizations, and school administrators. As necessary, the Wellness Policy should be revised to address changes in state and federal law as well as areas in need of improvement.

Legal Reference: see online version:

<http://www.gamutonline.net/district/davis/displayPolicy/564011/index.html>

#### WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy DAVIS JOINT UNIFIED SCHOOL DISTRICT

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