



## **BP 5030**

### **STUDENT WELLNESS**

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 district students. A coordinated approach to school health improves students' health and their capacity to learn through the support of families, schools, and communities working together. While improving student health, a coordinated school health approach also improves academic success in an efficient and cost effective manner.

Health related issues such as hunger, substance abuse, physical and emotional abuse, and physical inactivity are commonly linked to academic failure, poor attendance, and inability to pay attention in class. As a strategy for success, the Centers for Disease Control (CDC) recommends a Coordinated School Health (CSH) approach to improve student health and scholastic achievement.

The Superintendent or designee shall build a CSH program that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

(cf. 3513.3 - Tobacco-Free Schools)  
(cf. 3514 - Environmental Safety)  
(cf. 3555- Nutrition Program Compliance)  
(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 - Student Health and Social Services)  
(cf. 5146 - Married/Pregnant/Parenting Students)  
(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)  
(cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environments, 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.

(cf. 1100 - Communication with the Public)  
(cf. 1112 - Media Relations)  
(cf. 1113 - District and School Web Sites)  
(cf. 1114 - District-Sponsored Social Media)  
(cf. 6020 - Parent Involvement)

### **COORDINATED SCHOOL HEALTH**

In establishing a CSH program, five assumptions are made: (1) Education and health are interrelated, (2) Social disparities are the biggest threat to health, (3) A more comprehensive, integrated approach is needed to address health (physical, psychological or social) concerns, (4) Efforts should be centered in

and around schools, and (5) Prevention efforts are cost effective in relation to the escalating social and economic costs of inaction.

The Superintendent or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy.

(42 USC 1758)

To fulfill this requirement, the Superintendent or designee may appoint a Coordinated School Health Collaborative (CSHC) whose membership shall include representatives of the above groups. He/she may also invite participation of other groups of individuals, such as health educators, curriculum directors, counselors, before –and–after–school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The CSHC shall advise the district on health related issues, activities, policies and programs. In coordination with the school board and Superintendent the CSHC will plan, implement, and evaluate activities that promote healthy eating, physical activity, and healthy lifestyles within the school and/or community. The CSHC will work to develop monitor, review, and revise nutrition and physical activity policies. The committee should assist with policy development and advise the Superintendent or designee. The committee's charges should include planning and implementing activities to promote health within the school and/or community.

Outside organizations offer a multitude of resources to school sites for enhancing the health of our children. Their programs may involve health safety and wellness, nutrition and physical activity, or other educational opportunities. To establish a coordinated approach and align resources, schools will be encouraged to contact the appropriate district department before collaborating with outside organizations.

## **NUTRITION**

### **Nutrition Education**

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

(42 USC 1758b)

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research and shall be consistent with the expectations established in California's currently adopted curriculum frameworks and content standards, 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 as aligned with the Health Education Content Standards for California Public Schools. Nutrition education should also be offered through before and after school programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6142.8 - Comprehensive Health Education)

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Students shall receive consistent nutrition messages throughout the district, schools, classrooms, cafeterias, homes, community and media with coordination between the nutrition services staff and teachers.

### **Nutritional Standards on Campus**

For all foods available on each campus during the school day, the district shall adhere to nutritional guidelines which are consistent with state and federal law and support the promotion of student health and reducing childhood obesity.

(42 USC 1773)

(42 USC 1779)

(42 USC 1758b)

2 USC 1758b)

### **School Meals**

Nutritional 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, outside organizations, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)

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

(cf. 3554 - Other Food Sales)

(cf. 5141.27 - Food Allergies/Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

(42 USC 1751-1769h)

(42 USC 1771-1791)

(7 CFR 210.10 and 220.8)

In order to maximize the district's ability to provide nutritious meals and snacks, to the extent possible, all district schools shall participate in available federal child nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack and supper programs. When approved by the California Department of Education, the district may provide a summer meal program.

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

### **Meals Served Through Child Nutrition Programs**

The Nutrition Services Department (NSD) should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the NSD will provide information about the nutrition, caloric, and sodium content of available foods. Such information may be made available on menus, a website, on cafeteria menu boards, placards, or other materials.

To ensure that all children have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible:

1. Operate the School Breakfast Program.
2. Utilize methods to serve school breakfasts that encourage participation
3. Notify parents and students of the availability of the School Breakfast Program.
4. Encourage parents through newsletter articles, take-home materials, or other means to provide a healthy breakfast for their children.

The Superintendent will work with staff to define practices at all school sites that meets the high quality

of standards for nutrition.

### **Sharing of Foods and Beverages**

Students are not allowed to share foods or beverages with one another during meal or snack times, given concerns regarding food allergies, disease transmission and restrictions on some children's diets. Any adult, or child not enrolled in the school shall not eat from an enrolled child's plate. A reimbursable school meal must be served and consumed only on school grounds or other school approved and supervised areas.

(cf 11500, 11560)

### **Meal Times and Scheduling**

Students perform better academically when well-nourished, which includes having sufficient time to eat. Principals are encouraged to identify ways to successfully address the issue of adequate meal times for their students. The California Department of Education recommends that all students have no less than 10 minutes for breakfast and no less than 20 minutes for lunch after being served.

Schools, to the extent possible:

1. Will provide students with a minimum of 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10 a.m. and 2 p.m.
3. Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
4. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Summer Food Service Program**

Schools, to the extent possible, in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the a Summer Food Service Program.

(cf. 3552 - Summer Meal Program)

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a Nutrition Services program, the District will provide continuing professional development for all nutrition professionals in schools. The District recognizes the cultural diversity within the student population and will include in staff development the diversity of healthy food traditions in the student population. Staff development programs should include appropriate and required certification and/or training programs for child nutrition directors, and school nutrition managers according to their levels of responsibility.

### **Fundraising Activities**

The Superintendent or designee shall require all school, parent, and pupil organizations involved in food sales and fundraisers to meet the state laws outlined in AR 3554 Outside Food Sales, in addition to the California Code of Regulations.

**Advertising and Promotion**

The Board prohibits 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, free give-a-way's, or other means.

(cf. 1325 - Advertising and Promotion)

**Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snack. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district Nutrition Services Department will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Nutrition Services will offer snacks to eligible sites with after-school enrichment programs and will pursue receiving reimbursements through federal programs.

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

**Rewards**

Site administrators, site staff, parent organizations and outside organizations will encourage the use of non-food items or nutritious foods, i.e. fruits and vegetables, as a reward for students' academic performance, accomplishments, or classroom behavior. Food or beverages will not be withheld as a punishment or enticement, including food served through school meals. All site and district staff will take into consideration dietary accommodations and potential and current food allergies when offering nutritious incentives.

**Celebrations**

Schools should limit celebrations that involve food during the school day to no more than one party, per class, per month. Each party should include no more than one food or beverage that does not meet the nutrition standards for foods and beverages. Celebrations must occur after the last lunch period.

The Nutrition Services Department will make available to parents and teachers a list of healthy party ideas including ideas for rewards and celebrations in the classroom. For the safety of all children, all foods supplied for celebrations must be purchased from an establishment that holds a current and valid county health permit and must contain no added trans-fats.

(ec sections 49430.5, 49430.7)

**PHYSICAL ACTIVITY****Daily Physical Education (P.E.) Grades K-12**

The Board of Education recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered by the district. The Board of Education desires to provide a physical education program that builds interest and proficiency in movement skills, encourages students' lifelong fitness through physical activity\*, and is encouraged to design and evaluate a strong, cohesive and comprehensive physical education program for all students. Physical Education California's Physical Education Model Content Standards recommends three to four days of vigorous activity for elementary students and a minimum of four days for secondary students.

Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity

to participate in physical education/physical activity daily.

1. Students will have access to standards-based, high-quality PE curriculum taught by a highly-qualified teacher. PE curriculum should address the diverse cultural backgrounds that students represent.
2. Teachers will receive professional development in PE content, student assessment and curriculum evaluation.
3. Students will receive the mandated number of minutes\* of physical activity through their PE classes:  
 Grades 1-6 200 minutes /10 school days  
 Grades 7-12 400 minutes/10 school days

Site administrators are required to build these mandated minutes into their master schedules. These PE minutes are exclusive of recess.

**\*Recommendation:** A minimum of 50% moderate to vigorous physical activity.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6145 – Extracurricular and Co-Curricular Activities)

(cf. 6145.2 Athletic Competitions)

### **Physical Activity and Punishment**

It is the policy of the Board to promote the health and well-being of students by encouraging healthy lifestyles including the promotion of physical exercise and activity as part of the school day.

Teachers will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

The following list offers actions that are suitable alternatives to withholding or using physical activity as punishment:

- Include students in establishing expectations and outcomes early in the year, and review those expectations and outcomes frequently
- Include students in meaningful discussions about goals and how to reach them
- Be consistent with enforcing behavioral expectations within the learning environment
- Practice and reward compliance with rules and outcomes
- Offer positive feedback and catch students doing things right
- Don't reinforce negative behavior by drawing attention to it
- Develop efficient routines that keep students involved in learning tasks
- Wait for students to be attentive before providing directions

### **Physical Fitness Testing**

During the months of February, March, April, or May, students in grades 5, 7 and 9 will undergo the physical fitness testing designated by the State Board of Education.

Students with physical disabilities and students who are unable to participate in all of the testing tasks shall participate in as much of the physical fitness testing as their physical condition will permit. Summary information will be reported annually to physical education teachers and individual student reports of fitness will be distributed to parents each year.

**Daily Recess**

All elementary school students will have at least 20 minutes per day of supervised recess, preferably outdoors.

**After School**

School administrators should establish community partnerships for athletic programs after school. They should encourage a strong, cohesive and comprehensive physical education program for junior high and high school students.

**HEALTH AND WELLNESS****Health Education**

The district will provide planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health instruction that aligns with California Health Education Content Standards.

The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The curriculum will include instruction to assist students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices. The comprehensive health education and wellness curriculum includes a variety of topics such as personal health, family health, injury prevention and safety, nutrition, prevention and control of disease, and substance abuse. Qualified, professional trained teachers and staff shall provide health education instruction.

In achieving health literacy, students will demonstrate the ability to comprehend essential concepts related to enhancing health, analyze internal and external influences that affect health, access and analyze health information, products and services, use interpersonal communication skill to enhance health, use decision-making and goal setting skills to enhance health, practice behaviors that reduce risk and promote health, promote and support personal, family and community health.

Health classes offered in high school shall address the Ed Code-mandated instruction on Human Immunodeficiency Virus (HIV) and sexually transmitted diseases (STD). The district uses the state-approved "Positive Prevention" curriculum to address this mandate at the 7th and 8th, and 9th through 12th grade sites.

Professional staff development will be available to strengthen instructional strategies to assess health knowledge, nutrition, and skills that promote lifelong healthy behaviors. Annual training will also be provided to teachers to equip them with the knowledge and skills required to teach the mandated HIV/STD curriculum.

**Health Services**

The Superintendent or designee will seek out and establish community partnerships to provide mental and physical health services for the purpose of improving access to and removing barriers to healthcare for all students.

The District will seek opportunities to inform parents about the importance of vision, hearing, spinal care,

mental health and oral health as it relates to overall health and learning. The District shall encourage routine well-child care and immunization compliance as recommended for overall maintenance of good health and monitoring during the stages of childhood development.

The District will seek opportunities to provide education regarding the impact of stress on health and well-being, and support strategies for stress reduction in students. The District will ensure each student has access to a credentialed school nurse for anticipatory health guidance.

The District will assist families, whenever possible, in securing access to health resources including Medi-Cal, current state health resources and programs, and community health providers. Resource referrals may include but not limited to health clinics, dental providers, nutrition resources, emergency food lockers or emergency shelters, etc.

### **Counseling and Psychological Services**

The Superintendent or designee will actively seek to develop community partnerships that will provide students in grades K-12 and their families with access to mental health services. Professional staff development will be available to improve early detection and appropriate referral for mental health assessments and treatments for students when indicated.

Counseling and psychological services are provided to improve students' mental, emotional, and social health. These services may include individual and group assessments that may drive interventions and referrals. Professionals such as certified school counselors, psychologists, and social workers will provide assessment and consultation that contribute to the health of students and to the overall health of the school environment.

The superintendent or designee will develop mental health crisis response intervention model which will include follow up services.

### **Academic Counseling**

Professional School Counselors design and deliver comprehensive school guidance curriculum to ensure students equal access to all coursework for graduation, A-G requirements, passage of California High School Exit Exam (CAHSEE) and post-secondary education. School counselors work collaboratively with local universities, community colleges and vocational/trade schools to ensure our students have the necessary support to achieve their college career goals. Counselors meet regularly with students and/or their parents to design their 6-4 year academic plans.

## **ENVIRONMENTAL HEALTH**

### **Healthy and Safe Environment**

The Superintendent or designee will ensure that a healthy educational environment, considering both physical and psychological aspects, exists in all facilities. To ensure student safety, appropriate supervision shall be provided in cafeterias and school grounds. Rules for safe behavior shall be monitored and consistently enforced.

A healthy physical environment includes physical safety; good air; access to fresh, no-cost drinking water throughout the day; and access to restrooms with running water, soap, disposable towels, proper trash and sanitary containers. Implementation of appropriate cleaning practices, properly operating heating and

ventilation systems are required. Staff should ensure each school site has access to well-maintained play areas, hard court and 'natural' fields. Each school site and facility will meet current ADA regulations and take steps for corrections as necessary. Staff from the facilities/maintenance department will conduct annually reviews of each site.

The Superintendent or designee will ensure proper review of cleaning agents, sprays or fertilizers and that mandated and a forty-eight hour notification is provided at all facilities before sprays, insect repellents or fertilizers are used. Preference will be given to the least toxic chemicals available per regulations.

A healthy social and psychological educational environment is one that fosters positive and engaging educational experiences for students, is broad and flexible, promotes caring relationships, and values youth as a resource that can work with adults in the creation of a healthy environment (such as: edible landscape, school gardens, orchards, etc.). Its goal is to increase youths' sense of connectedness to school.

The Superintendent or designee will encourage professional staff development in topics such as substance abuse prevention, school safety and violence prevention, youth development initiatives, character education, drop-out prevention, services for students with disabling conditions, service learning, before and after school programs, as well as school improvement initiatives. Schools are encouraged to participate in the Police Services' Gang Resistance Education & Training program to reduce student gang involvement.

### **Safe Routes to School**

The school district will assess and to the extent possible, make it safe for students to walk and bike to school by encouraging individual schools to perform walk audits. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

The District also encourages parents (as applicable) and students to walk and bike to school where safe routes are available. The District support safe walking, bicycling, and other forms of active transportation to and from school, and encourages families to minimize automobile driving. The District also supports provision of traffic skills instruction and use of a pedestrian safety curriculum. Also encouraged is the use of safe routes to school programs such as, but not limited to, walk to school, bike rodeos, walking school buses, and bicycle training programs.

(cf. 5142.2 – Safe Routes to School Program)

### **FAMILY AND COMMUNITY INVOLVEMENT**

Staff will actively seek input from students and families on policy development and programs designed to address health and safety issues in District schools. This shall include the District Advisory Council (DAC), District English Learners Advisory Council (DELAC), Student Leadership Advisory Committee, Parent-Teacher Organizations, School Site Councils, Family and Community Involvement, and others.

School sites will include information on health promotion linking families to medical services, and the CSHP at Back to School nights, Open Houses and other parent meetings. Nutrition services will provide families with opportunities for input and monitoring of their children's food purchases.

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, District or school websites and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance and encourage families to increase their level of physical activity. District and school staff will connect parents to district and community resources regarding nutrition education, parenting classes, parent involvement workshops and other parent meetings.

### **PROGRAM IMPLEMENTATION, EVALUATION AND MONITORING**

The CSHC will oversee the implementation of the Wellness Policy. Each principal shall designate a site representative to assess and implement the policy at their school in addition to attending bi-annual meetings with the CSHC. The site representative will report challenges, progress and implementation efforts using an assessment tool developed by the CSHC. The CSHC will prepare an annual report for the Superintendent or designee that evaluates the implementation of the policy district-wide and include any recommended changes or revisions. Members of the CSHC will participate in health related community advisory meetings and provide reports to CSHC.

(cf. 0500 – Accountability)  
(cf. 3555 – Nutrition Program Compliance)  
(42 USC 1758b)

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model 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)

### **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.

Legal References:

Legal Reference:

#### EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49436 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, including:  
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  
220.1-220.21 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781  
Management Resources:

CSBA PUBLICATIONS

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  
Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007  
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007  
Physical Education and California Schools, Policy Brief, rev. October 2007  
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006  
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  
Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005  
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

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>

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, Food Nutrition Service, wellness policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>  
(11/05 11/07) 7/11

Policy BP 5030 STUDENT WELLNESS

Adopted: May 5, 2015

Revised: April 2015

TWIN RIVERS UNIFIED SCHOOL DISTRICT

McClellan, California