

Allensworth Elementary School District

Students

BP 5030(a)

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 in district students.

By the beginning of the 2006-07 school year, the Board shall adopt a wellness policy that, at a minimum, shall: (42 USC 1751 Note)

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate.

(cf. 0000 – Vision)

(cf. 0100 – Philosophy)

(cf. 0200 – Goals for the School District)

(cf. 1325 – Advertising and Promotion)

(cf. 3312 – Contracts)

(cf. 5141.6 – Student Health and Social Services)

(cf. 6010 – Goals and Objectives)

(cf. 6142.7 – Physical Education)

(cf. 6142.8 – Comprehensive Health Education)

2. Include nutrition guidelines 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.

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

(cf. 3554 – Other Food Sales)

(cf. 6300 – Preschool/Early Childhood Education)

Adopted 10/12/05

STUDENT WELLNESS (continued)

By March 1, 2006, the council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs.
2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.
3. The amount of time allowed for students to eat and adequacy of lunchroom facilities.
4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines.
5. Foods and beverages donated for class parties or other school events.
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs.
7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change.
8. Opportunities for all student s to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before and after school programs.
9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity.

STUDENT WELLNESS (continued)

Legal Reference: (continued)

CODE OF REGULATION, TITLE 5 (continued)

15530-15535 Nutrition education

15550-155565 School lunch and breakfast Programs

UNITED STATES CODE, TITLE 42

17510-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulation, Child Nutrition Act

CODE OF FEDERAL REGULATION, TITLE 7

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS

Health Framework for California Public School, Kindergarten through Grade Twelve, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning

Guide for Elementary and Middle/High School, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

WEB SITES

CSBE: <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.mch.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>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.boards@nasbe.org>

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

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

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

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

7.2.4 Approval of Leave Policy and Administrative Regulation

Background Information:

The Board was given the policy for review. The policy has been amended

Current Considerations:

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Financial Considerations:

None

Recommendation: Approval is recommended

Motion: The motion was made by _____ and second
by _____ to approve/deny BP 4161 (a) and AR 4161 (a) Personal Leave
Policy.