SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION

Agenda Item 10.2

Meeting Date: August 17, 2017

Subject: Board Policy (BP) 5030: Student Wellness

- ☐ Information Item Only
- ☐ Approval on Consent Agenda
- ☐ Conference (for discussion only)
- ☐ Conference/First Reading (Action Anticipated :_____)
- ☒ Conference/Action
- ☐ Action
- ☐ Public Hearing

Division: Legal Services

Recommendation: Approve the updated Board Policy (BP) 5030: Student Wellness.

Background/Rationale: State and federal laws have changed since adoption of the last Wellness Policy. While District departments have been in compliance with regulations, revisions are required to support and ensure compliance. Additionally, the revised policy uses best practices to reflect the District's commitment to student health and well-being.

Financial Considerations: N/A

LCAP Goal(s): College, Career and Life Ready Graduates; Safe, Emotionally Healthy and Engaged Students

Documents Attached:
1. Executive Summary
2. Draft Revised Board Policy 5030
3. Draft Revised Board Policy 5030 – Red-line

Estimated Time of Presentation: 5 minutes
Submitted by: Victoria Flores, Director, Student Support and Health Services
Approved by: Jorge A. Aguilar, Superintendent

Board of Education Executive Summary

District Wellness Committee

Board Policy (BP) 5030: Student Wellness

August 17, 2017

I. Overview/History of Department or Program:

A local school wellness policy (Student Wellness Policy) is a written document that guides a local educational agency or school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in federal Child Nutrition Programs, including the National School Lunch Program , Section 201; Title

:

- Include goals for nutrition promotion and education, and other school-based activities that promote students wellness. In developing these goals, local educational agencies must review and consider evidence-based strategies.
- Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for school meals

- Inform and update the public (including parents, students, and others in the community) about the local school wellness policy on an annual basis.
- At least once every three years, measure the extent to which schools are in compliance with the local school wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.
- Comply with all of these requirements by June 30, 2017

V. Major Initiatives:

The District Wellness Committee (in partnership with Valley Vision) has convened SCUSD departments to include student support and health services, nutrition services, physical education, employee wellness, youth development, safe schools, community involvement, and parent and student engagement. The Student Wellness Policy (BP 5030) was developed by members from all represented groups. Input from the community included participation at meetings and surveys.

VI. Results:

The Student Wellness Policy was updated to support and meet the requirements and health/nutrition needs of SCUSD students during the school day.

VII. Lessons Learned/Next Steps:

The District Wellness Committee will develop Administrative Regulations (AR) to support the approved policies after Board review and adoption of the Student Wellness Policy (BP 5030). AR's will include the development of a monitoring and enforcement plan.

Sacramento City Unified School District (SCUSD)
Student Wellness Policy (BP 5030)

The Sacramento City Unified School District (SCUSD) sits at the heart of America's Farm-to-Fork Capital. Our city prides itself on quality, local food grown by the citizens who live, work, and raise their children here. More than half the nation's healthy fruits, vegetables and nuts are grown in California, and many of those grow right here in the Sacramento Valley. SCUSD promotes, and is committed to, healthy schools by recognizing the link between student health and learning. In recognition that social, emotional, and physical health are fundamental to being college, career, and community ready, the and standardized test scores, lower tasks.

DRAFT

[1],[2],[3],[4],[5],[6],[7] Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.[8],[9],[10] In addition, students who are physically active for 60 minutes a day do better academically.

DRAFT

DRAFT

DRAFT

DRAFT

DRAFT

Garden program coordinators (volunteer or paid) and Buildings and Grounds staff will work collaboratively to ensure compliance with established protocols, and they will also work with district leaders to insure the proper forms are completed before conducting any major work renovations or hosting any events in the garden.
Pesticides, herbicides, insecticides, and other synthetic chemicals shall not be used within any school garden unless a reasonable effort has been made to reduce contamination and drift of any potentially harmful chemicals within 25 feet of any school garden as outlined by California Certified Organic Farmers. Some possible exceptions, including, but not limited to, the use of synthetic chemicals for the purpose of painting adjacent structures or eradicating invasive plants when other means have proven ineffective. Garden beds, crops, compost and other vital areas of the garden shall be completely covered if the use of said chemicals must be used within the 25-foot boundary of any school garden. Synthetic chemicals used outside the 25-foot boundary should be applied at a time of low wind and little chance of rain in order to minimize potential contamination.

Mental Health and Wellness

The Superintendent or designee will actively seek to develop district capacity and community partnerships that will provide students in grades Pre-K-12 with access to menta

DRAFT

(cf. 5145.9 - Hate-Motivated Behavior)
(cf. 1020 Youth Services)
(cf. 6164.2 Guidance/Counseling Services)

Employee Wellness Activity Goals

The Board recognizes that the success of district students and programs hinges on effective personnel. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and welfare of students. The district's personnel policies and related regulations shall be designed to ensure a supportive, positive climate and shall be consistent with collective bargaining agreements and in conformance with state and federal law and regulations.

(cf. 4000-Concepts and Roles)

The work environment will support wellness in both the physical environment and the workplace climate.
Staff will have access to physical and mental health assessments and resources.
Staff will have opportunities for physical activity.
Food and beverages served, sold or otherwise made available to staff, are encouraged to comply with district nutrition standards.
Staff will be encouraged to model this policy and other aspects of healthy behavior in the workplace.

The Board will support a coordinated program of wellness and health promotion services as specified in Board policies and addressing primary prevention, risk reduction, chronic disease management and an employee assistance program for staff. Further, the Board will make every effort to collaborate with community-based organizations and coalitions to bridge and augment school district resources in order to promote wellness, provide direct mental and/or physical health care services and opportunities for health education of staff.

The Board recognizes the powerful influence that district staff and other adults have on the health and well-being of students. To that end, the Board encourages staff to take every opportunity to model health and wellness behaviors for students. School staff leads by example in promoting heals .7(e).9(r)-4(a)9.2(g)10.9(e)-14.6(h0

DRAFT

DRAFT

DRAFT

U.S. Department of Agriculture, Food Nutrition Service, wellness policy: http://www.fns.u

DRAFT

~~The~~In recognition that social, emotional, and physical health are fundamental to being college, career, and community ready, the Board desires to provide a comprehensive program promoting heath health and well-being for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy

and after ~~(cf. 0000 - Vision)~~ the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.[1],[2],[3],[4],[5],[6],[7] Conversely, less than adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.[8],[9],[10] In addition, students who are physically active for 60 minutes a day do better academically.[11],[12],[13],[14]

This Wellness Policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. The Policy is divided into these areas:

Contents

District Wellness Committee (Coordinated School Health Committee)
Health Education Activity Goals
Physical Education and Physical Activity Goals
Program Evaluation
Health Services Activity Goals
Nutrition Education, Nutrition Standards, and Healthy Eating

Nutrition Education
Nutritional Standards
Free and Reduced-priced Meals
Summer Food Service Program /CACFP At-Risk Expanded Learning Supper Program
Competitive Foods and Beverages including Fundraising
Celebrations and Rewards
Water
Community Engagement in Healthy Eating
School Gardens
Counseling and Psychological Services
Employee Wellness Activity Goals
Health and Safe Environment Activity Goals
Student, Family and Community Involvement Activity Goals
Program Implementation and Evaluation

Through this Wellness Policy a~~(cf. 0200 - Goals for the School District) (cf. 3513 Tobacco-Free Schools~~)

~~(cf. 3514 - Environmental Safety)~~
~~(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. 5141.23 Infectious Disease Prevention)~~
~~(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. 5142 - Safety)~~
~~(cf. 5146 - Married/Pregnant/Parenting Students)~~
~~(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)~~
~~(cf. 6164.2 - Guidance/Counseling Services)~~

~~School Health Council/Committee~~

~~The Board's policy~~ related ~~to student wellness shall~~ policies, the Board seeks to ensure that:

- All students have access to healthy food and beverages.
- All students receive high quality physical education and physical activity.
- Every school is a safe, clean, and healthy place in which children, staff, and families can learn, work, and engage.
- Every school has a positive school climate that nurtures learning, achievement, and growth of character.
- Students will not be ~~developed~~ rewarded with food.
- All students are taught the ~~involvement of~~ essential knowledge and skills they need to make health-enhancing choices and avoid behaviors that can damage health and wellbeing.
- All students are given the opportunity to learn healthy habits that prevent ~~related~~ diet

” All students have access to health services in partnership with schools, school-based health centers, school health professionals, community agencies, and families.

District Wellness Committee (formerly the Coordinated School Health Committee)

The Superintendent or designee will encourage parents/guardians, students, nutrition service employees, physical education teachers, school food services, health professionals, Board members, school administrators, Board and members of the public to participate in the development, implementation, periodic review, and update of the district's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee will appoint a District Wellness Committee (formerly the Coordinated School Health Committee) whose membership shall include representatives of these groups. He/she also may appoint a school health council or invite participation of other committee consisting of representatives of the above groups. The council or committee may also

include district administrators, health professionals, school nurses, individuals, such as health educators, physical education teachers, curriculum directors, counselors, expanded learning program staff, health practitioners and/or others interested in school health issues.

(cf. (cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

The Coordinated School Health Advisory Council shall assist with policy development and The Wellness Committee will advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the council's charges may The duties of the council/committee will also include the planning, implementation, and implementing evaluation of activities to promote health within the school or community.

Committee membership will represent all school levels, including but not limited to Youth Development, Safe Schools, Risk Management, Nutrition Services, Health Services, and Social Emotional Learning.

77t0243 43 l)-4.719 0 0 7 v) v2.6(])]TJ-Tw 188Tw 2.6( )nd, 188Tw 1 0 244 57.433 l during the school year at

~~the State's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.~~

available ~~(cf. 6010 -Goals and Objectives) (cf. 6011 -Academic Standards) (cf. 6143 -Courses of Study)~~

~~Staff shall be encouraged to use nutritious foods and beverages [delete ref. to SB12 and SB965] for rewards, celebrations, and occasional treats.~~

~~Recognizing the partnership between the district and the home, the district seeks~~ to strengthen ~~parents understanding of student health~~ instructional strategies to assess health knowledge, nutrition and skills that promote lifelong healthy behaviors.

Physical Education and Physical Activity Goals

Tht4.6(l)-4.6	0.aatudente	4	2	6	6	5

regular basis. through high quality physical education instruction and may provide additional opportunities for physical activity throughout the school day. All students are expected to participate in the physical education program according to education code. The program will be modified for students with special needs. Opportunities for moderate to vigorous physical activity (MVPA) shall be provided through physical education classes. The district's physical education activities shall support the district's coordinated student wellness program and

Ed cntl

The overall course of study for grades 9-12 shall include the effects of physical activity upon human health, the mechanics of body movement, aquatics, gymnastics and tumbling, individual and dual sports, rhythms and dance, team sports, and combative (EC 33352; 5 CCR 10060).

The Board shall approve the courses in grades 9-12 for which physical education credit may be granted. The Board, Superintendent and designee will comply with all state laws and guidelines when approving courses for physical education. Ninth graders must take Freshman Physical Education class led by a credentialed physical education teacher. Independent study may be used to extend a student's education opportunities in physical education in 9th-12th grade. Independent study may be used as an alternative instructional strategy, not an alternative curriculum nor as the exclusive means of course credit offerings for the physical education graduation requirement from a school as specified in the updated California Department of Education's Independent Study Operations Manual. Students follow the same course of study as the District Physical Education Courses and meet the same academic standards as classroom based students. Independent study students must adhere to (EC sections 51222, 51225.3, 51241, and 60800 which requires all grade nine students to be tested in the state's physical performance test (FITNESSGRAM).

(cf. 6146.1 – High School Graduation Requirements)
(cf. 6146.11 – Alternative Credits Toward Graduation)
(cf. 6158 – Independent Study)

The District's Physical Education program shall engage students in MVPA, as defined in the accompanying administrative regulation, for at least 50 percent of class or session time. The Superintendent or designee shall develop strategies to monitor the amount of MVPA that occurs during the physical education instructional program.

Students with disabilities shall be provided instruction in physical education in accordance with their individualized education program or Section 504 accommodation plan.

(cf. 6159 - Individualized Education Program)
(cf. 6164.6 – Identification and Education Under Section 504)

1. Schools will provide instruction and facilities/equipment to ensure that all students have the opportunity to participate in daily physical education/physical activity.
2. Schools will meet or exceed the PE minutes requirements

Nutrition Curriculum and Promotion

The district's nutrition education curriculum will be evidence-based and aligned with the California Health Education Content Standards. The district promotes integrating nutrition education topics within the broader academic curriculum taught at every grade level, K-12. Schools strive to provide nutrition education and engage in nutrition promotion. The goal is for all students to possess the knowledge and skills necessary to make nutritious food choices. Nutrition education will be offered during the school day as well as in expanded learning programs. School staff coordinates with other agencies and community groups as necessary to provide opportunities for nutrition education and student projects related to nutrition.

Nutritional Standards on Campus

For all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity, the district shall adopt nutritional guidelines, which are at a minimum compliant with federal and state law and support the promotion of student health and reducing childhood obesity. (42 USC 1751 Note)

School Meals

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition content standards on nutrition, as well as promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition nutritional standards.

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 Lunch2.3(63 0 Td [(f)-2it)-20.6432 thiveo(d)12./CS1 c-1.6(rd [(q mds)-2.->)10.karaa-1.7(

of Education recommends that each student has no less than 10 minutes for breakfast and no less than 20 minutes for lunch

Vending

Code of Federal Regulations Section 210.11

~~The California Department of Education's Competitive Foods Web~~ page ~~(http://www.cde.ca.gov/ls/nu/he/compfoods.asp~~ ~~provides additional tools and resources~~ to ~~determine compliance with competitive foods and bever~~ages.

Fundraising Activities for Schools Serving EK-8th Grade Students

The Superintendent or designee ~~shall encour~~ ~~agerequire~~ school parent and pupil organizations involved in food sales and fundraisers for schools to use healthy food

~~items or~~

Effective from midnight to one-half hour after the standard school day, and/or the end of the site's expanded learning program; whichever is later (this includes minimum days), applies to food and beverage sales by student organizations.

Student organization sales must meet all of the following:

1. Water, with no additives including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners, is the only approved beverage to be sold.
2. One food item per sale.
3. The sale must occur after the lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school may choose up to four days per year during which food and beverage from multiple student organizations may be sold (foods/beverages must still be compliant).
6. The food or beverage item cannot be the same item sold in the food service program at that school during the same school day.
7. Other than the 4 days (mentioned in #5 above), only one student organization may sell food or beverages to pupils on school campuses per day. Non-profit fundraisers, including parent or community organizations, private individuals or commercial entities, may sell food to pupils on school campuses. This includes, but is not limited to PTA, PTSA, or booster clubs.

Nutrition Requirements for Outside Food Service Sales in SCUSD: Schools Serving 9th - 12th Grade Students

The only foods and beverages served and sold to pupils on campus outside of the school meal program by all entities from midnight through one-half hour after the standard school day are those that meet all applicable state and federal rules found within:

Education Code sections 49430-49434
California Code of Regulations sections 15575-15578
California Code of Regulations sections 15500-15501
Code of Federal Regulations Section 210.11

The California Department of Education's Competitive Foods Web page (http://www.cde.ca.gov/ls/nu/he/compfoods.asp) provides additional tools and resources to determine compliance with competitive foods and beverages.

Fundraising Activities for Schools Serving 9th - 12th Grade Students

The Superintendent or designee shall require all school, parent and pupil organizations involved in

1. Up to three categories of foods or beverages may be sold each day (e.g., chips, sandwiches, juices, etc.). The district will exceed the above federal and 0-2.4ve federa4o <</MCIui.6(

behavior, nor withhold food or beverages including, food served through school meals, as punishment.

~~(cf. 1230 -~~ Physical activity during the school day and in expanded learning programs (including but not limited to recess, physical activity breaks, or physical education) will not be withheld or used as punishment.

Celebrations

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child, therefore classroom celebrations will strive to have non-food celebrations, and when food is included, will only offer healthy food that is non-allergenic to all students in that classroom. This food must be compliant with Competitive ~~Smart Snacks~~ Foods regulations. The district website has a list of food and healthy celebration ideas.

Special Dietary Needs

Students with a food allergy or intolerance that substantially limits one or more major life activity is eligible for necessary food substitutions with appropriate documentation. See BP 5141.27 for additional information.

Farm to School ~~-Connected Organizations)~~

To the extent possible and in accordance with the Buy American provision, the District is committed to sourcing local and California grown fruits, vegetables, dairy, bakery goods and other local ingredients to enhance the flavor and variety of all meals served in the school programs. Farm to school programs will enhance broader nutrition education opportunities that increase children's consumption of fresh, seasonal fruits and vegetables, whole grains, and other healthy foods.

Water

The school district will provide all students and employees with access to clean, safe, palatable drinking water free of charge at every district facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before and after-school activities. Students will be allowed to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills. All school administrators, teachers, and building staff will model drinking water and limit consumption of identifiable, sugar-sweetened beverages in front of students. The school district will perform maintenance on all water fountains regularly and as needed and will conduct periodic testing of all drinking water sources in each district facility. The test results will be made available in an easily accessible format (e.g., post on district website) with letters delivered to affected students and parents.

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. Staff development programs should include appropriate certification and/or training programs for all school nutrition professionals according to their levels of responsibility including child nutrition directors and managers.

Community Engagement in Healthy Eating

The District is committed to being responsive to community input. Recognizing the partnership between the district and the home, the district seeks to strengthen parents/guardians' understanding of student health by of

The district shall make every effort to establish a school garden program (in-ground, raised bed, container, nearby park, community garden, farm, or) for each school site of sufficient size to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods.

Garden programs should integrate hands

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

~~(cf. 3553 - Free and Reduced Price Meals)~~

Student, Family , and Community Involvement Activity Goals

The district will address health and safety issues in partnership with students, parents/guardians and community members by providing workshops on health and safety issues and actively seeking input for policy development and program design. The district will collaborate with school sites to ensure that students, parents/guardians and community members are consistently informed regarding health messages, food safety standards, and other laws, regulations and services concerning health issues. This communication will be accomplished through district and school websites, newsletters, eConnection, ConnectEd, handouts and other communication tools.

To encourage participation from students, parents/guardians and community members, staff will invite and inform students, parents/guardians and community members through a variety of avenues including, but not limited to, Student Advisory Councils, School Site Council meetings, Parent Teacher Associations, Parent Teacher Organizations, English Learner Advisory Committee, and the district English Learner Advisory Committee. Outreach efforts will emphasize the strong connection between student health and academic performance, including the key components of regular physical activity and good nutrition, both at school and at home. To further enhance the importance of 14.52 re f-4.6(s)-2.3(,)10.8(pa)-1.6(r)6.8(e)-1.6(nt)-48l.9(f)-.d 2(t)-4.6(w)4.6(e)-1.-ntfncish Le

Program Implementation and Evaluation

~~The Superintendent and/or designee shall establish a~~An accountability plan~~for measuring~~ implementation

(cf. 4154/4254/4354 -Health and Welfare Benefits)
(cf. 4157/4257/4357 -Employee Safety)
(cf. 4157.1/4257.1/4357.1- Work-Related Injuries)
(cf. 4157.2/4257.2/4357.2-

49530-4949049494 School breakfast and lunch programs
4950049505 School meals
4951049520 Nutrition
49530-49536 Child Nutrition Act 49540-Nutrition Act
49540-49546 Child care food program
49547-49548.3 4954749548.3 Comprehensive nutrition services 49550-49560services
4955049561 Meals for needy students
49565-4956549565.8 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
5179551796.5 School instructional gardens
5188051921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5
15500-15500 15501 Food sales by student organizations
15510-Mandatory meals for needy students 15530-
15530-15535 Nutrition education
15550-15550 15565-School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially 1751 Note
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-
220.1-220.21 National School Breakfast Program

COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005
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