

The Board of Trustees is committed to providing school environments which promote and protect children's health, well being, and the ability to learn. The District shall provide healthy meals, food items, and appropriate physical activity for students.

1. WELLNESS COMMITTEE

- 1.1 The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity programs and policies.

2. NUTRITION EDUCATION AND PHYSICAL ACTIVITY GOALS

- 2.1 All district schools will provide education and physical education to promote lifelong habits of healthy eating and physical activity.
- 2.2 Students in all grades shall have the opportunity and the encouragement to be physically active on a regular basis. Physical activity will be provided through sports programs, and extracurricular activities conducted before and after school, during lunch break, in physical education classes, and in the community. Students who are enrolled in District approved physical activity in the community could meet the 11<sup>th</sup> and 12<sup>th</sup> grade PE requirement, if such requirement were to be reinstated.

3. NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL

- 3.1 Foods and beverages sold or served in schools will meet the minimum nutritional recommendations as required by state and federal law. Each school year a list of all foods and beverages sold outside of the federal meal program will be submitted for approval to the Superintendent or designee to ensure compliance.
- 3.2 Qualified child nutrition professionals will be utilized to provide students with access to varieties of affordable, nutritious and appealing foods that meet their health and nutritional needs. Accommodations will be made to address the religious, ethnic, and cultural diversity of the student body in meal planning. Schools will provide clean, safe, and pleasant facilities with adequate time for students to eat.

- 3.3 All district schools will participate in available federal school meal programs, including the National School Breakfast Program, the National School Lunch Program, and other programs where applicable.

4. PROGRAM IMPLEMENTATION AND EVALUATION

- 4.1 The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity policies. Each principal or designee will ensure compliance with these policies at school and file a report on the school's compliance with the district Superintendent or designee each year.
- 4.2 Every year the Wellness Committee will develop a summary of district-wide compliance that will be based on the reports from school principals.
- 4.3 The 2006 school year shall be used as the base year for all evaluations of progress including but not limited to the following areas:
- Academic performance (API)
  - Student attendance
  - Physical fitness testing
- 4.4 The report shall be presented to the Board of Trustees annually.

Legal References:

EDUCATION CODE

49430-49436	Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493	School breakfast and lunch programs
49500-49505	School meals
49510-49520	Nutrition
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 Activity
51223	Physical 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

Legal Reference Cont:

UNITED STATE CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note 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

Board of Trustees

April 13, 2009

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