

PLEASANT GROVE SCHOOL DISTRICT

Board Policy No. 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. The District understands that parents are the primary source of wellness education. Standards for quality and quantity of food intake should be and is ultimately controlled by the parents. The District will support the community in this effort.

The District supports and promotes proper dietary habits that contribute to students' health status and academic performance. Specific wellness activities include (42 USC 1751 Note):

A. **Health Council:** The school district shall develop and sustain a Health Council comprised of representatives of the board, parents, students, nutrition/exercise professionals, and employees. The Board may utilize the existing School Site Council as the advisory committee coordinating other groups, including The Health Council. The Health Council shall be chaired by the superintendent or designee. The Health Council shall assist with policy development and serve in an advisory role on health related issues, activities, policies, and programs. The Council may also be charged with planning and implementing activities to promote health within the school and community, estimating costs of implementation, and determining priorities for implementing the recommended strategies.

B. **Nutrition and Physical Education:** The district's nutrition education and physical education programs shall be based on research, consistent with the expectation established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program in grades 9-12 and as appropriate, be integrated into core academic subjects.

C. **Physical Activity:** All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity may be provided through physical education, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities such as intramurals.

D. **Promotion of Wellness & Encouragement to Participate in the Breakfast and Lunch Programs:** To encourage consistent, age appropriate health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through newsletters, handouts, meetings, websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The superintendent or designee shall encourage staff to serve as positive role models.

Professional development for staff shall include instructional strategies that strengthen instruction in the area of health knowledge and skills, and promotes healthy behaviors.

E. **Nutrition Guidelines For All Foods Available:** The Board believes that food and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold/served to students shall meet or exceed state and federal nutritional standards.

The superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she shall encourage school staff to avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments, or behavior.

The superintendent or designee shall encourage parents, local businesses, and community members to meet or exceed state and federal nutrition standards for all foods and beverages donated for class parties or other school events.

F. **Monitoring & Evaluating the Wellness Policy:** The superintendent shall designate the principal at each school site to be given the operational responsibility for ensuring that the school site implements the district's wellness policy. The Health Council will monitor the effectiveness of the policy and report their findings to the Board annually.

Legal Reference:

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

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

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:

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

Date Policy was Adopted by the Board: 6/28/06