

## **H-7700/Student Wellness**

### **BACKGROUND**

The “Child Nutrition” and “Women, Infants, and Children (WIC) Reauthorization Act of 2004” established a requirement for school districts to develop a local school wellness policy. The “Healthy, Hunger-Free Kids Act of 2010,” which further strengthened the above requirements, was also a catalyst for the expansion of San Diego Unified School District’s Wellness Policy. Some key components to San Diego Unified’s wellness policy development now include: (a) the requirement to involve critical stakeholders, (b) relevant goals for nutrition guidelines, (c) nutrition education and promotion, (d) physical education and activity, (e) notification to the public, and (f) the routine monitoring and evaluation of the wellness policy.

### **PURPOSE**

The district acknowledges the strong relationship between students’ health and learning, and that the district’s mission cannot be accomplished without explicitly planning for and supporting student health and wellness. This Wellness Policy and corresponding Framework, expands upon requirements to offer a truly comprehensive coordinated school health model. The Whole School, Whole Community, Whole Child (WSCC) approach, is an expanded coordinated school health model outlined by the Centers for Disease Control and Prevention (CDC). The ten components of WSCC include: Nutrition Services; Physical Education and Activity; Health Education; Health Services; Safe Physical Environment; Safe Social and Emotional Climate; Counseling, Psychological and Social Services; Staff Wellness; Family Engagement, and Community Involvement.

This Wellness Policy and corresponding Framework serve to coordinate the many parts of school health into a systematic approach. The Framework supplements and serves as the model for establishing the components that are necessary for implementing this comprehensive district health and wellness policy. The ten components will be integrated into all areas of school life and are embedded in the Framework which will serve as the guide to assist district schools and departments in implementing a comprehensive wellness plan for students, families and staff.

### **A. COMPONENTS AND GOALS**

- 1. Food Services:** 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. The Food Services Department’s goals are:
  - Increase student access to healthy breakfast and lunch meals.

- Reduce competitive food sales to help maximize participation in the school meals program.
- Encourage students to choose balanced and nutritious meals.
- Provide adequate time for students to obtain and consume their meals.
- Make available free potable drinking water for all students.
- Purchase as much organic San Diego local, regional, and California grown food as possible.
- Encourage the use of non-food incentives as rewards, celebrations, and fundraisers.
- Provide schools with the resources to conduct nutrition education and engage in nutrition promotion.

**2. Physical Education:** All district schools shall meet or exceed the mandated minutes required by the State of California and shall meet or exceed the California State Content and Performance Standards for Physical Education. The goals for Physical Education are:

- Provide quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment.
- Provide adequate space to maximize practice opportunities for each student.
- Provide adequate equipment for all students to be actively engaged individuals.
- Ensure physical education class sizes are comparable to class sizes in other subject areas where possible.
- Provide adequate student preparation for FITNESSGRAM, all 5th, 7th and 9th grade students must be enrolled in a Physical Education course. Successful completion of 5 of 6 subtests will allow for elective opportunities after 9th grade.
- Provide classroom and physical education teachers' professional development that includes: scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the FITNESSGRAM.

**3. Physical Activity:** All students shall be provided opportunities to be physically active on a regular basis. The goals for Physical Activity are:

- Physical activity should be integrated into instructional time.
- Endorse physical activity as a positive and enjoyable aspect of dynamic living and individual excellence.
- Be able to offer extracurricular activity programs for elementary, middle, and high school students before and after school with physical activity clubs or intramural programs, in a variety of supervised activities.
- Encourage socially desirable behavior involving physical interactions with others.
- Promote physical activity outside the school day with an additional minimum of 60 minutes of activity of which 20 minutes are vigorous physical activity and 40 minutes are moderate physical activity.

- 4. Health Education:** The district shall adopt grade-level mandated health education at elementary and secondary levels and professional development for staff. This curriculum will align or surpass the requirements of the California Education Code and the guidelines of the National Health Education Standards (CA Ed Code 51210 and 51210.4; 51930-51939; AP 4188, 6298). The goals for Health Education are:
- The district shall support an integrated health education curriculum that is designed to motivate and help students maintain and promote their health, prevent disease and injury, and reduce or eliminate behaviors that put their health and safety at risk.
  - The district aims to have comprehensive health education taught in Health Education classes or self-contained multiple subject classes.
  - The district shall support the use of school property for school gardens that promote nutrition education and physical activity as well as explore and establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate. Instructional gardens will be integrated with other subject areas to enhance student learning.
- 5. Health Services:** The Health Services program is designed to promote and support health and well-being for all students and staff. The goals for Health Services are:
- Provide care for minor illness/injury, emergency services, and chronic conditions, as needed to promote optimum health of students and staff.
  - Optimize the early recognition of mental and physical health problems by all staff who directly encounters students. While staff are not responsible for detecting or diagnosing health problems, the goal is to optimize the chance that staff will know how to respond if they notice symptoms that are concerning to them..
  - Increase outreach to students and their families, including linkages to community-based social and health agencies and provide information on affordable health insurance plan enrollment.
- 6. Safe School Environment:** The district shall provide a safe and secure learning environment for all students and staff. The goals for a Safe School Environment are:
- Maintain safe and healthy school campuses for all students.
  - Employees will promptly report workplace safety concerns.
  - Schools' physical environments will be designed to facilitate healthy behaviors.
- 7. Social-Emotional Wellness:** The district shall provide students and staff with resources to enhance social and emotional wellness. The goals for social-emotional wellness are:
- Provide students with tools to develop life skills.

- School sites will have methods and procedures for screening and early identification of behavioral problems.

**8. Staff Wellness:** The district recognizes that all employees are involved in setting the culture and tone of the educational process. The goals for Staff Wellness are:

- Improve employee wellness awareness in order to motivate each employee to improve his/her own health.
- Work collaboratively with the Voluntary Employee Benefits Association Program (VEBA) and/or health insurance providers about opportunities that exist to improve employee physical and mental health.

**9. Family/Community Involvement:** The district will encourage consistent health and wellness messages between the home and school environment. The goals for Family/Community Involvement are:

- Encourage parents to provide a healthy diet and promote physical activity for their children.
- Establish and maintain relationships with community partners.
- Work with community partners to provide information about existing opportunities and services within the community that support healthy living for students, staff and parents.

## **B. REQUIRED ACTION STEPS FOR SCHOOLS**

- All schools shall comply with the federal, state and local laws in order to maintain compliance for nutrition guidelines and fundraising activities.
- School meals will meet or exceed local, state, and federal nutrition statues and regulations.
- Provide a comprehensive and sequential physical education program for students in Grades 9-12 that includes the eight core content areas as described by California Code of Regulations, Title 5 Section 10060.
- Physical education instruction at the elementary level will include at least 200 minutes of instruction each ten school days (EC 51210) for all students, including students with disabilities, special health care needs, and those in alternative education settings.
- Physical education instruction at the secondary level will include at least 400 minutes of instruction for each 10 school days for all students in Grades 6-12 that don't qualify for an exemption, including students with disabilities, special health care needs and those in alternative education settings (EC 51222).
- FITNESSGRAM physical performance test shall be administered in grades 5, 7, and 9 by a credentialed teacher during the district approved testing window (EC 60800). Exemption from courses in physical education will be provided for two

years anytime during Grades 10–12 upon passing 5 of 6 subtests on the FITNESSGRAM.

- Comply with California Ed Code 32280, dealing with the preparation of “Safe School Plans.”
- Review the Framework for Wellness, developed by the District Coordinated School Health Council (CSHC).
- Establish a School Site Wellness Council (SSWC). This committee should have representation from school site employees, classified and certificated, that have a direct impact on students’ physical, mental-emotional, nutritional, and educational well-being.
- School Site Wellness Councils will complete school-wide assessments, and based on results, will develop and implement action plans relative to their school health and wellness needs.

### **C. IMPLEMENTATION AND EVALUATION**

Every school in the district will implement the Wellness Policy using the Framework for Wellness as a guide. Each School Site Wellness Council will conduct an annual review of its school’s progress and report results to the District Coordinated School Health Council. The District Coordinated School Health Council, in coordination with the Health and Wellness Coordinator, will review and utilize data provided by the School Site Wellness Councils as well as other data currently collected by the district for evaluation purposes. These data may include reports on attendance, health office visits, disciplinary measures, physical education state fitness test results, and food service data.

The “Wellness Policy” and the corresponding “Framework” will be evaluated every three years. The review and evaluation will focus on policy effectiveness and impact. Evaluation tools may include surveys as well as observation and interviews from district schools. Updates to the “Wellness Policy” and “Framework” will be made as appropriate.

### **D. IMPLEMENTATION TIMELINE**

**Year One:** District Coordinated School Health Council will create/identify an assessment tool to be used by the schools to monitor their efforts to improve student and staff wellness.

**Year Two:** All schools will implement all required components of the wellness policy and complete the assessment tool.

**Year Three:** Schools will develop an action plan based on their results from the assessment tool and begin implementation of this action plan. This action plan may be incorporated into their Single Plan for Student Achievement or Safe School Plan.

**Annually:** Schools will follow their action plans and revise them, with consultation available from the District Coordinated School Health Council, and based on the outcomes of their ongoing evaluation process.

**Legal References:**

Education Code

32280 Comprehensive School Safety Plans  
33350-33354 CDE responsibilities re: physical education  
48900 Grounds for suspension/expulsion  
48901 Prohibition against tobacco use by students  
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  
51210 Instructional Minutes for Grades 1-6  
51210.4 Course of study  
51220 Course of study, Grades 7-12  
51222 Physical education  
51223 Physical education, elementary schools  
51225.3 High school graduation requirement  
51795-51796.5 School instructional gardens  
51880-51921 Comprehensive health education  
51930-51939 Sexual health education  
60800 Physical Performance Testing

Health and Safety Codes

104420 Tobacco  
104495 Tobacco  
119405 Tobacco

Code Of Regulations, Title 5

10060 Physical Education

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 20

6083 Nonsmoking policy for children's service's

7100-7117 Safe and Drug Free Schools and Communities Act  
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

Code of Federal Regulations, Title 21

1140.1-1140.34 Unlawful sale of cigarettes and smokeless tobacco to minors