

St. Helena USD

Student Wellness

BP 5030

Students

Preamble

The Child Nutrition and WIC Reauthorization Act of 2004 established a requirement that all schools and districts with federally-funded school meal programs adopt wellness policies. The law requires that these policies must, at a minimum:

1. Include goals for nutrition education, physical activity, and other school-based activities that promote student wellness.
2. Establish nutrition guidelines for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
4. Establish a plan for measuring the impact and implementation of the local wellness policy.
5. Involve parents, students, and representatives of the school authority, school board, school administrators, and the public in development of the local wellness policy.

To help ensure the health and well-being of each student attending the St. Helena Unified School District, and to provide guidance to school personnel in the areas of nutrition, health, physical activity, and food service, the Board of Trustees encourages teachers, principals and food service employees to recognize the lunch period as an integral part of the educational program of the District and to work to implement the goals of this policy.

The St. Helena Unified School District desires to be fully compliant with the federally mandated requirements, and also wishes to assume a leadership role in adopting best practices in student wellness. This policy outlines the District's approach to providing opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;

- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion, and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times per year, to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (primary, elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, school health services staff [e.g. nurses), mental health and social services staff [e.g. school counselors and psychologists), school administrators (e.g. superintendent, principal, vice principal), school Board members, health professionals (e.g. dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will monitor each school’s compliance with the policy.

The name, title, and contact information of this/these individual is:

Name	Title	Email address	Role
	Chief Business Official	_____@sthelenaunified.org	District Wellness Committee Facilitator

The principal of each school will serve as the site’s wellness policy coordinator, who will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.sthelenaunified.org.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in May, and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school’s progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader identified in Section I; and
- Information on how individuals and the public can get involved with the DWC.

The annual report will be available in English and Spanish.

The District will actively notify households/families of the availability of the annual report.

The DWC will establish and monitor goals and objectives for the District’s schools, specific and appropriate for each instructional unit (primary, elementary and secondary) for each of the content-specific components listed in this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment is the Chief Business Official.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach, and Communications

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information to parents/guardians through district or school newsletters, food service menus, handouts, parent/guardian meetings, the district or school web site, and other communications as often as practicable. Outreach to parents/guardians shall emphasize the relationship between student health, good nutrition, and academic performance.

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for the St. Helena Unified School District. The public will be notified about the content of or any updates to the wellness policy annually, at a minimum; and will be informed about the availability of annual and triennial reports. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. The District will follow its standard communication protocols for communicating important school information to parents and the community (e.g. through the District website at www.sthelenaunified.org).

III. Nutrition

The Board shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting 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 promote optimal health and support health education programs throughout TK-12 curriculum. The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District supports sustainable organic agriculture. Therefore, the Director of Food Services is encouraged to develop and implement a plan to integrate local sustainable food into the meals served to our students. The plan will seek to minimize or eliminate the use of potential harmful food additives; prepackaged and processed foods, such as bovine growth hormones, irradiation, hydrogenated oils, dyes, high fructose corn syrup, and chemicals; and known genetically modified foods.

The Food Service team is encouraged to serve food prepared using scratch cooking methods as labor allows and where practicable. Where appropriate and practicable, the Board supports receiving the USDA commodity allocation of a given food item in its unprocessed or non-diverted form.

The Board will ensure that an economically sustainable meal program that provides a healthy nutritious lunch that is available to every student at every school so that students are prepared to learn to their fullest potential, and that no student in the St. Helena Unified School District goes hungry while in school.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP), The District also participates in the After-School Snack Program (ASSP), and shall explore the possibility of providing additional nutrition-related programs and activities. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least eight of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional ideas; and to encourage high school students to remain on campus during lunch.
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
 - Students are provided with adequate time to eat during the instructional day

Environment

Meals served to students shall be attractively presented given labor, facilities, and other considerations. It shall be the responsibility of the school staff to maintain pleasant environments where food is served. It shall also be the responsibility of school staff to encourage good manners and mutual respect between students where food is served and at all times throughout the school day. Sufficient time shall be provided for students to eat their meals.

School staff will be encouraged to support the concept that healthy eating in an attractive environment is an important element in students' academic success.

Participation and Privacy

Maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan. To the extent possible, the District takes steps beyond those required by Federal law/regulation to protect the privacy of students who qualify for free or reduced-price meals, in order to help eliminate the stigma of accepting "free" lunch.

Parent Communication

Information about the District's Food Services program, including free/reduced lunch eligibility and applications, are available at each school site, in the district office, and on the website at www.sthelenaunified.org. Nutrition information for school meals (e.g. calories, saturated fat, sodium, sugar) is also available on the website.

Staff Qualifications and Professional Development

The Director of Food Services and all cafeteria staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). The [USDA's Professional Standards for School Nutrition Standards website](#) provides resources for training that meets their learning needs.

Water

To promote hydration, all school eating areas shall contain free, safe unflavored drinking water sources that are available throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

Celebrations and parties. The District recognizes that class parties are a tradition in public education. Parents and staff are encouraged to provide party snack items that are consistent

with the goals of the District's wellness policy, and all efforts shall be made to hold parties after the lunch hour so that students will have a chance to eat a nutritious lunch instead of filling-up on party snacks.

1. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages advertised or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be advertised or promoted to students.

Food advertising/marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable

equipment over time so that decisions about the replacement include compliance with the marketing policy.)

- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings, on school television or radio, the District website, or through announcements on the PA system.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

Fundraising

When food and beverages are sold as part of a fundraiser on school campuses during the school day, parents and staff will be encouraged to sell items that meet or exceed the USDA Smart Snacks in Schools nutrition standards. All efforts shall be made to hold such fundraisers after the lunch hour so that students will have a chance to eat a nutritious lunch instead of filling-up on snacks. The District will make available to parents and teachers a list of healthy fundraising ideas (e.g. from the [Alliance for a Healthier Generation](#) and the [USDA](#)).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The Board shall adopt goals for nutrition education and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1751 Note)

The District's nutrition education program shall be sequential and comprehensive in scope, and shall be based on research, consistent with the expectations established in the State's curriculum frameworks and content standards, 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 TK-12 and, as appropriate and practicable, shall be integrated into other academic subjects in the regular educational program. Eating experiences, gardens, cooking classes, and nutrition education shall be integrated into the curriculum at all grade levels, to the extent possible.

The District aims to teach, model, encourage, and support healthy eating by students; engaging in nutrition promotion through science and physical education curricula (and through health education in the seventh and ninth grades) that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the 7th-9th grade health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)

- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

BOARD POLICY 5030 DRAFT – SECTION IV/V

IV: Physical Activity

The Board shall adopt goals for physical activity and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate. (42 USC 1751 Note)

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities; and the District is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

School staff will be encouraged not to withhold or use as punishment for any reason physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education). This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The Board of Trustees recognizes the positive benefits of physical activity for the health of all students, teachers, staff, and administrators. In addition, recognizing that physical education is crucial in support of academic achievement and an integral part of a child's education, the District will provide opportunities to ensure students engage in healthful levels of physical activity in order to promote and develop the student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). Physical education teachers in the District will hold the teaching credentials required for their position, and shall be provided with physical education training opportunities on a regular basis.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students, including maintaining an appropriate teacher-student ratio; and will adapt physical education classes and equipment as necessary.

All District primary and elementary students in each grade will receive physical education for at least 200 minutes every 10 days throughout the school year. The K-5 physical education curriculum in use in the District is entitled “Sports, Play, Active Recreation” (SPARK). Middle school students receive 250 minutes of physical education each week, and are required to take the course each year. High school students in the District also receive 250 minutes of physical education each week, and are required to take two years of physical education. Physical education exemptions, waiver and substitution requirements are addressed in SHUSD Board Policy 6142.7 – Instruction (Physical Education).

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

The Superintendent or designee shall also report to the Board on the implementation of this policy as it relates to physical activity, including but not limited to, the number of minutes of physical education instruction offered at each grade span, the number and type of exemptions granted from physical education, and the District's results on the State's physical fitness test.

Essential Physical Activity Topics in Health Education

To the extent practicable, the District will include in the health education curriculum the following essential topics on physical activity, when health curriculum is taught:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan

- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

To the extent practicable, the primary and elementary schools will offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Teachers are encouraged to build hand-washing time, as well as time to put away coats/hats/gloves, into the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing professional development opportunities and resources to the extent possible; including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school through the District's after school enrichment program, and team sports at the secondary level.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District encourages this behavior by designating safe or preferred routes to school, and engaging in promotional activities whenever feasible, such as participation in International Walk to School Week, National Walk and Bike to School Week.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting to the extent feasible, not just in the cafeteria, at other food and beverage venues, and in physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts within various subjects; with consultation provided by either the school or the District's curriculum experts.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities as appropriate.

Joint Use/Facility Use Agreements

The Board may enter into a joint use or facility use agreement to make district facilities or grounds available for recreational or sports activities outside the school day, and/or to use community facilities to expand students' access to opportunity for physical activity.

Community Partnerships

The Board recognizes that the District's schools are part of a larger community, to model and actively practice through policy and procedures the promotion of family health, physical activity, good nutrition, nutrition education and sustainable agriculture.

The Board further recognizes that the sharing and enjoyment of food are fundamental experiences for all people and primary ways to nurture and celebrate our cultural diversity.

These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds and strengthening communities.

The District will build relationships to the extent possible with partners (i.e. hospitals, universities/colleges, local businesses, national/state organizations, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Communication

To encourage consistent health messages between the home and school environment, the Superintendent or designee shall disseminate health information to parents/guardians through district or school newsletters, food service menus, handouts, parent/guardian meetings, the district or school web site, and other communications as often as practicable; following established District communication protocols. Outreach to parents/guardians shall emphasize the relationship between student health, good nutrition, and academic performance.

Community Health Promotion and Engagement

The District will promote to parents/guardians, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed about and invited to participate in school-sponsored student or family events and activities, which will include nutrition and physical activity components to the extent possible; and will receive information about health promotion efforts.

As described above under "Communications," and in the "Community Involvement, Outreach, and Communications" subsection, the District will follow its standard communication protocols for communicating important school information to parents and the community (e.g. through the District website at www.sthelenauunified.org).

Student/Staff Social-Emotional Wellness

The District provides students and staff with resources to enhance social and emotional wellness. These resources include psychological and counseling services for students, positive behavior and character education curriculum, and an employee assistance program for staff.

Staff Wellness and Health Promotion

The Superintendent or designee shall encourage staff to serve as positive role models. To the extent possible, schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Professional Learning

When feasible, the District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into the curriculum). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Posting Requirements

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Policy ST. HELENA UNIFIED SCHOOL DISTRICT

adopted: April 13, 2017, St. Helena, California