



Student Policies BP 20-13

Board Policy: Local Wellness Policy

Belief Statement

The GCC Board is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Intent

This policy is intended for schools within the GCC that operate their own school nutrition program outside of another sponsoring agency. The purpose of this policy is to ensure a school environment that promotes and supports student health and wellness and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the California School Code, and current state legislation. The policy includes, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness and nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

Rationale

A disturbing number of children are inactive and/or do not have healthy eating habits. The Centers for Disease Control and Prevention latest data indicates 34 percent of children and adolescents are overweight and 17 percent are obese. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004 ². Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Nutrition Education

Every year, all students, kindergarten through grade 12 shall receive nutrition education that aligns with the health education curriculum standards and guidelines as stated by the California State Department of Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate resources.

Physical Education

The GCC shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the California Content Standards and consistent with the high school graduation requirements.

Every year, all students, kindergarten through grade 12 shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The GCC shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The GCC shall encourage students to make nutritious food choices. The GCC shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

Other School-Based Activities

The GCC may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The superintendent or designated staff member shall implement this policy and ensure it is being managed and enforced. The superintendent or designated staff member shall develop and implement regulations consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The superintendent or designated staff member shall report to the board, as requested, on the GCC's programs and efforts to meet the purpose and intent of this policy.

Board Approved: November 5, 2013