

## Wellness Policy on Physical Education and Nutrition

### Policy Statement:

The Santa Cruz County Office of Education (SCCOE) Governing Board recognizes that providing healthy and nourishing foods and appropriate physical activity for students promotes student attendance, education, achievement, and lifelong healthy habits.

The Board is committed to maintaining class site environments that promote and protect student health by providing appropriate nutrition education, physical education, a variety of healthy food and beverage choices, and encouraging all SCCOE student programs employees to model healthy behaviors.

Therefore it is the policy of the Governing Board that:

- SCCOE programs will engage students, parents, teachers, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing student nutrition and physical activity policies.
- All students attending the SCCOE student programs will have opportunities, support, and encouragement to be physically active on a regular basis.
- A variety of nutritional foods and beverages will be offered to students during the school day when appropriate.
- To the maximum extent practicable, all school sites will participate in available federal school meal programs.
- Sites will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and the system will establish relationships between health education and school meal programs with community collaboration.
- Establishment of a plan for measuring implementation of the policy, including the designation of one or more persons in the County Office of Education and at each school site charged with operational responsibility for ensuring that this policy is implemented

### Monitoring and Policy Review:

1. The program director shall designate a member of the administrative staff who shall monitor compliance with this policy and related procedures. The superintendent shall establish regulations which implement this policy. Such designee shall annually report to the superintendent regarding program compliance with this policy and related procedures

9.2(b)

2. The program director or designee will ensure compliance with established Wellness Policy. At each site, the head teacher or designee will ensure compliance with those policies at his/her school and will report the site's compliance to the program director.
3. The program director or designee will develop a summary report every three years on program compliance with the established school Wellness Policy based on input from each program site. The report will be provided to the county superintendent and access will be available to any interested parties.

Adopted: 9/21/06

## Administrative Regulations

AR 5030(a)

### Wellness Policy

#### Nutrition

The Santa Cruz County Office of Education student programs aim to teach, encourage and support healthy eating by students. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all site staff are encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt and implement a comprehensive plan to encourage healthy eating that includes:

- A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious food
- Pleasant eating areas for students and staff with adequate time for unhurried eating
- An overall school environment that encourages students to make healthy food choices
- Opportunities and encouragement for staff to model healthy eating habits
- Services to ensure that students with nutrition-related health problem are referred to appropriate services for counseling or medical treatment

#### Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch and Breakfast Program will be in compliance with existing Board Policy 3550 and Administrative Regulation 3550(a).

**School Meals.** Meals served through the National School Lunch and Breakfast Programs will:

- Be attractive and appealing to students
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Serve only low-fat (1%) and fat-free milk
- Offer a variety of fruits and vegetables
- Ensure that half of the served grains are whole grain

**Free and Reduced-priced Meals.** Class sites will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as classroom breakfast.

**Teenage Parents Program.** The Alternative Education Teenage Parent Program ensures that both students and their children receive breakfast, lunch and snack during the school day.

**Food Bank.** Each class site supplements meals with food from the food bank.

**Sharing of Foods and Beverages.** Due to concerns about allergies and other restrictions on some children's diets, students will be discouraged from sharing their food or beverages with one another.

**School-Sponsored Events.** To support children's health and school nutrition education efforts, school fundraising activities involving the direct sale of food to children at school or school-sponsored events will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Program administrators will make available a list of ideas for acceptable fundraising activities.

**Snacks.** Snacks served during the school day or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**Food as rewards.** Every effort should be made to limit use of foods or beverages as rewards to those items that meet the criteria of our nutrition policy to the extent possible to meet educational goals.

## **Nutrition and Physical Activity Promotion**

The SCCOE programs will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill as necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;

## **Physical Activity Opportunities and Physical Education**

### **Physical Education (P.E.)**

- Each Alternative Education Program student must pass twenty (20) semester units of physical education unless exempted pursuant to provisions of the California Education Code.
- Physical education programs will provide students with developmentally appropriate activities and use a variety of teaching methods based on each student's individual needs.
- Teachers plan physical education programs for all students, regardless of race, gender, home language, disability, culture or economic background
- Adaptations to or modifications of the program, activities, or types of equipment in order to accommodate all students
- The foundation of the physical education programs offered are the National Standards from NASPE.
- During the month of May, students in grades 7 and 9 shall undergo the physical performance testing designated by the State Board of Education. Students with a physical disability and students who are physically unable to take all of the test shall undergo as much of the test as their physical condition will permit. (Education Code 60800)

**Daily Recess.** During recess, students have the opportunity to participate in physical activity.

**Physical Activity Opportunities After School.** An interscholastic sports league is offered in the Alternative Education Program curriculum.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

