

**STUDENTS**

**Wellness**

**Belief Statement**

The Board of Education of Tustin Unified School District 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**

The purpose of this policy is to ensure a total 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<sup>2</sup>. 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.

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**Nutrition Education**

Every year, all students, pre-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 district 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, pre-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 district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices. The district 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 district 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 district superintendent or designated staff member shall implement this policy and measure how well it is being managed and enforced. The district superintendent or

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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 district superintendent or designated staff member shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

### **References**

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. [www.cdc.gov/products/pubs/pubd/hestats/overwgt99.htm](http://www.cdc.gov/products/pubs/pubd/hestats/overwgt99.htm)
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss>

### **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  
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