Students

Student Wellness

The Board is committed to the optimal development of every student through a coordinated school health approach. The Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting proper nutrition education and physical activity for all students in San Mateo County Office of Education (SMCOE) programs. In addition, the Board believes that creating positive and safe learning environments, which promote physical, emotional, and mental health gives students the opportunity to achieve personal and academic success.

Wellness Committee Role and Membership

The Superintendent or designee shall encourage teachers, staff, parents/guardians, students, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, periodic review, and update of the district's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent or designee may appoint a school health council or wellness committee whose membership shall include representatives of these groups and will meet up to two times per year. The committee will provide feedback for ongoing updates to the policy based on community needs; new health and science information, the emergence of new technologies; and new Federal or state guidance or standards.

Nutrition Education, Physical Activity, and Other Wellness Goals

The Superintendent shall establish nutrition promotion and education, physical activity, and other school-based activities that promote student wellness (42 USC 1758b). The county’s nutrition education and physical education programs 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 include, but not be limited to, information about the benefits of healthy eating for learning, disease prevention, weight, and oral health as part of the health education program in grades PK-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program.

All students in grades PK-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity that is appropriate to the grade levels, program placements and needs of individual students shall be provided through one or more of the following activities: physical education; recess;
Students

Student Wellness

athletic programs; extracurricular programs; before-school and/or after-school programs; and/or other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development shall be offered to health education and physical education teachers, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

To reinforce the county’s nutrition education program SMCOE prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

The Superintendent or designee may disseminate health information and/or the county’s student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, county and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

Nutritional Guidelines for Foods Available at School Programs

SMCOE shall adopt nutritional guidelines consistent with 42 USC 1773 and 1779 and federal regulations for all foods available at its programs during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

Foods and beverages available to students in County programs should support the health curriculum and promote optimal health. Nutritional standards adopted by SMCOE for all foods and beverages sold to students, including foods and beverages provided through SMCOE’s food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards.

The Superintendent or designee shall encourage program organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage program staff to avoid the use of non-nutritious foods as rewards for students' academic performance, accomplishments or classroom behavior.
Students

Student Wellness

School staff shall encourage parents/guardians or other volunteers to support SMCOE’s nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance.

In order to maximize SMCOE's ability to provide nutritious meals and snacks, all SMCOE programs shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

Program Implementation and Evaluation

The Superintendent or designated staff shall build a coordinated school program health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The Superintendent shall establish a plan for measuring implementation of this policy.

The Superintendent shall designate at least one person in SMCOE and one person in each program to have operational responsibility for ensuring that each program implements this policy.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years and report to the Board on the implementation of this and other Board policies related to nutrition and physical activity.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of SMCOE activities related to student wellness. Such indicators may include, but are not be limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
San Mateo County Board of Education Policy

Students

Student Wellness

2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records

3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards

5. Results of the state's physical fitness test at applicable grade levels

6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

7. A description of other county or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years. The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

Each program shall post SMCOE's policy and any administrative regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

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

Legal References:

**EDUCATION CODE**
- 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 Childcare food program
- 49547-49548.3 Comprehensive nutrition services
- 49550-49561 Meals for needy students
- 49570 National School Lunch Act
- 51210 Course of study, grades 1-6
- 51220 Course of study, grades 7-12
- 51222 Physical education
- 51223 Physical education, elementary schools
- 51880-51921 Comprehensive health education

**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

Adopted SMCBE: 09/03/08
Revised: 06/21/17