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 be interactive and participatory and be taught in a sequential and comprehensive manner to 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 and address agriculture and the food system.

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; athletic programs; extracurricular programs; before-school and/or after-school programs; and/or other structured and unstructured activities. Whenever possible, students will be encouraged to walk and bicycle to school.
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Nutrition Education, Physical Activity, and Other Wellness Goals (continued)

The Superintendent or designee shall encourage staff to serve as positive role models. They 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. They also shall encourage program staff to avoid the use of non-nutritious foods as rewards for students' academic performance, accomplishments or classroom behavior.

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
Students

Student Wellness

Nutritional Guidelines for Foods Available at School Programs (continued)

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.

Free drinking water will be available during meals.

Food Safety

Students will be educated about the importance of washing their hands frequently for general health purposes and encouraged to wash their hands prior to meals.

Students shall be discouraged from sharing food and beverages with other students.

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.

Social and Emotional Wellness

Schools will provide a positive school climate that fosters an appreciation of diversity of race, gender, sexual orientation, abilities/disabilities, class, culture, language, size, age and other physical factors. Students will learn to respect the differences of others and how to build positive interpersonal relationships.

Guidance and support to students, including counseling services, as well as links to appropriate school and community resources will be available at each school.

Tobacco Use Prevention

Tobacco use continues to be the number one cause of preventable death in the United States and around the world. Tobacco killed one hundred million people worldwide in the 20th century and is on track to kill one billion people in the 21st century.\(^1\)

School staff will deliver tobacco use prevention education in classrooms, conduct schoolwide screenings, hold youth and parent education groups, work with school staff to identify high-risk students and provide resources for cessation services as needed.

\(^1\) Campaign for Tobacco Free Kids. (2015).
San Mateo County Board of Education Policy

Student Wellness

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, social and emotional wellness, 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
2. An analysis of the nutritional content of school meals and snacks served in all SMCOE 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. Student participation rates in tobacco use prevention and social emotional wellness programs and activities offered at the schools.
8. A description of other county or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate
Student Wellness

Program Implementation and Evaluation (continued)
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.

USDA Non Discrimination Statement
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
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USDA Non Discrimination Statement (continued)

(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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

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