

Shasta Union High School District

Board Policy

Student Wellness

BP 5030

Policy SHASTA UNION HIGH SCHOOL DISTRICT adopted: April 9, 2024. Resolution 24-052.

This posted wellness policy is a condensed version of the SUHSD Wellness Policy found on the district website under Nutrition services tab.

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

1. School Wellness Council

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy.

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

2. Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, and summer learning programs.

All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, in-class physical activity breaks, and other structured and unstructured activities.

3. Professional Development

Professional development will be required for the nutrition program director, managers, and staff in compliance with USDA requirements. Health education teachers, physical education teachers, coaches, activity supervisors, and other staff will be given training to enhance their knowledge of student health and wellness.

To ensure that students have access to comprehensive health services, the district will provide access to health services at or near district schools and/or will provide referrals to community resources.

4. Nutrition Guidelines for All Foods Available at School

To maximize the district's ability to provide nutritious meals and snacks, all district schools will participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs. When approved by the California Department of Education, the district may sponsor a summer meal program.

The district will ensure that all foods and beverages available to students on the school campus during the school day will support healthy eating and meet the USDA Smart Snacks in Schools nutrition standards. The district will adopt specific nutrition guidelines and follow federal regulations which support the promotion of student health and the reduction of childhood obesity.

5. Other Food Sales

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

He/she also will encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff will encourage parents/guardians or other volunteers to support the district's nutrition education program by selecting Smart Snacks to donate for occasional class parties. Class parties or celebrations will be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

6. Nutrition Program Compliance

The Superintendent or designee will assess the implementation and effectiveness of this policy at least once every three years. The assessment will include the extent to which district schools are following this policy, the extent to which this policy compares to the Alliance for a Healthier Generation's model, and a description of the progress made in attaining the goals of the wellness policy.

Policy SHASTA UNION HIGH SCHOOL DISTRICT adopted April 9, 2024 Redding, California