

Federal Public Law (PL 108.265 Section 204) states that by The first day of the 2006 school year beginning after June 30, 2006, all schools must have in place a local wellness policy developed with the involvement of parents, students, a representative from school food service, school board, school administrators and the public.

## Students

### STUDENT WELLNESS

#### Integrated Wellness Policy for Nutrition Education, Physical Activity, Food on Campus and other School-Based Activities

The Redwood City School District is committed to creating a healthy school environment through an integrated and coordinated school health program that promotes healthy eating and physical activities to support student achievement and enhance the development of lifelong wellness practices. The Governing Board recognizes that healthy, active, and well-nourished children and youth are more likely to attend school and are more prepared and motivated to learn. In addition, the Governing Board acknowledges the increasing rates of childhood obesity and eating disorders and recognizes that an integrated wellness plan can help reduce the health risks associated with these conditions. The Board also believes that activities set forth in this policy shall help students understand and accept individual differences in the growth and development and decrease stigmatization or discrimination of others based on body type.

The District will maintain a Wellness Committee which will continue to monitor and adapt this integrated wellness policy.

Decisions regarding the allocation of resources to implement the Student Wellness Policy will be made in the context of all the district's goals and will be determined by available resources. Efforts will be made to engage the community in the successful implementation of the Wellness Policy and to seek out funds from additional sources, including grants and contributions from the private sector.

To further the goals of this wellness policy, it is the intent of the Governing Board that the District provides classroom-based nutrition education in grades K-8, the opportunity for students to

be physically active on a regular basis and serve foods during the school day with consideration for promoting student health.

#### Goals for Nutrition Education

The RCSD Nutrition Education program will:

- a. Integrate current, scientifically accurate content that adheres to the US Department of Agriculture Dietary Guidelines and other evidence-based instructional strategies.
- b. Encourage experiential learning opportunities and culturally relevant participatory instructional strategies.
- c. Involve families and community members.
- d. Utilize campus facilities to support the concepts promoted through the program.

#### Goals for Physical Education and Physical Activity

Physical Education is a planned sequential program of curricula and physical activity that develops the knowledge, skills, and confidence necessary for an active lifestyle.

Physical activity provides students with opportunities for structured or unstructured activity on a daily basis.

RCSD will provide Physical Activity and Physical Education programs to:

- a. Establish physical activity as a priority that is to be included in each school day.
- b. Identify and address potential barriers to providing regular physical education and physical activity at each school site.
- c. Maximize use of existing facilities to promote children being safely active on a daily basis in all types of weather.

- d. Attempt to offer a range of activities that meet the needs, interests and abilities of all students and which are enjoyable, playful, develop basic skills and are not only competitive.
- e. Integrate fitness education and individualized assessment/feedback to help students understand, improve and/or maintain their physical well-being.
- f. Work towards expanding opportunities for students to participate in extracurricular physical activity through clubs, intramural programs and special events.
- g. Ensure that school staff do not use physical activity, or withhold opportunities for physical activity, or recess, on a regular basis as punishment.

#### Goals for Food and Beverages Sold at School Sites

The District's standards for foods and beverages sold on campus are described below:

- a. Foods and beverages offered within the School Meal Program shall meet or exceed all applicable federal, state and local requirements.
- b. Foods and beverages that do not meet nutrition guidelines as established by federal and state requirements will not be sold or marketed on school campuses in any way.
- c. Individual food items sold outside the federal reimbursable meal programs shall meet local, state, and federal requirements.
- d. The term "sold" refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- e. The food service department has the sole authority to sell food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals.

- f. Food service staff will work with teachers to engage students and parents, in selecting foods offered through the school meal programs.
- g. Ensure that all children have the opportunity to eat breakfast at school, in order to meet their nutritional needs and enhance their ability to learn.
- h. Schools 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.
- i. Schools in which more than 50% of students are eligible for free or reduced-price school meals and which are designated a Summer School Site will sponsor the Seamless Summer Feeding Option.

#### Goals for other School-based Wellness Activities/Programs

The Wellness Committee will continue to work to develop goals and request administrative regulations be adopted in regards to areas of student and school community wellness to include, but not be limited to, emotional health, stress management, oral health, student safety, drugs and alcohol, violence prevention and building respect for self and others.

School district staff should not use food or beverages as a reward for student accomplishments on a regular basis, nor withhold food or beverages as punishment.

#### Measurement and Enforcement

The superintendent or her/his designee will ensure compliance with established, district-wide wellness policy and accompanying administrative regulations. Administrative regulations will be developed to ensure that information will be gathered to assist the Board and district in evaluating implementation of these policies.

Policy adopted: June 28, 2006