

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS  
FRESNO COUNTY BOARD OF EDUCATION**Student**  
**STUDENT WELLNESS**

The County Superintendent and County Board recognize the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students of County Superintendent/County Board schools. The County Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and behavioral counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the County Superintendent or designee may disseminate health information and/or student wellness policy to parents/guardians through newsletters, handouts, parent/guardian meetings, web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The County Superintendent or designee shall permit 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 student wellness policy.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The County Superintendent shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

County Superintendent/County Board 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 provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs and summer learning programs.

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

**FRESNO COUNTY SUPERINTENDENT OF SCHOOLS  
FRESNO COUNTY BOARD OF EDUCATION**

The County Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

**Nutritional Guidelines for Foods Available at School**

For all foods available on each campus during the school day, the County Superintendent shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773 and 1779, and which support the objectives of promoting student health and reducing childhood obesity.

The County Superintendent and County Board believe that foods and beverages available to students at County Superintendent/County Board schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the County Superintendent for foods and beverages provided to students, including foods and beverages provided through the food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

To reinforce the nutrition education program, the County Superintendent prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages in County Superintendent/County Board facilities during the school day.

In order to maximize the ability to provide nutritious meals and snacks, the County Superintendent shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the County Superintendent may sponsor a summer meal program.

The County Superintendent shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

**Program Implementation and Evaluation**

The County Superintendent designates the Deputy Superintendent, Educational Services to ensure that each school site complies with this policy. The Deputy Superintendent can be reached at (559) 265-3090.

The Deputy Superintendent, Educational Services, shall assess the implementation and effectiveness of this policy at least once every three years.

The assessment shall include the extent to which County Superintendent/County Board schools are in compliance with this policy, the extent to which this policy compares to model wellness

**FRESNO COUNTY SUPERINTENDENT OF SCHOOLS  
FRESNO COUNTY BOARD OF EDUCATION**

policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

The Deputy Superintendent, Educational Services shall invite feedback on County Superintendent program wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Deputy Superintendent, Educational Services, shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which County Superintendent/County Board schools and programs are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

**Posting Requirements**

Each school site shall post a summary or complete copies of the County Superintendent/County Board policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Adopted: 12/08/2011

Amended: 01/21/2016, 10/15/2020

**Legal Reference****Education Code**

33350-33354 CDE responsibilities re: physical education  
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 Child care food program  
49547-49548.3 Comprehensive nutrition services  
49550-49561 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
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  
51795-51796.5 School instructional gardens  
51880-51921 Comprehensive health education

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS  
FRESNO COUNTY BOARD OF 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:  
1758b 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

Court Decisions

Frazer v. Dixon Unified School District (1993) 18 Cal.App.4th 781

**Management Resources**

CSBA Publications

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009  
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009  
Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007  
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007  
Physical Education and California Schools, Policy Brief, rev. October 2007  
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006  
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

California Department Of Education Publications

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009  
Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education, January 2005  
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

California Project Lean Publications

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS  
FRESNO COUNTY BOARD OF EDUCATION

Center for Collaborative Solutions

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

Centers For Disease Control and Prevention Publications

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

National Association of State Boards of Education Publications

Fit, Healthy and Ready to Learn, 2000

U.S. Department of Agriculture Publications

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

Websites

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>