

Palo Verde Unified SD

Board Policy

BP 5030
Students

Student Wellness

Policy Intent/Purpose:

The Palo Verde Unified School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

Goals for Nutrition Education and Physical Activity:

The Nutrition and Physical Activity Policy will ensure that all students in the Palo Verde Unified School District will have the opportunity to receive the following:

1. High quality, nutritious food, while in school including during classroom activities.
2. Nutrition education in the classroom.
3. Standards-based physical education and physical activity at all grade levels.

Goal 1: High quality, nutritious foods while in school

The Superintendent, through the Food Service Director, shall ensure the meals offered by the District's Food Service Program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

All food available to students on school premises during school hours, including food sold by the Food Services Department, through vending machines and by student sales, will meet or exceed nutritional standards established by the State of California.

Parents/guardians/teachers are encouraged to support the District's nutrition education efforts by considering nutritional quality when selecting snacks which they may provide for occasional class parties. No carbonated beverages are to be served to students (grades pre-K-12) at class parties. Food for class parties shall be prepared and stored to assure food safety. By the 2006-2007 school year, sales of carbonated beverages to students during school hours shall be phased out.

Goal 2: Nutrition/Wellness Education

Students in pre-kindergarten through grades 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the Food Service staff and teachers.

Goal 3: Physical Activity

The Board of Education recognizes that student academic performance, behavior and health status are compromised by physical inactivity and enhanced by consistent, quality physical activity. Research indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity, some cancers, diabetes and other chronic diseases.

It is the District's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. As budget allows, the Board will review and consider implementing Physical Activity and Fitness Education Program improvements.

Nutrition and Physical Activity Committee:

The membership of the Nutrition and Physical Activity Advisory Committee shall include, but need not be limited to, Governing Board members, school administrators, food service directors, food service staff, other staff, parents/guardians, students, physical and health education teachers, health care professionals and interested community members. (Ed Code 49433) The Committee shall meet at least twice a year to evaluate the policy and revise as needed to comply with current legislation. The Chairperson of this Committee will report annually to the School Board on compliance with this policy.

All family groups within the District (i.e. parent clubs, sports booster clubs, etc.) will be informed of this policy and receive information of healthy ways to do fundraising and offer refreshments for meetings that present a healthy message. Teachers will receive information on appropriate food for the classroom.

Regulation PALO VERDE UNIFIED SCHOOL DISTRICT

Approved: January 10, 2006