

OAK PARK UNIFIED SCHOOL DISTRICT BOARD POLICY

Series 5000

Students

BP 5030(a)

School Wellness

The mission of the Oak Park Unified School District is to provide students with a strong foundation for learning, which meets the challenge of the present and of the future through a balanced education, that includes academic achievement, personal growth and social responsibility. As part of this mission, the District supports and strives to model a healthy environment where children learn positive lifestyle and dietary practices leading to habits that will carry throughout their lifetimes.

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as vital components of the total learning environment. It is the goal of the District to have schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity, and schools cannot achieve their primary mission of education if students are not healthy and fit physically, mentally, and socially.

In addition, the District recognizes the role of the school as part of the larger community to help eradicate the pervasive public health problem of childhood obesity. As a component of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265: Section 204), the U.S. Congress established a requirement that all school districts with a federally funded school meal program form a Wellness Committee.

It is the desire of the Oak Park Unified School District that:

- The District will engage students, parents, teachers, child nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet new guidelines set forth in this policy and also meet or exceed the nutrition state and federal guidelines.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education for both students and families, and provide physical education to all students in order to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

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(cf. 0000 - Vision)
(cf. 0100 - Philosophy)
(cf. 0200 - Goals for the School District)
(cf. 1325 - Advertising and Promotion)
(cf. 3312 - Contracts)
(cf. 5141.6 - Student Health and Social Services)
(cf. 6010 - Goals and Objectives)
(cf. 6142.7 - Physical Education)
(cf. 6142.8 - Comprehensive Health Education)

Preamble

Whereas, a healthy diet and physical activity are needed in order for children to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood; and,

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Therefore be it resolved, the Oak Park Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Nutritional Quality of Food and Beverages Sold and/or Provided on Campus

OPUSD is committed to providing students with foods and beverages of optimal nutritional value. All foods served will meet or exceed nutrition requirements established by local, state and federal statutes and regulations as well as meeting new district standards outlined in Administrative Regulations.

The District shall also establish procedures and standards to be used for food given to students either as a reward or a celebration, food sold at fundraisers, and food sold on campus by groups other than Child Nutrition including vending machines and student stores.

(cf. 1230 - School-Connected Organizations)

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Nutrition/Health Education Goals

The Oak Park Unified School District policy aims to teach, encourage and support health-promoting behaviors in students and staff. To meet these goals the Board has established guidelines to promote student learning, environmental responsibility and waste reduction, communications with parents, food marketing in schools, and staff wellness in Administrative Regulations.

Goals for Physical Education and Physical Activity

Schools in the district will provide all students in kindergarten through grade twelve (K-12) the opportunity, support, and encouragement to be physically active on a regular basis through a variety of physical education instruction and physical activity programs. Physical Education instruction will include fitness-based activities that are fun and strongly encourage student involvement. The largest emphasis will be placed on personal fitness in all classes. All programs will work towards students achieving an active lifestyle and the development of life-long healthy habits.

The Board has established guidelines on physical education, curriculum and instruction, facilities for physical education instruction, assessment of student learning, professional development, goals for student learning, physical activity, daily recess, integrating physical activity into the classroom, opportunities for physical activity before and after school, safe routes to school, use of school facilities outside of school hours, student safety during physical activity, physical activity for school staff, and goals for other school-based activities in Administrative Regulation.

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

Formation of a Wellness Council

The District will form a Wellness Council which will implement, monitor, and, as necessary, strengthen all components of the Local Wellness Policy.

The committee will be comprised of district administrators, a member of the Board, teachers, the school nurse, the child nutrition director, parents, members of the community, and students and will serve as a resource to school sites for implementing and monitoring the District Wellness Policy.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

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Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 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

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

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

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A

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Guide to Local Action, 2000

WEB SITES

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

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

California Department of Health Services: <http://www.dhs.ca.gov>

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

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

Centers for Disease Control and Prevention (CDC): <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: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Adopted: 10-18-05

Amended: 5-16-06

