

BAY AREA SCHOOL DISTRICT-Board Policy BP 5030

Students Wellness-excerpt-Administrative Regulations will be implemented to reinforce Board Policy 5030:

Ensure No Student Goes Hungry

Within existing budgetary constraints, i.e. with no additional outlay of district funds:

Comment [A1]: Weak language

1. Streamline the application process for students in foster care if feasible according to State law.
2. Direct Certification of Homeless Students, Migrant Education Students, and those students currently receiving aid County (Food Stamps, Cal Works, Kin GAP, etc.)
3. Annual direct mailing of application to families at beginning of school year.
4. Increase communication to those families who qualified for free/reduced meals in prior school years but have not applied for current school year.
5. The District shall collaborate with community food and nutrition programs to educate students, their families, and District staff about non-school based meal programs like Food Stamps, Food Banks, WIC (Women, Infants, & Children) Program, community supported agriculture, Farmer's Markets, Nutrition Education, and Healthcare.
6. The District shall expand Universal Meals Program when financially feasible. The Universal Meals Program provides meals for all students at no charge.

Comment [A2]: Strong language

Comment [A3]: Strong language

Comment [A4]: Weakens previous language

Comment [A5]: Preamble

Introduction

The Governing Board of the School Board recognizes that wellness is fundamental to student learning and achievement. Children who are physically and emotionally healthy are ready to grow, learn, and achieve success.

Comment [A6]: Links student health to academics

The Wellness Policy addresses student vulnerability to childhood obesity and the chronic illnesses associated with it. It also addresses other aspects of wellness, including emotional and physical safety, staff wellness, health education, and disease prevention. This comprehensive policy supports all aspects of health and fitness and lays the foundation for a more successful school district. The Wellness Policy encompasses six distinct but inter-related policy areas: (1) Nutrition; (2) Physical Education and Physical Activity; (3) Health Education; (4) Safe and Healthy School Environments; (5) Student Wellness Services; and (6) Staff Wellness.

Comment [A7]: Establishes District commitment to health

The Superintendent of Schools or designee shall be responsible for implementation and coordination of the Policy. The Superintendent or designee is urged to consult and confer with a broad range of stakeholders interested in the effective implementation of the policy.

Comment [A8]: Strong statement

Comment [A9]: Weak statement. Perfect opportunity to require the establishment and involvement of a broad-based Wellness Council

The Board recognizes that it is the District's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of healthy families and staff, physical activity, good nutrition, and safe and healthy school environments.

The Board further recognizes that the sharing and enjoyment of nutritious and appetizing food and beverages, and participation in physical activity, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

Through this Wellness Policy:

- All students shall have the opportunity to consume healthy food and beverages and receive quality physical education in school. **Comment [A10]:** Strong
- Every school shall be a safe, clean, and healthy place for children and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character. **Comment [A11]:** Strong
- All students shall be taught the essential knowledge and skills they need to become “health literate” – that is, to make health-enhancing choices and avoid behaviors that can damage their health and wellbeing. **Comment [A12]:** Strong
- Each school shall be organized to reinforce students’ adoption of health-enhancing behaviors, and school staff shall be encouraged to model healthy lifestyles. **Comment [A13]:** Strong
- School leaders shall ensure that the nutrition, health services, and social services that children need in order to learn are provided at the school site and in partnership with parents and community agencies. **Comment [A14]:** Strong

The Superintendent of Schools or designee shall be responsible for the oversight, implementation and evaluation of the District’s Wellness Policy. The Superintendent or designee shall prepare an Annual Progress Report on implementation of the Wellness Policy – successes and/or failures – and, if findings warrant, recommend policy amendments to the Governing Board. **Comment [A15]:** Strong **Comment [A16]:** Would be strengthened by the establishment of a Wellness Council to assume these duties

Nutrition

Ensure No OUSD Student Goes Hungry: The District shall strive to strengthen its outreach to students and their families to ensure that all eligible students are enrolled in free/reduced meal program. The District shall ensure that all students have access to nutritious lunches throughout school year and via summer meal program. The District shall make every effort to ensure that all students have access to nutritious school breakfast and after school snacks. **Comment [A17]:** Nutrition Education Goal and Guidelines Would be strengthened by specifically stating that it applies to classroom, cafeteria and before and after school programs **Comment [A18]:** Weak; Better to say “shall strengthen”

Nutritional Standards: The District shall provide food and beverages that promote good health and meet or exceed all State and Federal requirements. **Comment [A19]:** Strong

Food & Beverages Served/Sold: All foods and beverages sold, served, or otherwise made available on campus, including those provided by District meal programs, a la carte, fundraising, and in vending machines shall comply with this Wellness Policy and with all State and Federal requirements.

Comment [A20]: Strong

Vending Machines: The District shall implement a district wide Vending Machine Program that places exclusive authority over all vending activities under control of District administrators.

Comment [A21]: Strong

Community & Customer Collaboration: The District shall collaborate with community organizations, parents, students, and staff to ensure active participation and input regarding meal services.

Comment [A22]: Strong

Environmental Impact: To the maximum extent possible under existing budgetary constraints and recognizing the Results Based Budgeting process, the District shall use bio-degradable, compostable, or recycled disposable supplies.

Comment [A23]: Weakens the strong language that follows

Fundraising Efforts: The foods and beverages sold at fundraisers shall reinforce classroom nutrition by modeling and promoting healthy behaviors. Food and beverages sold as part of fundraising efforts shall meet or exceed nutritional standards of the Wellness Policy and CURFFL (California Uniform Retail Food Facility Law) standards.

Comment [A24]: Strong

Comment [A25]: Strong

Rewards: Food offered to the students and employees of the district during the day as an incentive or reward for performance shall be consistent with the standards of this Wellness Policy. The withholding of food as punishment for students is prohibited.

Comment [A26]: Strong

Celebrations: Food and beverages served as part of a celebration held on school grounds (i.e., birthday parties, dances, etc.) shall meet or exceed nutritional standards of the Wellness Policy and CURFFL (California Uniform Retail Food Facility Law) standards.

Comment [A27]: Strong

School Gardens: The District shall make every effort (within existing budgetary constraints) to establish a garden (tilled ground, raised bed, container, nearby park, community garden, farm, or lot) for each school site of sufficient size to provide students with experiences in planting, harvesting, preparation, serving, and tasting foods. Each school site with a school garden shall seek to find a volunteer garden coordinator.

Comment [A28]: Strong

Comment [A29]: Weakens previous strength

Comment [A30]: Strong language with an out for district

Meal Service & Time: It is the intent of the District to provide adequate time during the lunch period for students to purchase a meal, eat their meal without rushing, and to clean up after themselves. The District shall provide adequate facilities for students to consume their meals. The District shall provide adequate adult supervision during meal service.

Comment [A31]: Weak

Comment [A32]: Strong

Comment [A33]: Strong

Advertising Guidelines: The District shall not allow advertising of food and beverage items that do not meet the nutrition standards of the Wellness Policy.

Comment [A34]: Strong

Physical Education and Physical Activity

The Physical Education program shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

Comment [A35]: Required Component

Comment [A36]: Does not specify minutes as referenced in California Ed. Code

Comment [A37]: Strong

Comment [A38]: Strong

The Governing Board recognizes the positive benefits of physical activity for student health and academic achievement. Besides promoting high levels of personal achievement and a positive self-image, Physical Education activities should teach students how to cooperate in the achievement of common goals.

In accordance with state law, instruction in Physical Education shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in grades 1-6 (exclusive of recesses and the lunch period) and not less than 400 minutes each 10 school days for students in grades 7-12. The District recognizes that physical fitness and motor development of children in schools is of equal importance to that of core elements of the curriculum, and therefore shall be enforced with the same rigor.

Comment [A39]: Strong

Comment [A40]: Strong

Physical Education shall be taught by a credentialed teacher.

Comment [A41]: Strong

The District will make every effort, under existing budgetary constraints, to employ a single subject credentialed teacher in Physical Education to provide instruction in Physical Education for each class of grades 1 to 6, inclusive, within any elementary school in the district for a total period of time of not less than 200 minutes each 10 school days, exclusive of recesses and the lunch period.

Comment [A42]: Weak language

The District will make every effort to provide each teacher providing instruction in Physical Education to any of grades 1 to 6, inclusive, within any elementary school in the district with yearly theoretical and practical training in developmentally appropriate Physical Education as set forth in the Physical Education Framework adopted by the State Department of Education.

Comment [A43]: Weak language

Under existing budgetary constraints, all teachers assigned to deliver Physical Education instruction shall receive focused, ongoing, professional development related to curriculum, instruction and assessment in Physical Education.

Comment [A44]: Conditional

Comment [A45]: Strong except for conditional language

The Board shall approve the components of the Physical Education program. The district's program shall include a variety of kinesthetic activities, including team and individual sports, lifetime sports and activities, as well as aesthetic movement forms, such as dance.

Comment [A46]: Strong

Comment [A47]: Strong

The District shall adopt the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve. The District shall also implement the contents of the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.

Comment [A48]: Strong language

Comment [A49]: Strong language

Appropriate interventions, adaptive equipment, and/or an alternative activity shall be provided for students with a physical disability or medically diagnosed health limitations, behavior disorders, and cognitive delays that may restrict excessive physical exertion.

Comment [A50]: Strong language

Physical Education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

Comment [A51]: Strong language

Health Education

Comment [A52]: Optional Component

Instruction Comprehensive Health Education

The Governing Board believes that health education is essential to student performance and academic success. Health education should build resiliency and foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach nutrition and healthy food choices, the value of physical activity, personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products and services.

The district shall provide a planned, sequential health education curriculum for students in grades K-12 that is research based and age appropriate. The content of health instruction shall be offered in accordance with law, Board policy, fiscal constraints, and administrative regulation and the Health Framework for California Public Schools, Grades K-12.

Comment [A53]: Strong language

Comment [A54]: Strong language

Comment [A55]: Weakens a strong statement

The Board intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.

Comment [A56]: Strong language

Healthy and Safe School Environment

Comment [A57]: Optional Component

The Governing Board recognizes that students and staff have the right to a safe and secure campus where they are free from environmental, physical and psychological harm. The Board shall identify and address potential risks to health and the environment and shall ensure that environmental resources are used in a responsible manner. In addition, the Board is fully committed to maximizing school safety and to creating a positive learning environment that teaches strategies for violence prevention and emphasizes high expectations for student conduct, responsible behavior and respect for others.

Comment [A58]: Strong language

1. Social & Emotional

- a) Each school must provide a learning environment for every student, teachers, and staff that is safe, orderly, caring, respectful, and equitable and will incorporate social and emotional learning into their curriculum for each grade level.
- b) Conflict resolution must be taught at all grade levels.
- c) Bullying will not be tolerated at any school site. Discipline for bullying shall aim at behavioral change rather than punitive.
- d) The District prohibits firearms or weapons on school campuses.
- e) The District prohibits discrimination or harassment of any kind.
- f) The District prohibits sexual harassment of any kind.
- g) Each site must protect students, teachers, and staff from hate -motivated behavior through appropriate sensitivity training and diversity education.
- h) Each school must develop a process for discipline and use preventative measures and positive conflict resolution techniques.
- i) Multiethnic cultural awareness is taught at all grade levels and integrated in all curricula to foster intercultural understanding, communication, and respect in an increasingly diverse society. Diversity training will be provided to staff and families whenever possible.
- j) School sites will find alternatives to suspensions by implementing policies and programs especially in cases of defiance of authority, profanity, and fighting. Sites will provide programs that teach conflict resolution skills aimed at changing root attitudes and behavior rather than being punitive. These programs must promote maximum classroom time and must be implemented equitably. School sites are encouraged to provide staff development training in conflict resolution and positive discipline whenever possible.
- k) School sites shall create a plan in School Site Council to encourage parent involvement.
- l) Every effort shall be made to alert families of all available resources and services. For example, mental health services, health clinics etc.
- m) Signage shall be visible and available in the school's primary languages to promote safety, communication, and respect for all.

Comment [A59]: All statements are strong with the exception of the one noted below.

Comment [A60]: Weak statement

- n) Parent letters and other information related to students and families shall be translated in languages reflective of the student population.
- o) Each principal shall ensure the development of a comprehensive site level safety plan. The safety plan must include social and emotional environment.

2. **Physical Environment**

Comment [A61]: All statements are strong with the exception of the one noted below.

- a) Each principal shall ensure the development of a comprehensive site level safety plan. The safety plan must consider safe physical environment, assuring each student a safe, respectful, accepting, and emotionally nurturing environment.
- b) The District shall implement appropriate practices to minimize the risk of harm to students and prevent student injury including practices relative to school facilities and equipment, outdoor environment, educational programs, and school sponsored activities.
- c) Staff shall be responsible for student safety and supervision during school. Copy of rules shall be sent home. Students shall receive instruction on topics related to safety, injury and disease prevention.
- d) Each principal shall ensure compliance at the school site with all relevant laws, policies and plans addressing safety in emergency and disaster situations. The District shall ensure compliance by all schools in the district through an annual audit that shall be provided to the oversight committee to be included in its report to the School Board
- e) The Districts shall establish regulations to prevent and or reduce environmental hazards. Areas of concern shall include but not be limited to heating, ventilation, building materials, cleaning materials, equipment, vehicles, and outdoor pollutants. BP3514.
- f) The district will adopt an integrated pest management program to eliminate potentially hazardous chemicals from school sites to ensure the health and safety of the staff and students.
- g) The superintendent or designee shall develop an integrated waste management program to reduce waste, conserve natural resources and protect the environment.
- h) The District will make every effort to educate staff, students, and parents/guardians about asthma and will establish management and support systems for students with asthma.

- i) School sites shall be clean. No student, teacher, or staff should be required or permitted to be in any place which is unsafe or unhealthful. Sites shall provide an environment for students, teachers, and staff that are conducive to learning.
- j) Each school shall ensure that there is a clean and safe play environment which includes climbing elements, space to run and play active sports as well as encourage non-sport activities. When possible, grass or other natural elements should be integrated into play yards to offer non-asphalt or cement play environments.
- k) Each school shall make every effort to work with the City to provide viable and safe walking and/or bicycle paths to and around the school when possible.

Comment [A62]: Weak statement

Student Wellness

Comment [A63]: Optional Component

The District recognizes that good health is a prerequisite to optimal learning and that schools can help students achieve academic success by participating in efforts that promote good health. The District defines health in a broad sense as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health services is one of the important elements of a comprehensive approach to promoting health and preventing disease and disability in children and youth and maintaining attendance, which is associated with success in school.

Comment [A64]: Reaffirmation of the connection between health and academics

The District will continue its commitment to students' health in an equitable manner through the institution of such programs as Healthy Start and after-school programs, early care and education programs, school-based/school-linked health services, child nutrition services, counseling services, dental services, vision and hearing services, and immunization programs.

The District acknowledges that while our schools play a critical role in helping children access health care services, it is essential to achieve this in collaboration with local agencies and community-based organizations. It is only through the shared responsibility and collective action of schools, local agencies and/or community-based organizations that we can ensure positive outcomes for our children and youth.

Because good physical and mental health are critical to a student's ability to learn, the District believes that all students should have access to comprehensive health and social services. The District desires to collaborate with local and state health, mental health and social service providers in order to offer integrated services in or near district schools; and to provide necessary nursing and other health care services in an equitable manner to all students with needs for such services.

Comment [A65]: Reaffirmation of the connection between health and academics

In the context of the Coordinated School Health Model, the District insures this access by: providing mandated health services directly to students; making available physical space where cooperating organizations such as school-based health centers and public health departments can provide easily accessible health care services to students; and

working with other organizations and parents/guardians to insure student and staff access to health care services both on and off-site.

Staff Wellness

Comment [A66]: Optional Component

The Governing Board of District recognizes that the success of district students and programs hinges on effective personnel. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and welfare of students. The district's personnel policies and related regulations shall be designed to ensure a supportive, positive climate and shall be consistent with collective bargaining agreements and in conformance with state and federal law and regulations.

Comment [A67]: Strong language

Comment [A68]: Strong language

- The work environment shall support wellness in both the physical environment and the workplace climate.
- Staff shall have access to physical and mental health assessments and resources.
- Staff shall have opportunities for physical activity.
- Food and beverages served, sold or made otherwise available to staff shall comply with district nutrition standards.
- Staff shall be encouraged to model this policy and other aspects of healthy behavior in the workplace.

Comment [A69]: All strong statements

The Board will support a coordinated program of wellness and health promotion services as specified in board policies and addressing primary prevention, risk reduction, chronic disease management and an employee assistance program for staff. Further, the Board will make every effort to collaborate with community-based organizations and coalitions to bridge and augment school district resources in order to promote wellness, provide direct mental and/or physical health care services, and opportunities for health education of staff.

Comment [A70]: Strong language

Comment [A71]: Could be stronger

The Board recognizes the powerful influence that district staff and other adults have on the health and well-being of students. To that end, the Board encourages staff to take every opportunity to model health and wellness for students. Further, the Board also encourages the participation of parents and other community members in promoting the health and wellness of students.

The Board recognizes that every employee has a stake in the district's successful operation. The Board encourages all district employees to express their ideas, concerns and proposals related to the improvement of working conditions and the total educational program. No employee shall be discharged or discriminated against for participating in any activities related to health, safety or wellness.

Comment [A72]: Though these statements contain "encourage" language, given what can be required of staff, this is a strong recognition by the board of the importance of the topic.