

**STUDENT WELLNESS**

**Preamble**

Whereas healthy children are the foundation of a healthy society and;

Whereas, children need access to healthful foods and opportunities to be physically active in order 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;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, each day, students and their families trust that the foods offered at school are wholesome and safe;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school gardens can provide students with experiences in planting, harvesting, preparation, serving and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with the core curriculum, and articulated with state standards;

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

Thus, the Encinitas Union School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn to their fullest potential by supporting healthy eating and physical activity. Therefore, it is the policy of the Encinitas Union School District that:

The school district will engage students, parents, staff (or teachers and support staff), food service professionals, health professionals, and other interested community members in developing, implementing, modeling and actively practicing,

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as well as monitoring and reviewing district-wide nutrition and physical activity policies.

- All students in Preschool through Grade 6 will have opportunities, support, and encouragement for moderate to vigorous physical activity on a regular basis to promote and develop the student's physical, mental emotional, and social well-being.
- Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*, and seek to meet higher nutritional standards such as those recommended in the Harvard School of Public Health "*Healthy Eating Pyramid*".
- 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; 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.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education as well as the core curriculum of science, math, language arts, history, geography, and social studies and school meal programs, and with related community services.

**Vision**

The Governing Board recognizes that there is a link between nutrition education, the food served in schools, physical activity, and the environmental education, and that wellness is affected by the all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for district students. Encinitas Union School District shall build a coordinated school health system that supports and reinforces health literacy through the core curriculum as well as health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

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### **Goals for the Encinitas Union School District**

The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, 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 in Preschool through Grade 6 and, shall be integrated into core curriculum and offered through before-and after-school programs.

- All students in Preschool through Grade 6 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, recess, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.
- The District shall encourage staff to serve as positive role models and shall promote and/or provide opportunities for regular physical activity among employees.
- Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
- To encourage consistent health messages between the home and school environment, the District may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
- The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.