

Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 02/09/2017 | **Last Revised Date:** 05/08/2025 | **Last Reviewed Date:** 05/08/2025

Overview

The Gold Trail Union School District Wellness Policy recognizes the link between student health and learning and desires to promote healthy eating and physical activity for district students, faculty and staff. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians, and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

Our goal in physical education is to help students become more efficient movers and informed decision makers. Fostering a love of movement will increase the likelihood that students will continue to enjoy physical activity as a lifelong pursuit. Students will be offered a variety of opportunities to be physically active, including physical education, recess, after-school physical activity programs and health education that includes physical activity as a main component.

Nutrition Education is designed to help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors.

Healthy eating is associated with reduced risk for many diseases, including several of the leading causes of death: heart disease, cancer, stroke, and diabetes. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental issues, iron deficiency, and osteoporosis.

As such, food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and provide students with access to a variety of nutritious and appealing foods that meet the health and nutritional needs of students.

Information pertaining to the National School Lunch and Breakfast programs, including eligibility for free and reduced meals, will be made available on the GTUSD website and sent home as a flyer in the beginning of each academic year. Additionally, the Food Services Manager will be made available as a resource to families navigating this information.

(c.f. 1020 – youth services)
(cf. 3513.3 – tobacco free schools)
(c.f. 3514 – environmental safety)
(c.f. 5131.61 – drug testing)
(c.f. 5131.62 – tobacco)

(c.f. 5131.63 steroids)
(c.f. 5141 – health care and emergencies) (c.f. 5141.22 - infectious diseases)
(c.f. 5141.3 – immunizations)
(c.f. 5141.32 – health screening for school entry)
(c.f. 5141.6 – school health services)
(c.f. 6142.1 – sexual health and HIV/AIDs prevention education)
(c.f. 6164.2 – guidance/counseling services)

Community Involvement & Notification

The Superintendent or designee encourages 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 implementation, periodic review and update of the district's student wellness policy. (42 USC 1758b, 7 CFR 210.31). Additionally, the superintendent and principals shall be responsible for making sure the LSWP is implemented district-wide.

The Superintendent has appointed DAC, whose membership includes representatives of these groups. He/she may also invite participation of other groups or individuals such as educators, curriculum directors, counselors, before and after-school program staff, health practitioners, and/or others interested in school health issues. This committee may also include the planning, implementation, and evaluation of activities to promote health within the district and wider community.

A letter will be sent to the community via email and will be posted in a central area around the campuses that invites parents and community members to join the DAC committee. Parents, students, representatives, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development and implementation of the LSWP. Afterwards, the LSWP will be posted online as well as the triennial progress report created by the DAC committee.

Nutrition Education, Promotion & Implementation

The board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the board shall review and consider evidence-based strategies and techniques. (42 USC 1758b, 7 CFR 210.31)

(c.f. 0000 – vision)
(c.f. 0200 – goals for the school district)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the states curriculum frameworks and content standards, and shall be designated to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(c.f. 6011 – academic standards)
(c.f. 6142.7 – physical education and activity) (c.f. 6142.8 – comprehensive health education)
(c.f. 6143 courses of study)

The nutrition program shall include, but not be limited to, information about the benefits of healthy

eating for learning, disease prevention, weight and oral health for all K-8 grade levels. Nutrition education shall be provided as part of the health education program and be integrated into other academic subjects in the regular educational program, before and after-school programs, summer learning programs, and school garden programs.

Additionally, field trips to Wakamatsu Farm, or neighboring Fog Dog Farm are encouraged as part of students' education on local agriculture, where their food comes from, and the food system as a whole. Cafeteria staff will also make available information to students and parents about the procurement of local produce and American-made products. The Board reinforces the program by prohibiting the marketing and advertising of non-nutritious foods and beverages through signage, vending machines, logos, school supplies, advertisements in school publications, free giveaways, or other means.

Nutritional Guidelines for Foods Available at School

All food and beverages sold and consumed on campus as part of a school activity, fundraiser, breakfast or lunch service, or classroom activity shall meet USDA "smart snack" approved standards. Sold means the exchange of a food or beverage for money, coupons, vouchers, or orders. (Education Code 49431.9; 7 CFR 210.31, SSIS, Healthy, Hunger-Free Kids Act 2010).

All student organizations selling foods or beverages to students must follow all competitive food rules including 5 CCR sections 15500–15501; a nonstudent group (e.g., a Parent–Teacher Association) must follow all competitive food rules except 5 CCR sections 15500– 15501. According to sections 15500–15501 student organizations: (1) cannot prepare foods or beverages on school campus, (2) cannot sell the same items or categories that are sold by the food service program, (3) are restricted in the number of sales during the school day, and (4) are restricted in the types or categories of foods and beverages they can sell from midnight to thirty (30) minutes after the end of school.

To see a comprehensive list of competitive food requirements (Smart Snacks), visit:

[Competitive Food Reference - Public Schools - Healthy Eating & Nutrition Education \(CA Dept of Education\)](#)

Guidelines for USDAs Final Rule: Nutrition Standards for all Food Sold in School standards apply to a la carte, in-school stores, snack bars, vending machines, and any other venue where food or snacks may be sold on school campus during the day, including fundraisers.

Staff will reinforce this nutrition education policy by not using food as a reward for students' academic performance, accomplishments or classroom behavior (Education Code 8993).

Parents are encouraged to support the district's nutrition education program by considering nutritional quality when selecting any snack they may donate for occasional classroom functions. And class parties should be held after lunch wherever possible.

(c.f. 5148.2 Before/After School Programs)

(c.f. 6177 – Summer Learning Programs)

(c.f. 1325 – Advertising and Promotion)

For all foods and beverages available on each campus during the school day, the district shall adopt

nutritional guidelines which are consistent with USDA requirements, 42 USC 1758, 1766, 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (41 USC 1758b).

In order to maximize the districts ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, 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 district may sponsor a summer meal program.

Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. [Nutrition Standards for School Meals | Food and Nutrition Service](#)

In order to support the most nutritious meals possible, GTUSD has contracted with Fog Dog Farm, a local farm located across from the Gold Trail School Campus to supply seasonal fruits and vegetables. Fog Dog participates in sustainable practices and operates as a fully organic farm. And to a significant extent, our other produce supplier, Produce Express, utilizes local farms to fulfill our orders as well. And those farms are available upon request. (c.f. 3500 – food service/child nutrition program)

(c.f. 3552 – summer meal program)
(c.f. 3553 – free and reduced meals)
(c.f. 5141.27 – food allergies/special dietary needs)
(c.f. 5148 – child care and development)
(c.f. 5148.3 – preschool/early childhood education)

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food service program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

(c.f. 3312 – contracts)
(c.f. 3554 – other food sales)

The Superintendent or designee shall encourage school organizations to use health food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(c.f. 1230 – school-connected organizations)

Access to Healthy Beverages

The Superintendent or designee shall provide access to free potable water during meal times in the food service area in accordance with Education Code 38036 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. Water bottle refill stations have been made available throughout the school to support continuous consumption of water.

Any juice served as part of the NSLP will contain at least 50 percent juice, no added sweeteners, and be less than or equal to 8 fluid ounce serving size.

Physical Activity

All students in grades K-8 shall be provided with 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 activities, 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.

Physical education is a standards-based curriculum that promotes lifelong and safe physical activity designed to develop movement skills, physical fitness, rhythm and dance, sports skills, as well as to enhance social and emotional abilities.

Schools are encouraged to provide all students in grades K-8 the opportunity and support to be physically active on a regular basis through physical education instruction, in-classroom activity breaks and physical activity programs.

The minimum requirements for physical education include:

- A. Instruction for a total period of time not less than 200 minutes each ten (10) school days for students in grades 1-5 and not less than 400 minutes each ten (10) school days for students grades 6-8. Students should be moderately to vigorously active as much time as possible within the physical education class. This includes students with disabilities and/or special health-care needs and those in alternative educational settings. (Education Code 51210, 51222, 51223)
- B. Elementary aged students shall be provided at least 20 minutes of recess daily
- C. Temporary exemptions from physical education are limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program. (Education Code 51241)
- D. Physical education staff appropriately limiting the amount or type of physical exercise required for students during air pollution episodes, hot weather, or other inclement conditions. Indoor classroom space and physical education facilities should be provided.
- E. Physical activity shall never be used as a punishment or for disciplinary actions. For example, students may not be forced to "run laps" as punishment for bad behavior.
(c.f. 5142.2 – safe routes to school program)
(c.f. 6145 Extracurricular and Co-curricular activities)
(c.f. 6154.2 athletic competition)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity. Further, family engagement in healthy eating, nutritional snacks, physical fitness and recreational physical activities shall be promoted. This can include, but is not limited to, walk-to-school programs and

after-school use of facilities for recreational sports.

(c.f. 1330.1 – joint use agreement)

The board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(c.f. 5131.2 – bullying)

(c.f. 5415.3 – nondiscrimination/harassment)

Professional Development

Professional development is a key component of creating a health-focused school community. Therefore, professional development shall be offered annually to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

All school nutrition program directors, managers and staff will meet hiring and annual continuing-education training requirements in the USDA Professional Standards for School Nutrition. The USDA website is available to search for training that meets their learning needs. [Professional Standards for School Nutrition Professionals | Food and Nutrition Service](#)

(c.f. 4131 – staff development)

(c.f. 4231 – staff development)

(c.f. 4331 – staff development)

The Superintendent or designee shall encourage staff to serve as a positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Marketing

The superintendent or designee may disseminate health information and/or the district's student wellness policy to parent/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Additionally, marketing of any food or beverages on campus must comply with USDA “smart snack” approved standards. This applies to any marketing efforts including, but not limited to the GTUSD website, signs, flyers, classroom textbooks, curriculum in any format, intercom announcements, and electronic parent-teacher communication.

(c.f. 1100 – communication with the public)

(c.f. 1112 – media relations)

(c.f. 1113 – district and school websites)

(c.f. 1114 – district sponsored social media)

(c.f. 6020 – parent involvement)

Food Operations Manager will increase NSLP participation through marketing of diverse entrée and side options weekly, inform students and parents of seasonal produce that is being utilized, performing taste tests with student liaisons, and offer menu items that appeal to students.

Healthy fruits and vegetables from local and organic farms will be prominently displayed in the café line and promoted on the school website. Food merchandising, as a tool of marketing, will be of the utmost importance to increase participation the SBP and NSLP.

Student Participation

Student participation in the NSLP and SBP is critical to the program's success. Therefore, it is important that cafeteria staff, Food Service Manager, staff, teachers, parents and administrators support efforts to grow mealtime participation.

A few examples:

Staff and Admin can limit access to competitive foods for on-campus fundraisers and events.

Staff and parents can provide healthy and nutritious "smart-snack" approved foods to classroom parties and home lunches.

Staff and teachers can ensure that all students get the maximum time allotted during meal breaks.

Cafeteria staff should present food in an appealing manner, serving with warmth and hospitality. Staff should also make sure that sufficient quantities are supplied every day so that students do not regularly encounter sold-out items.

The Food Service Director should endeavor to create menus that appeal to student tastes and consider the quality of ingredients when procuring new vendors and items.

Student Participation should be encouraged through taste-testing and active engagement in feedback on menu items.

Teacher Modeling

Staff, teachers and administrators are encouraged to model healthy eating, drinking and physical activity. For example, teachers should only consume healthy beverages such as water or juice, in class. And physical activity equipment should be made available for staff use before and after school. Water and healthy snacks should be provided, when possible, in communal staff areas to encourage healthy eating and drinking. Staff celebrations should also utilize smart snack approved menu items. And all staff has the ability to purchase lunch from the cafeteria.

Right to Privacy

All students that qualify for free and reduced meals will be treated equally in service, quality of food, and will not be distinguished from other students. Their status as free or reduced will not be made public or shared with staff, other than those collecting and processing their applications.

Students with unpaid balances, if applicable, will not be stigmatized or confronted in any way. All correspondence will be made through parents or guardians. Students will receive equal meals and service, regardless of balance.

The cafeterias are cashless. All students, regardless of their status as free or reduced, are given a code to enter at the register.

Program Implementation and Evaluation

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years (42 USC 1758B; 7 CFR 210.31)

The assessment shall include the extent to which the district schools 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. (42 USC 1758b)

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the districts wellness policy conducted by the California Department of Education (CDE) every three years.

Notifications

The superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial assessment. (Education Code 4942; 42 USC 1758b; 7 CFR 210.31) The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals. The school wellness committee (DAC) at each school in the district meets monthly and can address updates and changes as needed.

The superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

Every two-three years, the wellness committee (DAC) will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

Nondiscrimination Statement

In accordance with federal and civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g, Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through Federal Relay Service at (800) 877-8339.

To file a discrimination complaint, a Complainant should complete a form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632- 9992, or by writing a letter addressed to USDA. The letter must contain the complainants name, address, telephone number, and written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Ave, SW
Washington, D.C. 20250-9410; or
2. Fax:
(833) 256-1665 or (202) 690-7442, or
3. email:
Program.intake@usda.gov

This institution is an equal opportunity provider.

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State Description

5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.1-51210.2	Physical education, grades 1-6
Ed. Code 51210.4	Nutrition education

Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education, elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education Federal Description
42 USC 1751-1769j	National School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program Management Resources
Description	
California Department Through Grade 12, 2009 of Public Schools	Physical Education Framework for California Kindergarten

California Department of Education Health Framework for California Public Schools:
Publication Kindergarten through Grade 12, 2003

California Project Lean Publication Policy in Action: A Guide to Implementing Your Local School
Wellness Policy, October 2006

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,
Jan 2015

Centers for Disease Control A Self-Assessment and Planning & Prevention Publication Guide, rev. 2012	School Health Index for Physical Activity and Healthy Eating:
---	---

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

CSBA Publication Collaboration and Community Engagement, 2009	Building Healthy Communities: A School Leader's Guide to
--	--

CSBA Publication April 2013	Increasing Access to Drinking Water in Schools, Policy Brief,
CSBA Publication Governance Brief, April 2016	Integrating Physical Activity into the School Day,

CSBA Publication	Monitoring for Success: A Guide for Assessing and
Strengthening Student Wellness Policies, 2012	

CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010
CSBA Publication	Physical Education and California Schools, Policy Brief, October 2007
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Education Pub	Fit, Healthy and Ready to Learn, rev. 2012 Boards of
U.S. Department of Agriculture	Dietary Guidelines for Americans, 2016 Publication

Websites

<http://www.californiaprojectlean.org/#> <http://www.calsna.org/#> <http://www.ccscenter.org/#>
<http://www.dairycouncilofca.org/#>
<http://www.cspinet.org/nutritionpolicy/nana.html#> <http://www.nasbe.org/#>
<http://www.schoolnutrition.org/#> <http://www.sne.org/#>
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html#> <http://healthymeals.fns.usda.gov/#>
<http://www.actionforhealthykids.org/#> <http://www.healthiergeneration.org/#>
<http://www.cde.ca.gov/ls/nu#> <http://www.cdph.ca.gov/#>
<http://www.ccrcca.org/resources/family-resource-directory/item/california-healthy-kids-resource-center#>
<http://www.cdc.gov/#> <http://www.csba.org/#>

Policy Reference Disclaimer:

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the Governing Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State

5 CCR 15500-15501

Description

[Food sales by student organizations](#)

5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.1-51210.2	Physical education; grades 1-6
Ed. Code 51210.4	Nutrition education
Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education; elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education
Federal	Description
42 USC 1751-1769j	School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program

7 CFR 210.31

[Wellness policy](#)

7 CFR 220.1-220.22

National School Breakfast Program

Management Resources

Description

California Department of Education Publication

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

California Department of Education Publication

Health Framework for California Public Schools: Kindergarten through Grade 12, 2003

California Project Lean Publication

[Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006](#)

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, Jan 2015

Centers for Disease Control&Prevention Publication

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

Court Decision

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

CSBA Publication

[Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009](#)

CSBA Publication

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CSBA Publication

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, 2012

CSBA Publication

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

CSBA Publication

Physical Activity and Physical Education in California Schools, Research Brief, April 2010

CSBA Publication

Physical Education and California Schools, Policy Brief, October 2007

CSBA Publication

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

CSBA Publication

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

CSBA Publication

Integrating Physical Activity into the School Day, Governance Brief, April 2016

CSBA Publication

[Monitoring for Success: A Guide for Assessing and](#)

	Strengthening Student Wellness Policies, rev. 2012
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	CSBA District and County Office of Education Legal Services
Website	California Project LEAN (Leaders Encouraging Activity and Nutrition)
Website	California School Nutrition Association
Website	Center for Collaborative Solutions
Website	Action for Healthy Kids
Website	Alliance for a Healthier Generation
Website	California Department of Education, School Nutrition
Website	Dairy Council of California
Website	National Alliance for Nutrition and Activity
Website	National Association of State Boards of Education
Website	School Nutrition Association
Website	Society for Nutrition Education
Website	U.S. Department of Agriculture, Food Nutrition Service, wellness policy
Website	U.S. Department of Agriculture, Healthy Meals Resource System
Website	California Department of Public Health
Website	California Healthy Kids Resource Center
Website	Centers for Disease Control and Prevention
Website	CSBA

Cross References

Code	Description
0200	Goals For The School District

0460	<u>Local Control And Accountability Plan</u>
0460	<u>Local Control And Accountability Plan</u>
1220	<u>Citizen Advisory Committees</u>
1220	<u>Citizen Advisory Committees</u>
1230	<u>School-Connected Organizations</u>
1230	<u>School-Connected Organizations</u>
1260	<u>Educational Foundation</u>
1325	<u>Advertising And Promotion</u>
1330.1	<u>Joint Use Agreements</u>
1400	<u>Relations Between Other Governmental Agencies And The Schools</u>
1700	<u>Relations Between Private Industry And The Schools</u>
3000	<u>Concepts And Roles</u>
3290	<u>Gifts, Grants And Bequests</u>
3312	<u>Contracts</u>
3452	<u>Student Activity Funds</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.4	<u>Drug And Alcohol Free Schools</u>
3550	<u>Food Service/Child Nutrition Program</u>
3550	<u>Food Service/Child Nutrition Program</u>
3551	<u>Food Service Operations/Cafeteria Fund</u>
3551	<u>Food Service Operations/Cafeteria Fund</u>
3553	<u>Free And Reduced Price Meals</u>
3553	<u>Free And Reduced Price Meals</u>
3554	<u>Other Food Sales</u>
3554	<u>Other Food Sales</u>
3555	<u>Nutrition Program Compliance</u>
3555-E(1)	<u>Nutrition Program Compliance</u>
4131	<u>Staff Development</u>

4231	<u>Staff Development</u>
5113.1	<u>Chronic Absence And Truancy</u>
5113.1	<u>Chronic Absence And Truancy</u>
5131.2	<u>Bullying</u>
5131.2	<u>Bullying</u>
5131.6	<u>Alcohol And Other Drugs</u>
5131.6	<u>Alcohol And Other Drugs</u>
5131.62	<u>Tobacco</u>
5131.62	<u>Tobacco</u>
5131.63	<u>Steroids</u>
5131.63	<u>Steroids</u>
5137	<u>Positive School Climate</u>
5141	<u>Health Care And Emergencies</u>
5141	<u>Health Care And Emergencies</u>
5141.22	<u>Infectious Diseases</u>
5141.22	<u>Infectious Diseases</u>
5141.23	<u>Asthma Management</u>
5141.23	<u>Asthma Management</u>
5141.27	<u>Food Allergies/Special Dietary Needs</u>
5141.27	<u>Food Allergies/Special Dietary Needs</u>
5141.3	<u>Health Examinations</u>
5141.3	<u>Health Examinations</u>
5141.31	<u>Immunizations</u>
5141.31	<u>Immunizations</u>
5141.32	<u>Health Screening For School Entry</u>
5144	<u>Discipline</u>
5144	<u>Discipline</u>
5145.3	<u>Nondiscrimination/Harassment</u>
5145.3	<u>Nondiscrimination/Harassment</u>
5145.6	<u>Parent/Guardian Notifications</u>

5145.6-E(1)	<u>Parent/Guardian Notifications</u>
5145.71	<u>Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures</u>
5145.71-E(1)	<u>Title IX Sex Discrimination and Sex-Based Harassment Complaint Procedures</u>
5146	<u>Married/Pregnant/Parenting Students</u>
5147	<u>Dropout Prevention</u>
5148	<u>Child Care And Development</u>
5148	<u>Child Care And Development</u>
5148.2	<u>Before/After School Programs</u>
5148.2	<u>Before/After School Programs</u>
6020	<u>Parent Involvement</u>
6020	<u>Parent Involvement</u>
6112	<u>School Day</u>
6112	<u>School Day</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.5	<u>Environmental Education</u>
6142.7	<u>Physical Education And Activity</u>
6142.7	<u>Physical Education And Activity</u>
6142.8	<u>Comprehensive Health Education</u>
6142.8	<u>Comprehensive Health Education</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>
6176	<u>Weekend/Saturday Classes</u>
6177	<u>Summer Learning Programs</u>
7110	<u>Facilities Master Plan</u>