

**POWAY UNIFIED SCHOOL DISTRICT
BOARD POLICY**

ARTICLE: 5.0 STUDENT PERSONNEL

Originator: Associate Superintendent
Issue No: 1
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7 CFR 210, 220; EC 8890-
8897, 35182, 49431, 49432,
51222, 51223

SECTION 5.31 SCHOOL WELLNESS POLICY

The District recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The District is committed to providing a learning environment that supports and promotes wellness, proper nutrition, nutrition education, physical education, and regular physical activity as part of the total learning experience. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness; to help reduce childhood obesity; and to meet student wellness requirements contained in federal and state laws.

The Board shall adopt goals for nutrition education, physical education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines appropriate.

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

The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through 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.

The Board shall establish a plan for measuring implementation of the policy and the Superintendent or designee shall report to the Board at least every two years on the progress of this policy.