



# Huntington Beach Union High School District Board Policies and Administrative Regulations

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## Students

### Student Wellness

The Governing Board recognizes the link between student wellness, health and learning and desires to provide a comprehensive program promoting the physical and mental health, the academic success, and healthy eating and physical activity for district students. 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 academic 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.

The Governing Board recognizes the link between employee physical and mental health and wellbeing as vital to the work and the mission of the district. The district's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for Huntington Beach Union High School District employees. The district highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

### School Health Council/Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school nurses, school psychologists, student support psychologists, wellness specialists, school counselors, teachers, school administrators, Board representatives, and members of the public.

The Superintendent or designee shall appoint a school health council or other committees consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, health educators, physical educators, counselors, psychologists, and/or others interested in school health issues.

The wellness committee will analyze data to help identify our students' academic, social, emotional, and behavioral needs to inform the work of the committee. This committee shall advise the district on health-related issues, activities, policies, and programs and make recommendations to help support all students based on the data that is analyzed to the district. At

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the discretion of the Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health and wellness within the school or community.

### Health, Nutrition, Physical Education and Physical Activity Goals

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](#))

The district's health, nutrition and physical education programs shall be based on research, consistent with the expectations established within the state's Health and Physical Education curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

### Nutrition Education

Nutrition education shall be provided as part of the health education program in grades 9-12 and, as appropriate, shall be integrated into core academic subjects.

The district aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
3. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
4. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
5. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
7. Teach media literacy with an emphasis on food and beverage marketing; and
8. Include nutrition education training for teachers and other staff.

All students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical

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### Student Wellness (continued)

education, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

The Superintendent or designee shall encourage all staff to serve as positive role models. They shall promote strategies that increase awareness of healthy behaviors and lifestyles. Opportunities for personal and professional development shall be provided to all staff as necessary to develop and sustain a comprehensive wellness program.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

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.

### Student Support Services

As part of an effective wellness program, the Board recognizes the importance of a comprehensive, integrated system of student support services (i.e. counseling, nursing, psychological, etc.), and community resources to address barriers to learning and promote healthy development.

The district aims to promote students' mental health and academic, social, emotional, and behavioral success. Schools shall make efforts to provide safe, positive school climates for diverse learners. School-wide prevention practices focusing on mental health, resilience, and emotional wellbeing shall be implemented (e.g., Wellness Week, Yellow Ribbon Week, Red Ribbon Week, etc.). The district shall also strengthen family-school partnerships by connecting families with community resources when necessary, and providing opportunities for parents and families to learn how to support their students' overall wellbeing (e.g., Parent University). Certificated and classified staff shall also have access to professional development opportunities in which they can learn strategies to promote comprehensive student wellness. Multi-tiered systems of support will provide targeted support and interventions to all students. School staff will focus on the whole child's academic, behavioral, social and emotional needs.

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### Student Wellness (continued)

#### Food Safety and Sanitation Standards

Food safety and sanitation standards must be followed at all events, in which food is served and/or prepared.

#### School Meals

Our school district is committed to serving healthy meals to children, that meet the current USDA dietary guideline which include plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and/or the School Breakfast Program. All schools within the district are committed to offering school meals through the NSLP and/or SBP programs, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations; (The district offers reimbursable school meals that meet [USDA nutrition standards](#).)
5. Promote healthy food and beverage choices;
6. Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school;
7. The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code [38086](#) and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

#### Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National

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School Lunch and/or School Breakfast Programs, to the extent possible.

Schools shall encourage the student body to eat healthy foods, including the participation in the school meal programs. Other food sales that compete with the participation of students in the meal programs shall be limited as per the Federal and State laws and regulations.

### Nutrition Guidelines for Foods Available at School

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

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties and by limiting foods or beverages that do not meet Smart Snacks nutrition guidelines to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

### Nutrition Promotion

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students at district schools should support the district's 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 service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal Smart Snacks nutrition standards.

Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

The district shall promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

1. Implementing evidence-based healthy food promotion techniques through the school meal programs promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
2. All foods and beverages sold through the cafeteria for the meal programs shall be readily

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### Student Wellness (continued)

available and accessible throughout the campus. Lunch service shall be scheduled in the middle of the school day. Lunch may be served after 10:00 a.m. on minimum days and during final exam and summer school schedules.

3. Adequate time shall be scheduled for students to enjoy eating healthful meals with friends. Lunch schedule shall be a minimum of 30 minutes for regular and modified school days and a minimum of 20 minutes for minimum day and during final exam and summer school schedules.
4. Adequate space shall be available to accommodate all students in a pleasant surrounding that reflects the value of the social aspects of eating. In addition, an adequate number of serving areas shall be provided to ensure student access to school meals with a minimum of wait time.

### Competitive Foods and Beverages

The district is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. To support healthy food choices and improve student health and well being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the extended school day will meet or exceed the USDA Smart Snacks, State nutrition standards and the district policies. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, á la carte options in cafeterias, vending machines, school stores, classrooms and snack or food carts.

### Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, State policy if stricter and district policies. including through:

1. Celebrations and parties.
2. Classroom snacks brought in shall [meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. Foods and beverages shall not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### Fundraising

All foods and beverages sold through fundraisers on the school campus during the school day must meet or exceed the USDA Smart Snacks in Schools, State and district nutrition standards.

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### Student Wellness (continued)

The Superintendent or designee shall advocate that school organizations use healthy food items or non-food items for fundraising purposes. They also shall encourage school staff to model healthy habits and avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior, or physical activity.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for educational classroom components and limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per classroom activity. Class activities or celebrations shall be held after the lunch period when possible.

### Food and Beverage Marketing in Schools

The district is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. It is the intent of the district to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with state and federal regulations and the district's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards or state nutrition standards if stricter. Only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors.
3. Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
4. Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book

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### Student Wellness (continued)

covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the district.

5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

### Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy.

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; results of other surveys; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; students' physical and psychological wellness; school climate; and feedback from food service personnel, school health council, students, parents/guardians, and staff members.

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

The Superintendent designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31)

Director, Student Services  
Educational Services Division  
5832 Bolsa Avenue, Huntington Beach, CA 92649  
(714) 903-7000

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.



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Posting Requirements

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. They shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code [49432](#); 42 USC [1758b](#); 7 CFR [210.31](#))

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education  
38086 Free fresh drinking water  
49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001  
49431.9 Pupil Nutrition, Food and beverages: advertising: corporate incentive programs  
49490-49494 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  
49550-49562 Meals for needy students  
49565-49565.8 California Fresh Start pilot program  
49570 National School Lunch Act  
51210.4 Nutrition education  
51220 Course of study, grades 7-12  
51222 Physical education  
51795-51798 School instructional gardens  
51880-51921 Comprehensive health education

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

1751-1769j National School Lunch Program, especially:  
1758b Local wellness policy  
1771-1793 Child Nutrition Act, especially:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

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210.1-210.33 National School Lunch Program, especially:

210.31 Wellness policy

220.1-220.22 National School Breakfast Program

COURT DECISIONS

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

Management Resources:

CSBA PUBLICATIONS

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

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

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

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

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

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

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

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

Physical Education and California Schools, Policy Brief, rev. October 2007

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

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

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

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

CALIFORNIA PROJECT LEAN PUBLICATIONS

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 in Afterschool Programs, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

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

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

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NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

WEBSITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

Alliance for a Healthier Generation: <http://www.healthiergeneration.org>

California Department of Education, Nutrition Services

Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

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

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

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <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>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

U.S. Department of Agriculture, Healthy Meals Resource System: <http://healthymeals.fns.usda.gov>

Policy Adopted: 6-13-06

Revised: 9-19-23