

**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces healthy 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.

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 web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board shall adopt goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.

**WELLNESS COMMITTEE**

The Superintendent or designee shall appoint a Wellness Committee as required by the Healthy Hunger Act of 2010. The committee shall consist of parents/guardians, students, food service employees, District and school site administrators, Board representatives, health professionals, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues.

The Wellness Committee shall meet at least four times per year in order to establish and monitor goals for the development and implementation of programs and policies related to wellness.

The district shall use newsletters, presentations to parents, or sending information home to parents to ensure that all families are actively notified of the content of, implementation of, and updates to, the wellness policy, as well as how to get involved and support the policy.

The Wellness Committee shall advise the District on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the committee's charge(s) may include the planning and implementation of activities to promote health within the school or community.

The Wellness Committee shall establish and monitor goals for the development and implementation of programs and policies related to student wellness.

**NUTRITION PROMOTION**

Nutrition promotion shall include marketing and advertising nutritious foods and beverages through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and community.

**STUDENT WELLNESS**

Nutrition promotion shall be utilized to positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages. Staff shall create food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

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

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

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 shall occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques;
- Ensuring that 100% of foods and beverages promoted to students meet USDA Smart Snacks in Schools nutrition standards.

**NUTRITION EDUCATION AND PHYSICAL ACTIVITY GOALS**

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 content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

**Nutrition Education Goals**

- a) Nutrition education shall be provided as part of the health education program in grades K-8 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after-school programs.
- b) Nutrition education shall be integrated into curricular areas and will include developmentally appropriate, participatory activities.
- c) Nutrition education shall be linked to the cafeteria through events such as school gardens, farmer's markets, farm to school programs, and other school foods and nutrition related community service opportunities that promote nutrition education
- d) Staff shall be encouraged to integrate hands on experiences with school gardens to include, but not be limited to, composting, planting and harvesting.

**STUDENT WELLNESS**

- e) Nutrition education shall promote fruits, vegetables, whole grain products, proteins, low-fat, low-glycemic, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices including consumption of water, vitamins and minerals.
- f) Nutrition education shall promote a balance between food intake and energy expenditure (physical activity/exercise); links with school meal programs, other school foods, and nutrition related community services; and incorporate media literacy with an emphasis on food marketing.
- g) Nutrition education shall provide parents/guardians nutrition information to support a healthy lifestyle.
- h) The district shall provide resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

**Physical Activity Goals**

All students in grades pre K-8 shall be provided opportunities to be physically active on a regular basis. The physical education curriculum shall promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

- **Daily Physical Education (PE) 1 – 8.** All students in grades 1 – 8, including students with disabilities, special health-care needs, and in alternative educational settings, shall participate in moderate to vigorous physical education for a minimum of 200 minutes every 10 days (Education Code Section 51210) for the entire school year. Instructors of physical education shall be provided the necessary training to be “qualified and trained” physical education teachers. Students shall be expected to participate in moderate to vigorous physical activity during physical education time. Student involvement in other activities involving physical activity (e.g. after-school intramural sports programs) shall not be substituted for meeting the physical education requirement.
- Temporary exemptions from physical education shall be limited to students whose medical conditions do not allow for inclusion in the general, modified, or adapted physical education program.
- **Moderate Physical Activity Defined.** Movement that causes moderate increases in breathing, sweating, and heart rate. Such activities include brisk walking, active play, active housework, and gardening.
- **Vigorous Physical Activity Defined.** Movement that causes heavy breathing and sweating and large increases in heart rate. Examples of such activities include jogging, aerobic dancing, biking, swimming, skating, soccer or other active sports.

**STUDENT WELLNESS****Fitness Data Collection**

Each year, the district shall administer a State physical fitness test to students. Students shall receive their individual fitness test results upon completing the test and a letter with fitness results shall be sent home to parents.

**INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- a) classroom health/nutrition education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- b) schools shall be provided program opportunities to support physical activity on campus (before, during, after school programs);
- c) families shall also be provided program opportunities to support physical activity at home/outside of school (before and after school programs).

**OTHER SCHOOL BASED ACTIVITIES**

All students shall have opportunities for moderate to vigorous physical activity provided through physical education, recess, school athletic programs, extracurricular programs, before-and/or after-school programs, and other structured and unstructured activities.

**Daily Recess**

The District recognizes that recess provides a necessary break in the day for optimizing children's development and that cognitive processing and academic performance depend on regular breaks from concentrated work.

All elementary grades shall offer no less than 15 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal days.

Outdoor recess shall be offered when weather is feasible for outdoor play. In the event that the school or District must conduct indoor recess, teachers and staff shall provide activities that promote physical activity for students to the extent practicable. Recess shall complement, not substitute for, the physical education class. Recess monitors or teachers shall encourage students to be active and serve as role models by being active alongside the students whenever feasible.

**STUDENT WELLNESS****Physical Activity Opportunities Before and After School**

The district shall investigate and implement or support extracurricular physical activity programs, such as physical activity clubs or intramural programs.

The Wellness Committee shall research activities that meet the needs, interests, and abilities of all students. After-school childcare and enrichment programs shall provide and encourage daily periods of moderate to vigorous activity for all participants.

**Active Transport**

The district shall encourage its students to walk or bike to school and shall ensure that it is safe for them to do so. To accomplish this goal, the district shall assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school. The district shall develop partnerships with community organizations, local public works and/or public safety to create and implement a comprehensive active transportation program, such as Safe Routes to School, and to explore the availability of active transportation funds.

**Joint Use Agreements**

The district shall develop joint-use agreements to make district facilities or grounds available for recreational, sports, and other activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity to the greatest extent possible.

**MARKETING FOODS AND BEVERAGES AT SCHOOL**

To reinforce the District's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages for sale on campus during the school day that do not meet nutrition standards.

Principals shall protect and promote students' health by prohibiting the advertising and marketing of non-nutritious foods and beverages during the school day that do not meet the USDA Smart Snacks in School nutrition standards. Advertising and marketing includes, but is not limited to, signage, vending machine fronts, logos, scoreboards/signboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Schools are encouraged to utilize media such as newsletters, signs, school newspapers, websites and other campaigns to disseminate positive messages about nutrition that will reinforce the District goal for nutrition education

Healthy foods, including fruit, vegetables, whole grains, and low-fat and fat-free dairy products, shall be promoted through participatory activities such as taste testing, working in school gardens, field trips to farms, and community gardens. Healthy foods shall also be promoted within the school environment through prominent lunchroom displays, school

**STUDENT WELLNESS**

announcements, posters throughout the school, and other strategies outlined by the Smarter Lunchrooms movement.<sup>1</sup>

The district shall promote after-school sports programs and non-competitive physical activity programs through various methods.

Staff shall also assist in modeling physical activity by participating alongside students in physical activity breaks and when incorporating physical activity into lesson plans.

**COMMUNITY HEALTH ENGAGEMENT**

The district shall promote to parents/caregivers, families, and the general community the benefits of, and approaches for, healthy eating and physical activity throughout the school year. Families shall be invited to participate in school-sponsored physical activity programs and shall receive information about health promotion efforts, including affordable health insurance plan enrollment. School-sponsored events shall feature healthy food and beverage choices and always include encouragement for water consumption.

**STAFF WELLNESS AND TRAINING**

The district shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

The district shall offer annual first aid and cardiopulmonary resuscitation (CPR) training and require district teachers to attend. School staff shall also be notified and trained (as allowed by law) in the use of any necessary medications that students are authorized to carry and/or use.

All Child Nutrition services staff shall receive required annual training in accordance with USDA professional standards requirements. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**NUTRITIONAL GUIDELINES FOR FOODS AVAILABLE AT SCHOOL**

The Board shall adopt nutritional guidelines 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 health curriculum and promote optimal health.

Nutritional standards for all food and beverages including those served in the federally reimbursable meal programs, a la carte food sold by Child Nutrition Services, food sold by student organizations, food sold for fundraisers, and any other food offered to students shall strictly adhere to all laws and regulations of the federal, state, and local governments, as well

**STUDENT WELLNESS**

as the Santee School District Wellness Policy. These regulations shall be in effect for services offered to students from midnight before to one half hour after school.

<https://fns-prod.azureedge.net/sites/default/files/tn/USDASmartSnacks.pdf>

Guidelines for compliant foods and beverages shall be made available to parents/ guardians, staff, and the public by posting on the District's website at the following address: [www.santeesd.net](http://www.santeesd.net)

These standards shall also apply to foods and beverages provided for snacks during both the regular school day and the extended school day, as well as during before-school and after-school programs taking place on school grounds.

**Celebrations & School Sponsored Activities**

Celebrations, or school sponsored activities that include state and federally regulated non-compliant food shall be limited to once per month. When food or beverage items are served as part of an event, they shall be served only after lunch.

**STUDENT REWARDS AND PUNISHMENTS**

Staff and other entities (businesses, sponsors, and/or organizations) are prohibited from using food as a reward for a student's academic performance, accomplishments, or classroom behavior. The district shall emphasize providing additional opportunities for physical activities (e.g., extended recess) as a reward for high-performing and well-behaved students.

Physical activity during the school day and in before-school and after-school programs (including but not limited to recess, physical activity breaks, or physical education) shall not be withheld as punishment, nor shall the running of laps or the assignment of other physical tasks, such as push-ups, be used as a punishment. The district shall provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

**FUNDRAISING WITH FOOD/BEVERAGES**

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

The only food and beverages that can be sold to students during the school day outside the school meal program are foods and beverages that meets Smart Snacks in Schools nutrition standards.

**STUDENT WELLNESS****GUIDELINES FOR REIMBURSABLE MEALS****Nutritional Guidelines for Food Available at School Under the National School Breakfast & Lunch Program**

All 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.

- a) All menus shall be food based using the USDA- Approved “Food Based Menu Planning” option.
- b) Only low fat and non-fat milk or 100% fruit juice shall be served for breakfast and lunch.
- c) All grains including bread, pasta, rice and cereal offered shall be whole grain rich.
- d) The Child Nutrition Department shall provide a variety of fresh fruits and vegetables daily by offering salad bars consisting of fruits, vegetables, legumes, and other healthy foods from local sources to the greatest extent possible at all sites.
- e) Relevant USDA website: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Menus and nutrition information for school meals shall be available to students, staff, and parents online.

**FREE AND REDUCED PRICED MEALS**

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

All eligible families shall be encouraged to apply for free and reduced meals. Applications shall be provided to every household at the beginning of each school year. Online applications and printable copies shall be available during the entire school year. Eligibility result letters shall be mailed home as soon as possible.

In addition to encouraging participation in the free and reduced-price meal program, schools shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools shall utilize electronic identification and payment systems; promote the

**STUDENT WELLNESS**

availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

**FOOD SAFETY AT SCHOOL**

School staff shall encourage parents/guardians and 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. The service of foods or beverages that do not meet Smart Snacks in Schools nutritional standards shall be limited to no more than one such food or beverage per party. Class parties or celebrations shall be held only after lunch.

All food and beverage items brought onto campus by parents/guardians, volunteers, community organizations, or businesses shall be store-bought, prepackaged, and with a label listing ingredients so students with food allergies are protected from accidental exposure. In order to minimize the risk of foodborne illnesses, no home-cooked foods or beverages shall be served to students. School staff shall require parents/guardians, volunteers, community organizations, and businesses to adhere to the Wellness Policy when donating food and beverage items for school-based or school-sponsored events.

All food handlers must meet the food safety certification requirements established by the San Diego County Department of Environmental Health. Food service equipment and facilities shall meet applicable local and state standards for health, sanitation, and safety. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines<sup>6</sup> shall be implemented to prevent foodborne illness in schools.

**AMOUNT OF TIME ALLOWED FOR STUDENTS TO EAT**

The District shall ensure students are provided adequate time to eat. As a general guideline, the District endeavors to provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch. The District shall continuously seek creative ways, such as staggered lunches, additional serving lines, and "recess first," to help eliminate long waits in line, thereby allowing students adequate time to eat, engage in physical activity, and socialize during their lunch period.

**MEAL SETTING**

All students shall be provided a clean, safe, and pleasant lunch setting on campus in which there is adequate space and appropriate adult supervision. In addition to providing a clean and safe environment, students and staff shall have access to hand-washing, preferably with soap and water. Hand sanitizers may be used only where sinks are not available.

**DRINKING WATER**

The Superintendent or designee shall provide access to free, potable water in food service areas during meal times in accordance with Education Code 38086 42USC1758, and throughout the school day, and shall encourage student's consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

**STUDENT WELLNESS**

Students are allowed to bring drinking water into the classroom provided that the container is capped, such as a recyclable or reusable bottle. These vessels are not to be shared among students.

Drinking fountains shall be inspected and maintained in good working condition on a regular schedule.

The District shall support efforts by parents and student groups to purchase and install water stations that provide filtered, chilled water and that accommodate the filling of reusable water vessels.

**PERSONAL OR MENTAL HEALTH COUNSELING**

A school counselor, school psychologist, or school social worker may provide individualized personal, mental health, or family counseling to students and staff in accordance with the specialization(s) authorized by his/her credentials. School counselors and student support staff shall use their skills and strategies to break down barriers to learning that affect attendance, behavior, or achievement. All students and staff shall have access to available counseling services, which may include, but are not limited to, support related to social and emotional development, behavior, substance abuse, mental health assessment, depression, or mental illness. As appropriate, staff, students, and parents/guardians shall be informed about community agencies, organizations, or health care providers that offer qualified professional assistance.

**CRISIS COUNSELING**

The Board recognizes the need for a prompt and effective response when students and staff are confronted with a traumatic incident. School counselors shall assist in the development of the comprehensive school safety plan, emergency and disaster preparedness plan, and other prevention and intervention practices designed to assist all students, parents/guardians, and staff before, during, and after a crisis.

Early identification and intervention plans shall be developed to help identify those students who may be at risk for violence so that support may be provided before they engage in violent or disruptive behavior.

**POLICY IMPLEMENTATION AND EVALUATION**

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years.

The Superintendent or designee shall report to the Board regularly on the implementation of this policy and any other Board policies related to nutrition and physical activity.

The Superintendent or designee shall notify the public and staff each school year of basic information about the local school wellness policy, including its content and any updates.

**STUDENT WELLNESS**

The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that each school site implements this policy.

To determine whether the policy is being effectively implemented Districtwide and at each District school, the following indicators shall be used:

1. Descriptions of the District's nutrition education, physical education, and health education curricula
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. A weekly analysis of the nutritional content of meals served using an USDA approved software program.
6. Student participation rates in school meal programs
7. Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the District's meal programs
8. Feedback from the District Wellness Committee, food service personnel, school administrators, parents/guardians, students, and other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board.

The District shall review and consider evidence-based strategies in determining local wellness goals that include;

- Involving, informing, and updating the public (including parents, students, and other stakeholders) about the content and implementation of the local wellness policy.
- Assessment of policy implementation at least once every three years to determine compliance, progress, and the extent to which the policy compares to model local wellness policies.
- Updating or modifying the local wellness policy as appropriate

The Governing Board shall be involved in establishing goals for the wellness policy, success indicators, reporting methodology, and frequency of reporting to the Board.

**STUDENT WELLNESS**

The Superintendent or designee shall ensure District-wide and individual school compliance with the adopted school wellness policy.

The principal or designee shall ensure individual school compliance.

The Superintendent or designee shall report on compliance with the wellness policy at least every two years (as determined by the Governing Board) to the Governing Board, the Wellness Committee, parent/teacher organizations, and school administrators.

**Posting Requirements**

Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

*Legal Reference:**EDUCATION CODE**33350-33354 CDE responsibilities re: physical education**49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001**49490-49494 School breakfast and lunch programs*

*Legal References continued on the following page.*

**STUDENT WELLNESS***Legal References continued:*

49500-49505 School meals  
 49510-49520 Nutrition  
 49530-49536 Child Nutrition Act  
 49540-49546 Child care food program  
 49547-49548.3 Comprehensive nutrition services  
 49550-49561 Meals for needy students  
 49565-49565.8 California Fresh Start pilot program  
 49570 National School Lunch Act  
 51210 Course of study, grades 1-6  
 51220 Course of study, grades 7-12  
 51222 Physical education  
 51223 Physical education, elementary schools  
 51795-51796.5 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  
 1751-1769 National School Lunch Program, especially:  
 1751 Note Local wellness policy  
 1771-1791 Child Nutrition Act, including:  
 1773 School Breakfast Program  
 1779 Rules and regulations, Child Nutrition Act  
CODE OF FEDERAL REGULATIONS, TITLE 7  
 210.1-210.31 National School Lunch Program  
 220.1-220.21 National School Breakfast Program  
COURT DECISIONS  
 Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

*Management Resources:*

CSBA PUBLICATIONS  
 Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007  
 Food Safety Requirements, Fact Sheet, October 2007  
 Physical Education and California Schools, Policy Brief, rev. October 2007  
 Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007  
 Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007  
 Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006  
 School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006  
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS  
 Healthy Children Ready to Learn, January 2005  
 Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003  
 Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994  
CALIFORNIA PROJECT LEAN PUBLICATIONS  
 Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006  
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS  
 School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004  
 Making It Happen: School Nutrition Success Stories, 2005  
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS  
 Fit, Healthy and Ready to Learn, 2000

*Legal References continued on the following page.*

**STUDENT WELLNESS**

*Legal References continued:*

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

*Dietary Guidelines for Americans, 2005*

*Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*

WEB SITES

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

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

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>

National School Boards Association: <http://www.nsba.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\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html)

Policy

adopted: June 6, 2006

reviewed: May 20, 2008

revised: September 7, 2010; December 5, 2017;  
December 18, 2018

**SANTEE SCHOOL DISTRICT**  
Santee, California