

## STUDENTS

### POLICY -- WELLNESS

BP 6016

The County Board of Education believes that the physical health and well being of its students are essential to their education. It also acknowledges the Federal mandates that the County Education Office provide instruction that enhances the health of its students. (42 USC 1751)

The Board is committed to a wellness program that:

1. promotes health, including nutrition as an integral component, in a continuum from Pre-Kindergarten through Grade Twelve,
2. follows a curriculum based on the California State Health Frameworks and other mandates,
3. incorporates the necessary instruction time into the school year,
4. provides training to certificated staff, and
5. engages SBCEO schools with the community.

The program addresses three components of health: health education, nutrition, and physical activity.

**Health Education** – Health and nutrition education designed to foster health literacy among students - the capacity of the individual to obtain, understand, interpret, and use basic health information and services to enhance personal health. Core health facts, concepts, and skills that can be taught and assessed as presented in the California State Health Framework and other resources.

**Nutrition** – Adequate and nourishing food that enables students to grow, learn and maintain health and provides a positive and immediate impact on student academic achievement. Good nutrition as an integral component of the pre-kindergarten through Grade Twelve curriculum, teaching, and assessments.

**Physical Activity** – Promoting lifelong engagement in activities that have a positive effect on cardiovascular and muscular-skeletal systems. Benefits of physical activity include:

- physical, emotional and intellectual well being;
- enhancement of learning and school achievement;
- reduction of stress and anxiety;
- development of healthy habits;
- promotion of lifelong fitness;
- prevention of chronic diseases.

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SBCEO programs will support and collaborate with individual school districts' policies that include the Federal Child Nutrition, Women, Infants and Children (WIC) Reauthorization Act of 2004 (note in 42 USC 1751).

Implementation will be achieved as follows:

1. SBCEO programs located on school district campuses will comply with the district's wellness policy and collaborate with the district to support and insure implementation within SBCEO's programs.
2. Each SBCEO program will develop internal protocols for professional development for staff around wellness policies.
3. Any categorical program operating outside of a district site will develop internal protocols to comply with this policy as it relates to the components of health for students and staff.
4. Monitoring of policy implementation – Within each program, the administrator or designee will establish a department wellness committee to ensure compliance with the district's and or County Education Office policy.

ADOPTED BY COUNTY BOARD:            March 6, 2008

BP6016