

Happy Valley Elementary School District

Board Policy

BP 3550

Business and Non-Instructional Operations

Food Service-Student Wellness

Mission Statement

Happy Valley School's mission is to educate the whole child, in a small, safe, community supported school that provides a solid foundation to achieve academic, social and emotional success.

Statement of Responsibility

The Happy Valley Elementary School District Governing Board recognizes that students need adequate nourishing food in order to grow and learn and to give a good foundation for their future physical well-being. *The HVESD Board is committed to providing an environment in which students can learn to make healthful food choices for lifelong health.* The Board recognizes that the food on our campus is an important compliment to the nutritional responsibilities of parents and guardians. *Studies show that good nutrition increases student achievement. Studies suggest a connection between physical activity and increased levels of alertness, mental function and learning. Studies have shown that participating in garden, farm, and culinary activities increases students' consumption of fresh fruits and vegetables. This motion provides a framework for the nutritional health of Happy Valley students. Now therefore be it RESOLVED, that the Happy Valley School District Board of Education:*

1. The Governing Board recognizes that there is a link between nutrition education, the food and beverages served in schools, physical activity, environmental education and academic achievement.
2. The Board also recognizes the important connection between a healthy diet, physical activity and the student's ability to learn effectively and achieve high standards in school.
3. The Board also recognizes that it is Happy Valley Elementary School District's role, as part of the larger community, to model and actively practice through policy and procedures the promotion of family health, physical activity, good nutrition, sustainable agriculture and environmental restoration.
4. Happy Valley School District further recognizes that the sharing and enjoyment of food, and participation in physical activity, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, strengthening core values, and promoting the general wellness of our community.
5. The Governing Board recognizes the positive benefits of physical activity for the health of all students, teachers, staff and administrators. In addition, recognizing that physical education is crucial in support of academic achievement and an integral part of a child's education, the District will provide opportunities to ensure students engage in healthful levels of physical activity in order to promote and develop the student's physical, mental, emotional and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities

should teach students how to cooperate in the achievement of common goals.

Wellness Goals

To help ensure the wellness of each student attending Happy Valley Elementary School and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service the Board subscribes to the following as guided by the District Wellness Committee.

1. No student the Happy Valley Elementary School District will go hungry while in school. A fresh, healthy nutritious lunch is available to every student, so that students are prepared to learn to their fullest potential.
2. Marketing and advertising of non-nutritious food and beverages through signage, logos, school supplies, advertisements in school publications, coupons or incentive programs, or other means are prohibited.
3. Parents and staff are encouraged to be consistent with the goals of the policy when providing foods and beverages as a snack, party or incentives offered during the school day. All efforts will be made to hold parties after the lunch hour whenever possible.
4. Staff will recognize that the lunch period is an integral part of the educational program of Happy Valley Elementary School District and work to implement goals of this policy.
5. Eating experiences, gardens and nutrition education are integrated into the core academic curriculum at all grade levels.
6. All students will be provided opportunities for physical activities and education during the school day.
7. The Wellness Policy shall be posted on the Happy Valley Elementary School website.

Strategies

Integration into the Curriculum:

1. Integrate eating experiences, gardens and nutrition education into the curriculum where appropriate for math, science, social studies and language arts at all grade levels.
2. Maintain a Life Lab school garden. Give students the opportunity to plant, harvest, prepare, cook and eat food they have grown.

Student Participation:

1. Coach students to become advocates and peer teachers of healthy food habits and lifestyles.

Waste Reduction:

1. Ensure that Happy Valley Elementary is part of the environmental education of students and staff through reducing waste, composting, recycling and purchasing recycled material.

Nutrition Education and Professional Development

1. To provide staff regular training on basic nutrition, nutrition education and physical education.

Public Information

1. The Governing Board and school staff recognizes the value of reinforcing school-based nutrition and health education by engaging families and community members through participation and information.

Public Policy

1. The Governing Board will work cooperatively with School Boards Throughout the state and the nation to advance goals of wellness.

Wellness Policy Assessment

Happy Valley Site Council members shall make up the Wellness Committee, which is instrumental in drafting the Wellness Policy and in facilitating its adoption by the Governing Board. In addition to drafting the policy, the Site Council/Wellness Committee shall review the district wellness and nutrition policies and practices, track implementation, and recommend changes or improvements annually. The committee is responsible for addressing food-related topics of concern to the school community, and making Wellness Policy recommendations to the District Administration and Governing Board.

Compliance

The Superintendent will enforce district policies and regulations on allowable foods on the campus. The Superintendent is also responsible for informing teachers, parents, parent organizations, and other individuals and groups who are providing food at school or school-related events of district policies on food, drink, nutrition and physical activity.

It is the general responsibility of the entire school community to strive to uphold the district's goals set forth for proper nutrition and physical activity.

Legal Reference:

EDUCATION CODE

39870 et seq. 49490-49493 49500-49504 49510-49519 49530-49536

Cafeterias - establishment and use School breakfast and lunch programs School meals for pupils

Pupil Nutrition

Child Nutrition Act of 1974

ADMINISTRATIVE CODE, TITLE 5

15500 et seq. 15510 et seq. 15530 et seq. 15550 et seq.

Child nutrition programs

Mandatory Meals for needy pupils Nutrition Education

School lunch and breakfast programs

Ed Code 15500 and 15530 will be available through the district office to guide teachers in their nutrition curriculum planning. Ed Code 51210 specifies 100 minutes per week (often interpreted as 20 minutes per day) physical activity but students must understand that amount is not adequate for good health.

Last Approved: 2-21-18