

MODESTO CITY SCHOOLS

Board Policy

BP 5030

STUDENTS

Student Wellness

Comprehensive and Coordinated Approach

The Board intends for health education to be part of a comprehensive District program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, psychological and counseling services, and a safe healthy school environment.

Wellness Promotion

Modesto City Schools is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet or exceed all required state and federal nutrition regulations.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma and to prevent the overt identification of students who are eligible for free and reduced-priced meals.

STUDENTS

Student Wellness

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods and beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.

Celebrations

Schools shall monitor celebrations and shall encourage the use of healthy food and beverage alternatives along with the use of non-food items.

Rewards

Schools will limit the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior and will not withhold food or beverages as punishment. Schools will pursue healthy food and beverage alternatives as well as non-food items for rewards.

LEGAL REFERENCE

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001

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

49550-49561 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

STUDENTS

Student Wellness

EDUCATION CODE (cont.)

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:
1758b Local wellness policy
1771-1791 Child Nutrition Act, especially:
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
220.1-220.23 National School Breakfast Program

ADOPTED: June 12, 2006
REVISED: November 17, 2014