

STUDENT WELLNESS

The Monterey County Board of Education (County Board) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Monterey County Office of Education (MCOE) students. The Monterey County Superintendent of Schools (County Superintendent) or designee may build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, 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 County Superintendent or designee may disseminate health information and/or the MCOE's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meeting, MCOE and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

School Health Council/Committee

The County Superintendent or designee may permit parents/guardians, students, physical education teachers, school health professionals, County Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the MCOE's student wellness policy.

Nutrition and Physical Activity Goals

The County Board may adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

Nutritional Guidelines for Foods Available at School

The MCOE may adopt nutritional guidelines for all foods available at each site during the school day, which promote the objectives of promoting student health and reducing childhood obesity.

The County Board believes that foods and beverages available to students at MCOE schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs.

Program Implementation and Evaluation

The County Superintendent may designate one or more MCOE employees, as appropriate, to ensure that each school site complies with this policy. The County Superintendent may establish indicators to determine whether the policy is being effectively implemented.

Legal Reference:

EDUCATION CODE

- 49430-49436 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
- 51222 Physical education
- 51223 Physical education, elementary schools
- 51795-51796.5 School instructional gardens

Adopted: 08/09/17