



**School Board Members Convening
November 16th, 2016
*Bakersfield, CA***



Nathaniel Browning
California School Boards Association

The Healthy, Hunger-Free Kids Act of 2010

Development, implementation and evaluation of BP 5030

- Goals to support activities that promote student wellness
- Meet nutritional guidelines
- Community engagement
- Measure outcomes and compare to available model policy
- Designate a school official to ensure compliance at each school site.



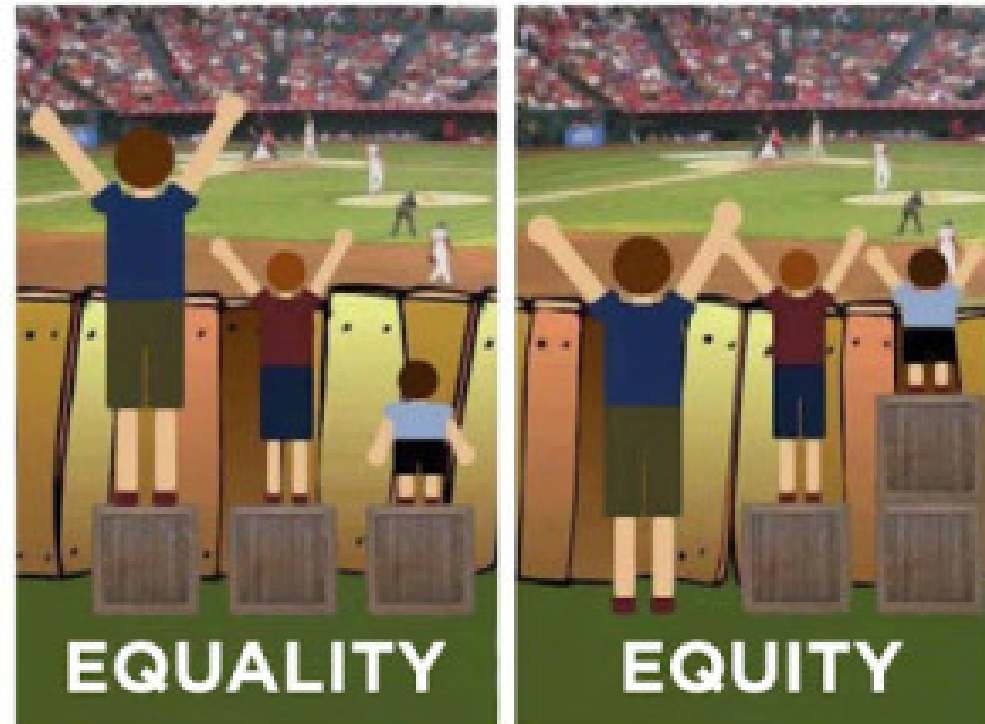
The role of the school board

1. Set direction
2. Establish structure
3. Provide support
4. Ensure accountability
5. Community engagement



Why we care

- Student outcomes
- School boards play a critical role
- Equity





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Jane Alvarado-Banister
California Project LEAN

Policy Works!

- Child Restraint and Safety Belt Use
- Tobacco control
- Childhood Immunizations
- Reduced Lead Levels in Children

Local School Wellness Policy

Local school wellness policies are designed to promote student health, reduce childhood obesity and absenteeism while promoting optimal academic achievement

Local School Wellness Policy Requirements

- **Nutrition Guidelines for Campus**
- **Nutrition Education and Physical Activity**
- **Stakeholder Involvement**
 - **School Wellness Council, School Site/based wellness councils**
- **Implementation/Notification**

Nutrition Opportunities via the LSWP

- **Classroom Celebrations**
- **District/School Events**
- **Rewards**
- **Fundraising**
- **Others?**



Physical Activity Opportunities via the LSWP



- **Safe Routes To School**
- **Joint/Shared Use**
- **Classroom PA Opportunities**
- **Active Recess**
- **Physical Education (MVPA)**
- **Before, During, and After School**



Improved PE/PA in Schools

=

More Fit Students

=

Better Health, Academic Achievement

School Wellness Council



The School Wellness Council represents various stakeholders in which each team member has a role in the policy process, including development, advocacy, communication, and implementation.

Local School Wellness Councils

- **Involves a diverse group of stakeholders**
 - **Food Service Director**
 - **Wellness Lead**
 - **Nurse**
 - **Parents**
 - **Youth**
 - **Community based partners**
 - **School leadership such as assistant superintendent**
 - **School board members**



Other District Examples: CSH

Arvin USD

Beverages

- **School Meals:** Beverages may not contain added sweeteners caloric or non-caloric with the exception of chocolate milk, served once a week and only at lunch.
- **Water:** *Provide all students and employees with access to clean, safe palatable drinking water free of charge at every District facility including cafeteria and eating areas, classrooms, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before and after school activities.*
- **Vendors:** *The Arvin Union School District will work collaboratively with the city of Arvin and the Arvin Police Department to assure enforcement of City Ordinance 5.05.190 – Peddlers/Vendors*



Madera School District



- **Active wellness council**
 - Led by assistant Superintendent
- **Active parent participation**
 - Trained and supported by local organization
- **Support of Training and Technical Assistance**
 - CPL facilitating process
- **Receptive to CBO support**
 - Dairy Council, UC Cooperative Extension, Public Health Department, Camarena Health, Valley Children's Hospital, City of Madera

Madera School District



- **Set goal to revise and update LSWP utilizing CSH model**
 - Working groups recommended policy language
- **New policy will set goals for school environment to support health**
 - PE, Asthma, Joint-use, Water in schools, improved school meals, classroom celebrations, and staff wellness

Madera Unified School District



- ***Water:*** Work towards increasing water availability to students and staff with a goal of a ratio of at least 1 fountain or other non-bathroom source per 100 students by 2020, ideally with bottle refilling capacity.
- ***Classroom celebrations:*** limited to once a month per classroom
- ***Lactation Accommodation:*** Work towards adopting BP 4033, establishing a system at all schools that supports employee and student needs to breastfeed and/or pump
- ***Positive School Climate:*** Madera Unified School District is fully committed to creating a positive learning environment that teaches strategies for violence and bullying prevention, utilizes consistent district-wide alternative discipline models (e.g. Restorative Justice, PBIS, RTI) and emphasizes high expectations for student and employee conduct, responsible behavior, and mutual respect for others



Questions and Answers

Call to Action!



Thank you!

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