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Board Cover Memorandum

To Board of Education

From Kyla Johnson-Trammell, Superintendent
Sondra Aguilera, Chief Academic Officer

Meeting Date September 11, 2024

Subject Revised Wellness Policy – BP 5030 – Community Schools and Student Services Department

Ask of the Board Approve Revision to Board Policy 5030 (Wellness Policy)

Background The Wellness Policy is a federally mandated policy for all school districts that participate in the school meal program. OUSD’s original Wellness Policy was passed by the Board of Education in 2006, then revised and passed in 2014. The updated policy is aligned with the programming and services at the OUSD Central Kitchen, Education Center and Instructional Garden (The Center) and follows best practices.

Discussion The updated policy is the result of a 2-year community engagement process and represents input from students, teachers, parents, community partners and leadership. The revised Wellness Policy focuses on the following areas: Equitable Access to Nutritious Meals; School Cafeteria Culture and Climate; School Meal Schedules; Access to Water; Standards for Food Served; Purchasing and Procurement; Competitive Foods (food sold or served outside of the meal program); Environment, Food and Garden (EFG) Education Programs; School Gardens and Living Schoolyards; Physical Activity, Staff Wellness; Professional Development; Engagement and Evaluation.

Fiscal Impact This policy is a requirement under the federal Healthy, Hunger-Free Kids Act. The California Department of Education monitors compliance during the administrative review process (audit).

Attachment(s)

- Proposed revisions to BP 5030- Wellness Policy (redlined)
- Proposed revisions to BP 5030- Wellness Policy (clean)

OAKLAND UNIFIED SCHOOL DISTRICT

Board Policy

BP 5030

Students

Wellness

INTRODUCTION

In support of joyful community schools and thriving students, the Governing Board of the Oakland Unified School Board recognizes that health and wellness social, emotional, and physical health are fundamental to being college, career, and community ready readiness. The Governing Board recognizes the link between student health and learning. It is committed to guiding access to healthy food; environment, food and garden education; thriving school gardens and living schoolyard spaces, and physical activity.

Wellness Policy Goals and Guidelines

The Oakland Unified School District (“OUSD” or “District”) believes the approach to implementing the various elements of this wellness policy must be steeped in equity, respectful of the needs of the diverse populations we serve, and sensitive to the food traditions that students, families, educators, and community partners bring to school communities. The District encourages healthy food options that represent the cultural diversity of the Oakland community.

~~The Wellness Policy encompasses nine distinct but inter-related policy areas:~~

- ~~1. Nutrition (p. 2 below);~~
- ~~2. School Gardens (p. 4 below);~~
- ~~3. Physical Education and Physical Activity (p. 4 below);~~
- ~~4. Comprehensive Health Education (p. 5 below);~~
- ~~5. Positive School Climate (p. 5 below);~~
- ~~6. Physical School Environment (p. 6 below);~~
- ~~7. Access to and Coordination of Student Health Services (p. 8 below);~~
- ~~8. Staff Wellness (p. 9 below);~~
- ~~9. Assessment and Communication (p. 9 below).~~

~~The Superintendent of Schools or designee shall be responsible for the oversight, implementation, and evaluation of the Policy. A council of key stakeholders and~~

~~community partners shall serve as an advisory group to oversee implementation of the Policy.~~

~~Through this Wellness Policy and related policies, the Board seeks to ensure that:~~

- ~~▪ All students have access to healthy food and beverages.~~
- ~~▪ All students receive high quality physical education and physical activity.~~
- ~~▪ Every school is a safe, clean, and healthy place in which children, staff, and families can learn, work, and engage.~~
- ~~▪ Every school has a positive school climate that nurtures learning, achievement, and growth of character.~~
- ~~▪ All students are taught the essential knowledge and skills they need to become “health literate”— that is, able to make health enhancing choices and avoid behaviors that can damage health and wellbeing.~~
- ~~▪ All students have access to health services in partnership with schools, schoolbased health centers, school nurses, community agencies, and families.~~

Equitable Access to Nutritious Meals

The Bay Area has a high cost of living, creating high food insecurity rates for many of the families served by our school district. Families who live in East Oakland, a USDA-designated food desert, and in neighborhoods in West Oakland lack access to fresh and nutritional food sources forcing them to do the bulk of their shopping at convenience stores or travel to grocery stores in other areas. In Oakland, 74% of students qualify for free and reduced lunch, with many schools at 100%. To meet the needs of students and families, the OUSD Nutrition Services department serves thousands of breakfasts, lunches, suppers, and snacks every school day. The District shall ensure that OUSD students have access to nutritious meals (breakfast, lunch, snack, and supper) throughout the school year and via the summer meal program.

Commencing in SY 2022–23, *Education Code (EC)* 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

The District will also partner with community groups to increase access to other meal and food access programs, including the CalFresh Program, Food Banks and Food Pantries.

NUTRITION

~~**Ensure No OUSD Student Goes Hungry:** The District shall strive to strengthen its outreach to students and their families to ensure that all eligible OUSD students are enrolled in and utilize the free/reduced meal program. The District shall ensure that OUSD students have access to nutritious meals (breakfast, lunch, snack, and supper) throughout the school year and via the summer meal program.~~

~~**OUSD Nutrition Guidelines:** The District shall develop, maintain, and update OUSD Nutrition Guidelines (Administrative Regulation 5030) for food and beverages that promote good health and meet or exceed all State and Federal requirements.~~

~~**School Meal Program:** All meals (breakfast, lunch, after-school snack, and supper) shall follow nutrition standards and procedures set by the United States Department of Agriculture (USDA) and State of California Legislation. All A La Carte items sold in the cafeteria shall meet or exceed the OUSD Nutrition Guidelines. All A La Carte items sold in the cafeteria shall be sold by, or with approval from, OUSD Nutrition Services.~~

OUSD Nutrition Services Purchasing and Procurement Practices: OUSD Nutrition Services is committed to following ethical procurement practices that **bring** benefits ~~to~~ people (including students, families, and staff), the environment, and the local economy. The District will strive to develop innovative programs to support these practices, such as ~~lunch-time salad bars and weekly school produce markets~~ produce bars, Harvest of the Month, and following Good Food Purchasing practices.

School Meal Schedules: Students shall have adequate time during the breakfast, lunch, snack, or supper periods to purchase and or ~~retrieve a meal~~ receive meals, eat a meal without rushing, and to clean up after themselves.

School and Cafeteria Culture and Climate: The District shall provide adequate facilities for students to consume their meals, including age-appropriate seating. The District shall provide adequate adult supervision during meal service.

~~**Environmental Impact:** OUSD Nutrition Services will implement best practices to reduce packaging and food waste in the cafeteria.~~

~~**Community & Customer Collaboration:** OUSD Nutrition Services shall collaborate with community organizations, parents, students, and staff to ensure active participation and input regarding the OUSD school meal services.~~

Water: ~~Free, clean drinking water shall be made available to all students during school meals.~~ Federal and state rules require schools to provide access to free, potable water to all K-12 students during school meals. All students may bring drinking water from a designated school water source or home into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills. (BP 3511.3, CDE 38086, and 7 CFR 220.8(a)(1).)

Standards for Food Served on Campus

The Oakland Unified School District (OUSD) ensures student access to healthy food and beverages. OUSD recognizes that setting nutritional standards for food served on campus is integral to that commitment. The Board believes that foods and beverages available to students at district schools should promote optimal health. Outside of the school meal program, nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the district's school meal program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

Competitive Foods: A Competitive Food is a food or beverage sold at school other than one served ~~sold~~ as part of the school meal program. ~~This includes~~ including any item sold in vending machines, a la carte, or through fundraising efforts on campus. All competitive foods should meet or exceed the OUSD Nutrition Guidelines, state safety standards, and state and federal requirements. ~~See Board Policy and Administrative Regulation 3554.~~ (AR 3554.)

Rewards: The district recommends non-food items as incentives and rewards. ~~Non-food items are recommended as incentives and rewards.~~ Any Food offered to students as incentives or rewards should meet or exceed OUSD Nutrition Guidelines and state safety standards. The withholding of food as punishment for students is prohibited.

Classroom Celebrations: Food served during classroom celebrations should meet the OUSD Nutrition Guidelines. No more than once a month, schools at their discretion may allow classrooms to hold a celebration involving food that does not meet the OUSD Nutrition Guidelines (such as for a birthday or holiday). (AR 3554 and AR 5030.) Celebrations that include food and beverages must occur after the lunch period has ended. School administrators may place ~~determine to put~~ further restrictions on celebrations. Food and beverages served must follow state safety standards. The withholding of food as punishment for students is prohibited.

Classroom Celebrations: Food served during classroom celebrations should meet the OUSD Nutrition Guidelines. No more than once a month, schools, at their discretion, may allow classrooms to hold a celebration involving food that does not meet the OUSD Nutrition Guidelines (such as for a birthday or holiday) Celebrations that include food and beverages must occur after the lunch periods have ended. School administrators may

place further restrictions on celebrations. Food and beverages served must follow state safety standards.

School-Sponsored Events: Food and beverages served as part of a school-wide event (such as Back to School Night, school dances, etc) should always offer water and healthy options, such as fruit, vegetables, and ~~water~~ healthy foods that represent the cultural diversity of OUSD. Schools may never serve soda or candy. Soda and candy shall never be served. Food and beverages served at events should follow state safety standards, and efforts should be made to meet OUSD Nutrition Guidelines.

Student Personal Possession: Families may send their children to school with food for meals and snacks. Food and beverages may not be taken away from students, no matter what the contents, if consumed during designated eating times, in designated eating areas, and in an appropriate manner.

Advertising Guidelines: The District shall not allow advertising of food and beverage items throughout the school campus that does not meet the OUSD Nutrition Guidelines (See AR 3554 and AR 5030). ~~This~~ includes posters, signs, and vending machines.

~~**Nutrition Education:** OUSD staff and partners will support and promote healthy lifestyles through nutrition education in the classroom, after school programs, and at family events.~~

SCHOOL GARDENS

~~The District recognizes that school gardens can improve student health and wellness, instill the value of healthy eating, increase physical activity, improve student achievement, and create highly engaging, interactive, and hands-on learning environments. The District supports the use of school gardens as a hands-on teaching environment to enliven standards-based curriculum and provide tangible ways for parents and families to contribute to the school community.~~

~~The District shall make every effort to establish a school garden program (in-ground, raised bed, container, nearby park, community garden, farm, or lot) for each school site of sufficient size to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods.~~

~~Garden Programs should integrate hands on, outdoor experiences into core curriculum for math, science, social studies, language arts, and nutrition/health education at all grade levels. Garden Programs shall collaborate with OUSD Nutrition Services in accordance with state and federal law to reflect seasonal and local foods in school meals.~~

~~School Garden Programs should adhere to the guidelines set forth by the Vegetation Policy (Board Policy 3285) and work with Buildings and Grounds staff and the Districtwide Garden Council to ensure compliance with established protocols.~~

Environment, Food and Garden (EFG) Education Programs

~~With the OUSD Central Kitchen, Education Center, and Instructional Garden and Farm (The Center) as its hub, OUSD strives to embed curriculum, hands-on learning opportunities, and programming for students designed to build their skills and knowledge to maintain a healthy lifestyle. The Center’s educational programming is based on research, consistent with the expectations established in the state’s health education curriculum framework, and aligned with next-generation science standards. The Center’s approach supports OUSD’s instructional focus and strategic plans and shall work to integrate EFG education into core academic subjects and into expanding learning programs.~~

School Gardens and Living Schoolyards

~~The District recognizes that school gardens and living schoolyards provide many benefits and opportunities, including access to EFG education, opportunities to enjoy calm outdoor spaces, opportunities for physical activity, growing community food, and community gatherings. Garden programs offer students experience in planting, harvesting, preparing, serving, and tasting foods. The District shall support access to space for school gardens and living schoolyards while following the OUSD Vegetation Policy, the OUSD Living Schoolyards Policy, and using the OUSD Garden Toolkit and OUSD Living Schoolyards guidelines and standards. Garden Programs shall collaborate with OUSD Nutrition Services to grow seasonal produce to use in lessons, share with families and the community, and be part of the Garden to Cafeteria programming.(BP 7110.1, BP 6142.5 and CDE 51795-51796.5.)~~

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

~~The Governing Board recognizes the positive benefits of physical education and physical activity for student health and academic achievement. The Board supports a physical education program that builds interest and proficiency in movement skills and encourages students’ lifelong fitness through physical activity. 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. The Oakland Unified School District recognizes that physical fitness and motor development of children in schools is of equal importance to that of core elements of the curriculum, and therefore shall be enforced with the same rigor.~~

~~The Physical Education program shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve.~~

~~The OUSD Physical Education Program shall meet or exceed California Education Code standards for required minutes, instruction, course of study, exemptions and physical fitness testing.~~

~~See Board Policy and Administrative Regulation 6142.7 (Physical Education) for more information about the guidelines and requirements for the District's Physical Education program.~~

Physical Education

The District recognizes that Physical Education is an integral component of a comprehensive education program. A developmentally appropriate physical education program empowers students to make wise choices, meet challenges, and exhibit positive behaviors that lead to lifelong fitness. The OUSD Physical Education program shall be essential to each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. The OUSD Physical Education Program shall meet or exceed California Education Code standards for required minutes, instruction, course of study, exemptions, and physical fitness testing. See Board Policy and AR 6142.7 for more information about the guidelines and requirements for the District's Physical Education program.

Opportunities for Physical Activity

All students shall be provided opportunities to be physically active regularly. Moderate to vigorous physical activity options shall be provided through physical education and recess.

Students may also have opportunities for physical activity through school athletic programs, extracurricular programs, before and after-school programs, summer learning

programs, in-class physical activity breaks, and other structured and unstructured activities.

COMPREHENSIVE HEALTH EDUCATION

~~The Oakland Unified School District recognizes that health education is of equal importance to that of core elements of the curriculum, and therefore shall be enforced with the same rigor. Health education should build resiliency and foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives. The district shall provide a planned, sequential health education curriculum for students in grades K-12 that is research-based and age appropriate. The content of health instruction shall be offered in accordance with law, Board policy, and the Health Education and Content Standards for California Public Schools, Grades K-12.~~

~~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 collaboratively by OUSD Departments, school sites, and external partners. The District shall make every effort to provide regular professional development for teachers and staff on how to best support this learning during the instructional day.~~

~~The Oakland Unified School District will enact a process for vetting instructional materials and content related to Family Life, Sexual Education, Alcohol, Tobacco or other Drug prevention, Nutrition and Behavioral Health that is delivered to OUSD students. This may include curriculum, print/digital and film media, classroom presentations or speakers, and assemblies that address these health topics. Materials will be selected based on age and developmental appropriateness, cultural inclusion, relevance to curriculum, and consistency with educational norms.~~

~~See Board Policy and Administrative Regulation 6142.8 (Comprehensive Health Education) for more information.~~

POSITIVE SCHOOL CLIMATE

~~The Governing Board recognizes that students and staff have the right to a safe and supportive school environment free from physical and psychological harm. The District shall identify and address potential risks to social, emotional, and mental well-being of its students and staff and shall provide resources as available to foster a positive school climate at every school. In addition, the Board is fully committed to creating a positive learning environment that teaches strategies for violence and bully prevention, and emphasizes high expectations for student conduct, responsible behavior, and respect for others.~~

~~**Social Emotional Learning:** Each school shall provide a learning environment for students and staff that is safe, orderly, caring, respectful, and equitable and that incorporates social and emotional learning into the curriculum for each grade level. See Board Policy 5031 for more information about the Board's commitment to supporting social-emotional skills and competencies in students and staff.~~

~~**Schools Free from Bullying, Discrimination, and Sexual Harassment:** Schools shall implement measures and initiatives to prevent bullying and discrimination. See Board Policy and Administrative Regulation 5131.2 (Bullying), Board Policy and Administrative Regulation 5145.7, and Board Policy 5145.3 (Nondiscrimination, Harassment and Transgender Policy).~~

~~**Adoption of Response to Intervention Framework:** The Board desires the use of a positive approach to discipline and the use of preventative and restorative practices within a Response to Intervention (RTI) framework to minimize the need for discipline and maximize instructional time for every student. (BP 5144) School sites are encouraged to provide staff development training in conflict resolution, restorative justice practices, and positive behavior intervention and support (PBIS) with support from Central Office and community partners. As described in more detail below on page 9, every school site shall have a Coordination of Services Team (COST) to triage and link students with available services and supports.~~

~~**Alternatives to Suspension:** School sites will find alternatives to suspension by implementing RTI practices, particularly in cases of defiance of authority, profanity, and fighting. To ensure that discipline is appropriate and equitable, schools and the District shall collect and review discipline data on a monthly basis. See Board Policy and Administrative Regulation 5144 (Discipline) for more information.~~

~~**Parent Engagement:** All OUSD Central Offices, school sites, and partners shall adhere to the OUSD Standards for Meaningful Family Engagement. Every effort shall be made to alert families of all available resources and services, including mental health services, health clinics, etc. Translation shall be provided pursuant to Administrative Regulation 5124 (Translation and Interpretation Services; Communication with Parents/Guardians). Signage shall be visible and available in the school's primary languages to promote safety, communication, and respect for all.~~

PHYSICAL SCHOOL ENVIRONMENT

~~The Governing Board recognizes that students and staff have the right to a safe and secure campus where they are free from environmental and physical harm. The District shall identify and address potential risks to health and the environment and shall ensure that environmental resources are used in a responsible manner. In addition, the Board is fully committed to maximizing school safety.~~

~~School Safety: Staff shall be responsible for student safety and supervision during school. School sites shall make available copies of school safety rules to families. Students shall receive instruction on topics related to safety and injury prevention.~~

~~Emergency and Disaster Preparedness: To create a safe environment conducive to learning, each principal shall ensure the development of an annual comprehensive site level safety plan, with the support of OUSD Police Services. The safety plan should specify a school site safety team, safety goals, annual drills and designation of a primary and secondary assembly point for school evacuations. Each principal shall ensure compliance at the school site with all relevant laws, policies, and plans related to safety in emergency and disaster situations. See Board Policy and Administrative Regulation 0450 (Comprehensive Safety Plan).~~

~~Clean Schools: Sites shall provide an environment for students, teachers, and staff that is conducive to learning.~~

~~Reducing Environmental Hazards: OUSD shall establish regulations to prevent and or reduce environmental hazards. Areas of concern shall include but not be limited to heating, ventilation, building materials, cleaning materials, equipment, vehicles, and outdoor pollutants (BP 3514). See Board Policy and Administrative Regulation 3514 (Environmental Safety).~~

~~Integrated Pest Management: The Board recognizes that chemicals used pursuant to pest management efforts can be hazardous. The District will adopt an integrated pest management program to eliminate potentially hazardous chemicals from school sites to ensure the health and safety of the staff and students. See Board Policy 3511.2 (Integrated Pest Management).~~

~~Design and Construction of High Performance Schools: OUSD shall incorporate sustainable design criteria into the District's school construction program, in accordance with the Collaborative for High Performing Schools (CHPS) best practices.~~

~~Asthma and Air Quality: OUSD will make every effort to educate staff, students, and parents/guardians about asthma and will establish management and support systems for students with asthma. See Board Policy and Administrative Regulation 5131.65 (Asthma). The Board shall support a comprehensive Indoor Air Quality Program to reduce the burden of asthma and promote a healthy learning environment.~~

~~Safe Play Spaces: Each school shall ensure that there is a clean and safe play environment that provides space to run, climb, play active sports, and engage in non sport activities. When possible, grass or other natural elements should be integrated into play yards to offer play environments free of asphalt or cement.~~

~~Integrated Waste Management: The Board recognizes that it has a responsibility to make positive, tangible environmental change in the world while teaching students to be stewards of their communities, the earth, and its resources. The superintendent or designee shall develop an integrated waste management program to reduce waste, conserve natural resources, and protect the environment and to teach students about ecological sustainability, environmental health, and nutrition. The District will work to establish comprehensive recycling and composting programs at each school site in order to reduce the amount of readily recyclable and compostable material sent to landfill.~~

~~Safe Routes to School: The District shall support the Safe Routes to School Program at schools by promoting International Walk to School Day, walking school buses, safe biking routes and bicycle storage, and safety patrols (student and adult). Schools shall create plans for safe car and bus drop offs and pick ups, with an emphasis on reduced car idling to improve air quality.~~

~~ACCESS TO AND COORDINATION OF HEALTHCARE AND SOCIAL SERVICES~~

~~Providing access to health care and social services ensures that students are healthy and ready to learn and is an important element of a comprehensive approach to preventing disease and disability in children and youth.~~

~~OUSD represents a diverse population with a wide range of health needs. The District is committed to an equitable distribution of health and wellness services and resources across OUSD, with data-driven program development and quality improvement.~~

~~In order to ensure the health and safety of our students, community partners who want to provide health services at school sites, such as screenings, vision or dental services, vaccinations, physical exams and others, must be coordinated through the Health & Wellness Unit of the Family, School and Community Partnerships Department. This includes one-time as well as ongoing delivery of services to students.~~

~~School Nurses: The District will continue to provide comprehensive, equitable, and holistic nursing services by credentialed School Nurses to all students in grades prekindergarten through 12 (and until age 21 for some special education students). Services include case management of students with chronic health conditions, state-mandated screenings and audits, special education assessments, health education, and health-related trainings.~~

~~School Based Health Centers (SBHC): Through a partnership between OUSD, Alameda County, and community-based organizations, SBHCs provide access to important medical, mental health, and health education services for students and community members regardless of insurance status or ability to pay, and are committed to reducing the unmet need for health care services among OUSD youth and their families.~~

~~Behavioral Health: Because good mental health is critical to a student's ability to learn, the District shall collaborate with local and state health, mental health, and social service providers in order to offer integrated mental health services in district schools, including crisis response; and to provide equitable access to mental health and other health care services to all students within OUSD.~~

~~Referrals, Coordination, and COST: The District acknowledges that while our schools play a critical role in helping children access health care services, it is essential to achieve this in collaboration with local agencies and community-based organizations. A Coordination of Services Team (COST) is a site-based multidisciplinary team composed of service providers, school administration, and school staff and is designed to enable the coordination and alignment of services to meet the needs of an individual student and family. All schools shall implement district-wide protocols for COST that ensure timely and equitable treatment for all referred students.~~

~~Health Coverage and Social Services Enrollment: Through a partnership with Alameda County and other community-based agencies, the District will continue to conduct central and site-based enrollment into free and low-cost health insurance and other social services programs.~~

STAFF WELLNESS

~~The Governing Board of the Oakland Unified School District recognizes that the success of district students and programs hinges on effective personnel. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and welfare of students. The District's personnel policies and related regulations shall be designed to ensure a supportive, positive climate and shall be consistent with collective bargaining agreements and in conformance with state and federal law and regulations.~~

Staff Wellness

~~The Governing Board of the Oakland Unified School District recognizes that staff well-being is essential for students to thrive academically, physically, socially, and emotionally. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and well-being of students. The District's staff wellness program, related personnel policies, and regulations shall ensure a safe, supportive, healthy school culture and climate. The District shall comply with collective bargaining agreements and state and federal laws and regulations. The District shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees. The District shall encourage educators and staff to serve as positive role models for healthy eating and physical fitness.~~

Professional Development

The district shall offer regular professional development to teachers and other staff regarding guidelines, requirements, and programming. Nutrition Service staff shall receive professional development based on the USDA Guide to Professional Standards for School Nutrition Program of 2020.

Wellness Policy Advisory Group

Working with the Superintendent's designees, key stakeholders, and other appropriate persons shall serve as an advisory group to oversee the implementation and evaluation of the policy. OUSD encourages the participation of parents, students, community partners, representatives of the school nutrition services, physical education teachers, school health professionals, the school board, and school administrators in the wellness policy process. The advisory group shall meet twice a year at a minimum. It shall make wellness policy recommendations to the Board and advise the district on nutrition-related policies, protocols, and programs.

Wellness Champions

Working with the Superintendent's designees, site-based Wellness Champions will support the implementation of the policy by planning and facilitating activities on-site on the environment, food and garden programs and protocols, and staff wellness. This program will continue at all schools when funding is identified by OUSD or through public or private grant dollars.

Student, Family, and Community Engagement

The Superintendent's designees working with Wellness Champions and the advisory group provide Wellness policy updates and resources linked to the policy to students, parents/guardians, and community stakeholders through district or school newsletters, educational material, parent/guardian and community meetings, district, and school websites, social media, and other communications.

Policy Implementation and Evaluation

The Superintendent's designees are responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758(b); 7 CFR 210.3.) The designees shall assess the implementation and effectiveness of this policy at least once every three years. The assessment shall include the extent to which the District and District schools comply with this policy and describe progress in attaining the wellness policy goals. The designees shall create structures to invite feedback on district and school wellness activities from Nutrition Services staff, school administrators, parents/guardians, students, teachers, after-school program staff, and community

partners. The designees shall produce written reports and presentations to the Governing Board, District staff, school site staff, community partners, families, and students to inform and update the public about the content and implementation of this policy and assessment results. (42 USC 1758(b).)

Documentation and Records

The Superintendent’s designees shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years. The assessment results of both the district and state evaluations shall be submitted to the Board to evaluate policy and practice, recognize accomplishments, and make policy adjustments as needed to focus district resources and efforts on actions that positively impact student health and achievement. The Superintendent’s designees shall retain records in compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and evaluation results available to the public. (7 CFR 210.31.)

Posting Requirements and Notifications

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all cafeterias or other central eating areas. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. The district will post information about the Wellness Policy, how to become a Wellness Champion, and join the Wellness Policy Advisory Group on the district website. Any updates to the content of the Wellness Policy shall be posted on the district website.

ASSESSMENT AND COMMUNICATION

~~A District committee shall oversee implementation and assessment of the Wellness Policy. This committee shall include District school health professionals, Nutrition Services professionals, physical education professionals, community partners, parents and students. The committee shall oversee a school site implementation assessment process. The committee shall produce written reports and presentations to the Governing Board, District staff, school site staff, community partners, families and students. The committee shall review the Wellness Policy at least every ten years or as required by the United States Department of Agriculture.~~

RELATED POLICIES AND REGULATIONS

~~Administrative Regulation (5030)~~
~~Board Policy and Administrative Regulation 3554 (Other Food Sales)~~
~~Board Policy (Vegetation)~~
~~Board Policy and Administrative Regulation 6142.7 (Physical Education)~~
~~Board Policy and Administrative Regulation 6142.8 (Comprehensive Health Education)~~
~~Board Policy 5031 (Social, Emotional Learning)~~
~~Board Policy and Administrative Regulation 5131.2 (Bullying)~~
~~Board Policy 5145.3 (Nondiscrimination, Harassment and Transgender Policy)~~
~~Board Policy and Administrative Regulation 5144 (Discipline)~~
~~Board Policy and Administrative Regulation 0450 (Comprehensive Safety Plan)~~
~~Board Policy and Administrative Regulation 3514 (Environmental Safety)~~
~~Board Policy 3511.2 (Integrated Pest Management)~~
~~Board Policy and Administrative Regulation 5131.65 (Asthma)~~

Legal Reference:

~~EDUCATION CODE~~

~~33350-33354 CDE responsibilities re: physical education~~
~~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~~
~~1 Physical education~~
~~2 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
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781~~

~~Management Resources:~~

~~CSBA PUBLICATIONS~~

~~Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
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RELATED POLICIES AND REGULATIONS

Administrative Regulation (5030)

Board Policy 3511.3 (Clean Drinking Water)

Board Policy 3551 (Food Service Operations/Cafeteria Fund)

Board Policy and Administrative Regulation 3554 (Other Food Sales)

Board Policy 3555 (Good Food Purchasing)

Board Policy and Administrative Regulation 6142.7 (Physical Education)

Board Policy Development of Living Schoolyards 7110.1

Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Potable Water

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

49501.5 Provide Two meals Free of Charge

49510-49520 Nutrition

[49530-49536 Child Nutrition Act](#)
[49540-49546 Child care food program](#)
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[49550-49561 Meals for needy students](#)
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[15500-15501 Food sales by student organizations](#)
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[1751-1769 National School Lunch Program, especially:](#)
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[210.1-210.31 National School Lunch Program](#)
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9/11/2024A

OAKLAND UNIFIED SCHOOL DISTRICT

Board Policy

BP 5030

Students

Wellness

In support of joyful community schools and thriving students, the Governing Board of the Oakland Unified School Board recognizes that health and wellness are fundamental to college, career, and community readiness. The Governing Board recognizes the link between student health and learning. It is committed to guiding access to healthy food; environment, food and garden education; thriving school gardens and living schoolyard spaces, and physical activity.

Wellness Policy Goals and Guidelines

The Oakland Unified School District (“OUSD” or “District”) believes the approach to implementing the various elements of this wellness policy must be steeped in equity, respectful of the needs of the diverse populations we serve, and sensitive to the food traditions that students, families, educators, and community partners bring to school communities. The District encourages healthy food options that represent the cultural diversity of the Oakland community.

Equitable Access to Nutritious Meals

The Bay Area has a high cost of living, creating high food insecurity rates for many of the families served by our school district. Families who live in East Oakland, a USDA-designated food desert, and in neighborhoods in West Oakland lack access to fresh and nutritional food sources forcing them to do the bulk of their shopping at convenience stores or travel to grocery stores in other areas. In Oakland, 74% of students qualify for free and reduced lunch, with many schools at 100%. To meet the needs of students and families, the OUSD Nutrition Services department serves thousands of breakfasts, lunches, suppers, and snacks every school day. The District shall ensure that OUSD students have access to nutritious meals (breakfast, lunch, snack, and supper) throughout the school year and via the summer meal program.

Commencing in SY 2022–23, *Education Code (EC)* 49501.5 requires public school districts, county offices of education, and charter schools serving students in grades transitional kindergarten through grade 12 (TK–12) to provide two meals free of charge

(breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal eligibility.

The District will also partner with community groups to increase access to other meal and food access programs, including the CalFresh Program, Food Banks and Food Pantries.

School and Cafeteria Culture and Climate: The District shall provide adequate facilities for students to consume their meals, including age-appropriate seating. The District shall provide adequate adult supervision during meal service.

School Meal Schedules: Students shall have adequate time during breakfast, lunch, snack or supper periods to purchase and or receive meals, eat a meal without rushing, and to clean up after themselves.

Water: Federal and state rules require schools to provide access to free, potable water to all K-12 students during school meals. All students may bring drinking water from a designated school water source or home into the classroom, provided the water is in a capped container, such as a bottle, to prevent spills.(BP 3511.3, CDE 38086, and 7 CFR 220.8(a)(1).)

Standards for Food Served on Campus

The Oakland Unified School District (OUSD) ensures student access to healthy food and beverages. OUSD recognizes that setting nutritional standards for food served on campus is integral to that commitment. The Board believes that foods and beverages available to students at district schools should promote optimal health. Outside of the school meal program, nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the district's school meal program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

OUSD Nutrition Services Purchasing and Procurement Practices: OUSD Nutrition Services is committed to following ethical procurement practices that benefit people (including students, families, and staff), the environment, and the local economy. The District will strive to develop innovative programs to support these practices, such as produce bars, Harvest of the Month, and following Good Food Purchasing practices.

Competitive Foods: Competitive Food is a food or beverage sold at school other than one served as part of the school meal program, including any item sold in

vending machines, a la carte, or through fundraising efforts on school campuses. All competitive foods should meet or exceed the OUSD Nutrition Guidelines, state safety standards, and state and federal requirements. (AR 3554.)

Rewards: The district recommends non-food items as incentives and rewards. Any food offered to students as incentives or rewards should meet or exceed OUSD Nutrition Guidelines and state safety standards. The withholding of food as punishment for students is prohibited.

Classroom Celebrations: Food served during classroom celebrations should meet the OUSD Nutrition Guidelines. No more than once a month, schools, at their discretion, may allow classrooms to hold a celebration involving food that does not meet the OUSD Nutrition Guidelines (such as for a birthday or holiday) (AR 3554 and AR 5030.) Celebrations that include food and beverages must occur after the lunch periods have ended. School administrators may place further restrictions on celebrations. Food and beverages served must follow state safety standards. The withholding of food as punishment for students is prohibited.

School-Sponsored Events: Food and beverages served as part of a school-wide event (such as Back to School Night, school dances, etc.) should always offer water and healthy food options, such as fruit, vegetables, and healthy foods that represent the cultural diversity of OUSD. Schools may never serve soda or candy. Food and beverages should follow state safety standards, and efforts should be made to meet OUSD Nutrition Guidelines.

Student Personal Possession: Families may send their children to school with food for meals and snacks. Food and beverages may not be taken away from students, no matter what the contents, if consumed during designated eating times, in designated eating areas, and in an appropriate manner.

Advertising Guidelines: The District shall not allow advertising of food and beverage items throughout the school campus that do not meet the OUSD Nutrition Guidelines (See AR 3554 and AR 5030), including posters, signs, and vending machines.

Environment, Food and Garden (EFG) Education Programs

With the OUSD Central Kitchen, Education Center, and Instructional Garden and Farm (The Center) as its hub, OUSD strives to embed curriculum, hands-on learning opportunities, and programming for students designed to build their skills and knowledge

to maintain a healthy lifestyle. The Center's educational programming is based on research, consistent with the expectations established in the state's health education curriculum framework, and aligned with next-generation science standards. The Center's approach supports OUSD's instructional focus and strategic plans and shall work to integrate EFG education into core academic subjects and into expanding learning programs.

School Gardens and Living Schoolyards

The District recognizes that school gardens and living schoolyards provide many benefits and opportunities, including access to EFG education, opportunities to enjoy calm outdoor spaces, opportunities for physical activity, growing community food, and community gatherings. Garden programs offer students experience in planting, harvesting, preparing, serving, and tasting foods. The District shall support access to space for school gardens and living schoolyards while following the OUSD Vegetation Policy, the OUSD Living Schoolyards Policy, and using the OUSD Garden Toolkit and OUSD Living Schoolyards guidelines and standards. Garden Programs shall collaborate with OUSD Nutrition Services to grow seasonal produce to use in lessons, share with families and the community, and be part of the Garden to Cafeteria programming.(BP 7110.1, BP 6142.5 and CDE 51795-51796.5.)

Physical Education

The District recognizes that Physical Education is an integral component of a comprehensive education program. A developmentally appropriate physical education program empowers students to make wise choices, meet challenges, and exhibit positive behaviors that lead to lifelong fitness. The OUSD Physical Education program shall be essential to each school's instructional program. The program shall provide the opportunity for all students, regardless of ability, to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthy physical activity, as outlined in the Physical Education Model Content Standards for California Public Schools Kindergarten through Grade Twelve and the Physical Education Framework for California Public Schools Kindergarten through Grade Twelve. The OUSD Physical Education Program shall meet or exceed California Education Code standards for required minutes, instruction, course of study, exemptions, and physical fitness testing. See Board Policy and AR 6142.7 for more information about the guidelines and requirements for the District's Physical Education program.

Opportunities for Physical Activity

All students shall be provided opportunities to be physically active regularly. Moderate to vigorous physical activity options shall be provided through physical education and recess.

Students may also have opportunities for physical activity through school athletic programs, extracurricular programs, before and after-school programs, summer learning programs, in-class physical activity breaks, and other structured and unstructured activities.

Staff Wellness

The Governing Board of the Oakland Unified School District recognizes that staff well-being is essential for students to thrive academically, physically, socially, and emotionally. The Board shall actively support staff wellness by establishing safe and supportive working conditions that will attract and retain staff members who are highly qualified and dedicated to the education and well-being of students. The District's staff wellness program, related personnel policies, and regulations shall ensure a safe, supportive, healthy school culture and climate. The District shall comply with collective bargaining agreements and state and federal laws and regulations. The District shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees. The District shall encourage educators and staff to serve as positive role models for healthy eating and physical fitness.

Professional Development

The district shall offer regular professional development to teachers and other staff regarding guidelines, requirements, and programming. Nutrition Service staff shall receive professional development based on the USDA Guide to Professional Standards for School Nutrition Program of 2020.

Wellness Policy Advisory Group

Working with the Superintendent's designees, key stakeholders, and other appropriate persons shall serve as an advisory group to oversee the implementation and evaluation of the policy. OUSD encourages the participation of parents, students, community partners, representatives of the school nutrition services, physical education teachers, school health professionals, the school board, and school administrators in the wellness policy process. The advisory group shall meet twice a year at a minimum. It shall make wellness policy recommendations to the Board and advise the district on nutrition-related policies, protocols, and programs.

Wellness Champions

Working with the Superintendent's designees, site-based Wellness Champions will support the implementation of the policy by planning and facilitating activities on-site on the environment, food and garden programs and protocols, and staff wellness. This program will continue at all schools when funding is identified by OUSD or through public or private grant dollars.

Student, Family, and Community Engagement

The Superintendent's designees working with Wellness Champions and the advisory group provide Wellness policy updates and resources linked to the policy to students, parents/guardians, and community stakeholders through district or school newsletters, educational material, parent/guardian and community meetings, district, and school websites, social media, and other communications.

Policy Implementation and Evaluation

The Superintendent's designees are responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758(b); 7 CFR 210.3.) The designees shall assess the implementation and effectiveness of this policy at least once every three years. The assessment shall include the extent to which the District and District schools comply with this policy and describe progress in attaining the wellness policy goals. The designees shall create structures to invite feedback on district and school wellness activities from Nutrition Services staff, school administrators, parents/guardians, students, teachers, after-school program staff, and community partners. The designees shall produce written reports and presentations to the Governing Board, District staff, school site staff, community partners, families, and students to inform and update the public about the content and implementation of this policy and assessment results. (42 USC 1758(b).)

Documentation and Records

The Superintendent's designees shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years. The assessment results of both the district and state evaluations shall be submitted to the Board to evaluate policy and practice, recognize accomplishments, and make policy adjustments as needed to focus district resources and efforts on actions that positively impact student health and achievement. The Superintendent's designees shall retain records in compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and evaluation results available to the public. (7 CFR 210.31.)

Posting Requirements and Notifications

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all cafeterias or other central eating areas. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. The district will post information about the Wellness Policy, how to become a Wellness Champion, and join the Wellness Policy Advisory Group on the district website. Any updates to the content of the Wellness Policy shall be posted on the district website.

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51223 Physical education, elementary schools

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CODE OF REGULATIONS, TITLE 5

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15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

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1751-1769 National School Lunch Program, especially:

1758(a)(5) Drinking Water

1758(b) 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

210.10(a)(1)(i) and 220.8(a)(1) Access to Clean Potable Water

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