

STUDENT WELLNESS

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Santa Monica-Malibu Unified School District (SMMUSD) recognizes that healthy children learn better. Fostering the social-emotional, physical, and academic growth of children is a key element of a comprehensive health and wellness program. Schools and communities play a critical role in promoting student health by teaching habits of lifelong wellness, modeling healthy behaviors, and providing a solid health curriculum.

In accordance with Board of Education Policy 5030 Student Wellness, the Board of Education, in collaboration with the District's Health & Safety District Advisory Committee (serving as the District's School Wellness Council), shall adopt specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

Nutrition

The SMMUSD Board of Education supports healthy eating which has a positive influence on students' overall physical health, emotional well-being, and academic achievement. Healthy, well-nourished children are more likely to attend school and better able to take advantage of educational opportunities. A supportive school nutrition environment provides access to healthy and appealing food, delivers a consistent message about the importance of healthy eating, and empowers students with the knowledge to make responsible choices.

1. **School meals and snacks (Food Services)**

In 2015, over 24% of SMMUSD students qualified for the Free and Reduced Lunch Program. It is crucial that the district provide high quality, nutritious and appealing food choices.

- Goal: Create a task force (parents/staff/interested community members) to explore the possibility of forming partnerships with local businesses/organizations and increasing the purchase of locally sourced and sustainable food items.
- Goal: Students will consume their lunch during the designated lunch time.
 - Strategy: Encourage schools to create lunchtime schedules that promote an adequate amount of time for lunch, either by encouraging schools to schedule recess before students eat or permitting students to go to recess only after sitting for a designated amount of time to eat (e.g., 20 minutes).
- Goal: Food served at school will meet or exceed CA State and Federal nutrition guidelines, including vending machines, student stores, special events, classroom parties, fundraising, and other food sales.
 - Strategy: Students eating in the cafeteria will have access to both hot food items and the salad bar, not one or the other.
 - Strategy: Parents/guardians and families will be provided with information about CA State and Federal nutrition guidelines that pertain to food for classroom parties and fundraisers.
- Goal: Encourage staff to model healthy food and beverage choices for students.
- Goal: A district Registered Dietician will oversee and consult regarding all nutrition-related activities available to students (12 midnight to 30 minutes after school concludes: 7 CFR 210.11).

2. **Marketing and promotion of food and beverages**

- Goal: All advertising including signage will comply with all CA State and Federal nutrition guidelines.
- Goal: All food offered to students and/or used as a reward must comply with CA State and Federal nutrition guidelines.

3. **Access to free drinking water**

- Goal: Designate drinking water stations (“hydration stations”) at physical activity areas, cafeterias, school entrances, and other key locations (ED Code 38086).

4. **Food Allergies/Special dietary needs**

- Goal: Develop a comprehensive and coordinated approach to protect the safety of students with food allergies and dietary limitations.

5. **Healthy Breakfast**

Research demonstrates that students who eat breakfast perform better on tests, participate more actively in class, and show improved attendance in school.

- Goal: All students should have a healthy breakfast every day, either at home or at school.
 - Strategy: Encourage students who do not eat breakfast at home to eat a nutritious breakfast at school. Examples include providing breakfast at school by offering grab-and-go meals and second chance breakfast during nutrition or recess.

6. **School Gardens**

- Goal: Encourage PTA’s at all schools to develop and maintain a school garden that promotes agricultural literacy, sustainability, and healthy eating.
- Goal: Encourage parents/teachers/after-school programs to seek out opportunities and make school gardens a learning experience for all students.

7. **Nutrition Education**

- Goal: Encourage schools to provide K-12 instruction by utilizing the State Standards/Health Framework.
- Goal: Teachers will incorporate nutrition education in all subjects as appropriate.
- Goal: Provide ongoing professional development in nutrition education to SMMUSD teachers and staff.

Physical Activity (PA)

Research demonstrates that physically active children are healthier and perform better academically. In addition, physical activity improves children’s social and emotional well-being and enhances learning. The U.S. Department of Health and Human Services recommends that youth engage in a minimum of 60 minutes of physical activity each day. During the school day, physical education, recess and activity breaks give students a chance to be active. SMMUSD Board of Education encourages physical activity for all students and staff during and outside of school hours.

1. Physical Education (PE)

In 2014, 15-20 % of SMMUSD students did not pass at least 4 of 6 state test fitness components, according to Santa Monica Youth Wellbeing Report Card.

- Goal: All students have access to daily (or equivalent) quality physical education. Time allotted for physical education activities will meet or exceed Ed Code requirements.
 - Strategy: A district-level credentialed physical education teacher will provide oversight and on-going training of physical activity specialists (elementary level).
 - Strategy: All students in secondary schools are taught by credentialed physical education teachers.
- Goal: All students have access to a standards-based physical education curriculum:
 - Strategy: Provide daily (or equivalent) lessons linked to standards (limited or no “free play” days).
 - Strategy: Follow developmentally appropriate practices during each physical activity period that aligns with national and state recommendations and standards.
 - a. Maximize time on task; minimize sitting/waiting.
 - b. Eliminate “elimination” games to maximize time for all students to participate.
 - c. Each physical education period should focus on at least one standard-based objective.
 - d. Each physical education period should be part of a larger unit of study or contribute to an important learning outcome.
 - e. Include non-competitive, non-traditional (e.g., dance, martial arts, yoga) options that encourage participation by all students.
- Goal: Physical activity programs will be carried out in a safe environment that reflects respect for body-size differences and promotes participation of all students, regardless of varying skill levels or of gender, gender identity, or sexual identity
- Goal: Appropriate alternative activities will be provided for students with disabilities/limitations and those students with temporary injuries/illness that may restrict activity.
- Goal: Physical education staff shall adapt the type or amount of physical exercise required of students during inclement conditions such as air pollution and hot weather.
- Goal: Withholding PE/PA should not be used to make up classwork or for disciplinary purposes.

2. Accident/Injury Prevention/Facility Maintenance

- Goal: Students will have access to sports equipment that is maintained to promote safe sports practices. Sports fields, courts, lockers, and playgrounds will be maintained and upgraded if needed.
- Goal: Students will have access to drinking water at all times during PA.

3. Recess/Physical Activity

- Goal: Provide enough trained adults to enforce safety rules and prevent accidents/injuries and bullying behaviors.
- Goal: Encourage structured physical activity with an emphasis on supervision, turn-taking and rule-following.

4. **Activities outside of school hours**

- Goal: School staff will encourage the school community to participate in activities and programs outside of school that promote a healthy and active lifestyle.
 - Strategy: Schools should promote community programs by posting information on school websites, publications and signage at the school sites.

Safe School Environment

The Superintendent or designee shall develop and implement strategies to promote a safe school environment.

1. **Safe Routes to School Program**

The District shall promote strategies to improve student safety along routes to school while encouraging walking, bicycling and other forms of active transport to school. (Ed Code 51860)

- Goal: Provide educational activities that promote safety and awareness.
 - Strategy: Instruct students about pedestrian, bicycle, and personal safety, including distractions associated with cell phones/technology.
 - Strategy: Instruct students about the health and environmental benefits of walking, bicycling and other forms of active transport.
 - Strategy: Inform students who bicycle to school or who use skateboards, skates, and non-motorized scooters about wearing helmets in accordance with Vehicle Code 21212. Post signage adjacent to bike racks/storage locations regarding helmet laws.
- Goal: Generate interest in active transport to school.
 - Strategy: Encourage parent organizations to coordinate ongoing activities such as "Walking School Buses" and "Bike It/Walk It Day" with the emphasis on safety first.
 - Strategy: Publicize information via SMMUSD websites about safe bus, bike, walking, metro, and driving routes to district schools.
 - Strategy: Identify storage locations for bikes, skateboards etc.
- Goal: All schools will have a system to ensure safe drop off and pick up by consulting with local community agencies such as law enforcement and public transportation agencies as needed.

2. **Violence Prevention**

Youth violence can take different forms, such as fighting, bullying, threats with weapons, and gang-related violence. Youth violence is the leading cause of death and injuries among youth between the ages of 10 and 24 in the United States. Research demonstrates it is possible to prevent youth violence. The Superintendent or designee shall help prevent youth violence by following the CDC recommendation and implementing "Taking Action to Prevent Youth Violence." (CDC) (PL 103-382 and Ed Code 33032.5)

- Goal: Sexual assault prevention education programs in all secondary schools.
- Goal: Schools will implement research-based bullying prevention programs.
 - Strategy: Adopt a district-wide anti-bullying program that will be taught in primary schools and then reinforced in the secondary schools.
- Goal: Schools will be encouraged to implement anger management education programs.

- Goal: Educate students, staff and parents/guardians about different types of youth violence and avenues for reporting youth violence within the school.

3. **Suicide Prevention**

Suicide is a major public health consequence that is the 2nd leading cause of death among youth between the ages of 10 and 24.

- Goal: Develop suicide prevention programs and collaborate with outside agencies as needed.
- Goal: Develop a protocol and training for staff that includes helping students who may be at risk for suicide, how to respond to students who attempt suicide, and steps to take after the suicide of a student or member of the school community.
- Goal: Educate students, staff and parents/guardians in secondary schools about suicide and avenues for reporting concerns about a student who may be at risk for suicide.

Health Education

A well-developed health education program integrates the physical, mental, emotional and social aspects of health. It educates students on risk reduction behaviors, health promotion, and disease prevention. A strong health education curriculum has been shown to decrease absenteeism, improve academic success and create lifelong positive health knowledge, attitude and behaviors among students. The Superintendent or designee shall adopt and implement a health curriculum that is based on the State Standards/Health Framework in K-12. (Ed Code 51210, 51890-921, 60110-5)

- Goal: Adopt a comprehensive health education curriculum in grades K-12.
 - Strategy: Use CA State Standards/Health Framework-to develop a research-based approach as the foundation for sequential, age-appropriate health instruction.
 - Strategy: Identify and collaborate with relevant community and health agencies.
 - Strategy: Cultivate meaningful parent involvement in health education.
- Goal: Implement the California Healthy Youth Act: Comprehensive Sexual Health Education & HIV Prevention Education in accordance with Ed Code 51930-51939).

Health Services/Emotional Wellbeing

The Superintendent or designee shall strengthen and expand existing mental and physical health services in all schools. Schools will encourage staff well-being by fostering a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.

- Goal: Develop comprehensive multidisciplinary wellness centers at district schools.
- Goal: Each school will have a credentialed school nurse and mental health professional available to all students.
- Goal: The District will enhance relationships with community partners.
- Goal: Implement programs and practices that help reduce staff stress and boost morale, productivity and effectiveness in the workplace.

Evaluation

Evaluation to assess progress toward program goals will include:

- Gathering and interpreting data based on indicators in the Wellness Policy annually.
- Presenting data to the School Board and public (42 USC 1758b).

- Recommending program modifications as needed.
- Complying with posting requirements (Ed Code 49432).

Exhibit
adopted: February 15, 2018

SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT
Santa Monica, California