

## **Students**

### **STUDENT WELLNESS**

**AR 5030**

The Governing Board recognizes the link between student health and learning. Children and youth that begin each day as healthy individuals are more receptive to the learning experience and more likely to succeed now and in the future. Further, the Board also believes that a healthy staff can more effectively perform their job responsibilities and model appropriate wellness behaviors to students. The following regulations support this policy which encourages a comprehensive approach to school and community wellness that is sensitive to the needs of students, staff, and community. It addresses all components of the Coordinated School Health Program as recommended by both the California Department of Education and Department of Health Services.

School sites are encouraged to develop and establish “Wellness Committees” to plan, implement, and evaluate activities that support the Wellness Policy. All regulations are subject to the budget constraints and priorities of any given year. The Local Wellness Policy requirement was established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. It requires each school district participating in the National School Lunch Program and or School Breakfast Program to develop, continuously implement, evaluate and update a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

The Board will seek collaboration with the City of Pasadena, before-and-after-school programs and other organizations that work to promote the health and wellness of the entire community.

### **Standards for Health and Wellness Education and Services**

#### **1. Comprehensive Health Education**

Students will receive a comprehensive health education.

The Department of Instruction and site administrators will be responsible for monitoring comprehensive health programs and documenting that the state mandated health education requirements for grades Pre-K through 12 are met. Lesson plans, mandated health education recording forms and observations will be used to assess health education at school sites. (Education Code 51890, 51891, 51210)

The Board believes that health education is essential to student performance and academic success. Health education fosters the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. Health

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education empowers students to maintain and improve their health, prevent disease, and reduce health related risk behaviors.

1. The District shall adopt the California Health Education Content Standards K-12 and provide a planned, standards-based, developmentally appropriate and sequential curriculum.
2. The District's health education program may be designed to actively involve community agencies, upon District approval, in classroom presentations.
3. Health educators will develop and implement strategies and activities to support students around "issues and unhealthy decisions" that stem from the California Healthy Kids Survey results or alternative District-approved data.

*(cf. 6142.8 - Health Education)*

#### **2. Nutrition Education**

The school staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Food Service staff will additionally receive regular staff development on safe food preparation and presentation.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Teachers are to provide age-appropriate, skill-building nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors and a positive self-image at all grade levels by:

- Basing instruction on the state's framework and content standards
- Integrating current and scientifically accurate nutrition content into before and after-school programs and classroom instruction
- Coordinating with food service staff to offer nutrition education in the school cafeteria as well as in the classroom
- Linking classroom nutrition education to the overall school community through school gardens, cafeteria-based nutrition education, and/or parent/community outreach pre-kindergarten through twelfth grade
- Modeling healthy eating behaviors

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Administration is to provide professional preparation and/or ongoing professional development for district teachers related to nutrition education and all other areas of health education. Leadership and Administrative staff will receive appropriate trainings and updates on the District Wellness Policy to maximize implementation of the policy.

The Board recognizes that district and school site level Nutrition Services staff is a part of the learning community and impacts the educational environment of PUSD students. (Education Code 51210.4, 8990, 8993)

Before-and-after school programs will follow district guidelines for nutrition and wellness policies.

### **3. Physical Activity and Physical Education**

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the concepts, knowledge and skills for age appropriate physical activities; maintain physical fitness; regularly participate in physical activity, and understand the short-and-long-term benefits of a physically active and healthy lifestyle.

According to the Surgeon General, regular physical activity is one of the most important things that people can do to maintain and improve their physical health, mental health, and overall wellbeing. A student who is physically educated is more likely to become a healthy adult who is motivated to remain healthy and physically active throughout his or her life. The following provides a clear definition of the two areas addressed in this section of the regulation:

1) Physical Education - A planned sequential program of standards-based curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle

2) Physical Activity – This term refers to the actual participation in a physical activity. Physical activity programs may provide participants with structured activity (games, sports, etc.), unstructured activity (walking programs, dance, etc.), or opportunities to participate in physical activity in the daily routine (walk-to school programs, etc.)

The following are in support of these statements:

1) Physical Education

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All students in grades 1-12 will receive physical education instruction in accordance with education code requirements:

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12. In order to receive a high school diploma, students are required to complete at least two courses of physical education unless an exemption is granted under specified circumstances. Also, in order for the pupil to be exempt from P.E. courses during the junior and senior year, the pupil needs to meet satisfactorily any five of the six standards of the physical performance test (FITNESSGRAM).

A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to:

- physical education
- recess
- walk/bike-to-school programs
- before-and-after-school physical activity programs
- health education that includes physical activity as a main component, and physical activity within the classroom.
- movement breaks between subjects

Physical activity will be integrated across curricula and throughout the school day.

Schools will provide the appropriate amount of time for physical education classes (at least 200 minutes every 10 days for elementary school students and at least 200 minutes per week for middle and high school students for the school year) exclusive of recesses and lunch periods. (Education Code 51210, 51222, 51223)

### **DAILY RECESS**

Recess is a scheduled time that provides an essential break from demanding cognitive tasks. Recess provides time to move, play, problem solve and socialize. Increased attention span and academic performance can result after recess, and recess helps children to learn social skills that may not be achieved in a structured classroom environment.

Recess is offered in kindergarten through 12th grade and although these physical activity periods may not always be called recess in secondary schools,

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they serve the same purpose—to provide student-selected opportunities to engage in physical activity and take a break from academic work during the school day.

The district will ensure that all elementary schools will offer 20 or more minutes of recess on all days during the school year which will complement, not substitute for, physical education class and will:

- provide schools and students with adequate spaces, facilities, equipment and supplies for recess
- ensure that spaces and facilities for recess meet or exceed recommended safety standards
- prohibit the exclusion of students from recess for disciplinary reasons or academic performance in the classroom
- provide staff members who lead or supervise recess with ongoing professional development
- provide strategic inclusion and oversight of opportunities for students with special needs or disabilities to participate
- assess the accessibility of playgrounds and outdoor play areas and make changes to improve access
- provide equipment to allow for inclusion of students with disabilities into activities

The district will offer opportunities for all students to participate in physical activity before and/or after the school day through a variety of methods including:

- physical activity clubs
- physical activity breaks in aftercare
- intramurals or interscholastic sports

The district will provide strong support for walking, bicycling and other forms of active transportation for students and staff to and from school through a combination of education, encouragement, enforcement and engineering activities. The district will encourage students, caregivers and staff to walk and bicycle to and from school and is committed to putting in safeguards to provide safe walking and bicycling access in the school vicinity.

Administrative staff will ensure and teachers will do the following:

1. Base instruction on the state framework and standards for Physical Education and PUSD Nutrition/Physical Activity Health Standards K-12

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2. Deliver physical education by credentialed physical education teachers at the secondary level and by multiple subject credentialed teachers at the elementary level.
3. Integrate current and scientifically accurate physical activity content into classroom instruction and before-and-after-school programs across the curriculum and throughout the school day
4. Provide professional preparation and/or ongoing professional development for district teachers related to physical education and physical activity
5. Not use or withhold physical education/activity and recess as punishment
6. Model healthy physical activity behaviors

(Education Codes: 51210, 51222, 51223, 33350, 5210.2 (1))

#### **4. Health Services**

School health services address existing and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions (such as asthma and diabetes). In addition, wellness promotion, preventative services and staff, caregiver and student education help to ensure the optimal health of all students. The district is committed to ensuring that the physical health needs of all students are met. School nurses, health clerks and those employees with health-related duties shall be fully supportive of wellness policy regulations and promotion of health and wellness activities. Nurses will provide information on nutrition, disease prevention and detection. School nurses are available to provide voluntary health screenings for staff monthly upon request. School nurses promote attendance by providing flu clinics and other health maintenance opportunities for students, staff and community.

PUSD health services will seek local community resources for health education opportunities for students, staff and community.

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#### **5. Nutrition Services**

District Food Services will continue to improve menu choices by increasing food selections that students like based upon feedback from the students and other valid instruments.

District Food Services whenever possible will minimize processed foods and select California grown produce. The implementation of salad bars will continue at all school sites.

Healthy, active, and well-nourished children are more likely to attend school and are more prepared and motivated to learn. Adequate nutrition helps maintain concentration, sustain energy levels, improve classroom behavior, and reduce the risk of being overweight or obese. Schools shall put into place a system to notify teachers, parents, and administrators if a student does not eat breakfast or lunch on a regular basis.

The Board recognizes that each student needs a nutritious breakfast in order to be healthy, active, and ready to learn. Increased participation in the following programs shall be promoted and supported:

1. National School Breakfast program at all grade levels
2. In-class breakfast at the elementary level

School principals will make participation and return of meal eligibility applications a high priority for their sites. A calendar will be developed and distributed to each site by food services that will outline the due dates for the meal application process. School staff will reduce barriers for families by assisting with the application process.

#### **School Meals**

Children consume as many as half of their daily calories at school. Schools play an important role in offering meals with vital nutrients while shaping students' eating habits. Students who participate in the school meal programs have access to nutritious foods and beverages to support their growth, development and academic performance.

The USDA Child Nutrition Programs\* (child nutrition programs) aim to improve the health of students, help mitigate hunger and obesity and model healthy

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eating by providing meals that are low in fat and sodium, and abundant in fruits, vegetables and whole grains. These programs support the development of lifelong healthy eating patterns while accommodating cultural food preferences and special dietary needs. In order to be compliant with the USDA final rule, all schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans, and peas and legumes)
- grains (whole grain-rich)
- meats and meat alternates
- fat-free and low-fat milk
- access to free drinking water

In addition:

- school meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations
- school meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals
- the district will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status)

Meals served through the Food Service Program should be appealing and attractive to students of various ages and diverse backgrounds. School site leadership shall be involved to improve cafeteria décor and atmosphere. Food Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.

Students need adequate time to eat a nutritious meal. Students will have at least 20 minutes to eat after sitting down with their lunch. Each student must have the opportunity to eat a nutritious lunch around midday and must return to class before school dismissal. (E.C. 49433)

- Students will have the opportunity to go through the lunch line.
- Students with sack lunches will not be seated separately from students with school lunches.



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- Staff shall be encouraged to join students periodically to model good eating habits, manners and behavior.
- Elementary schools are encouraged to schedule recess before meal time.
- All students shall be treated equally and fairly

In order to promote student health and achievement, Child Nutrition Services uses the Food Based Menu Planning (FBMP) approach for meal planning. The weekly average of menus must meet calories and nutrient standards for protein, fat, saturated fat, grains, fruit, vegetables and milk. Cholesterol, fiber, carbohydrate, and sodium levels are also monitored.

*(cf. 3550 – Food Service/Child Nutrition Program)  
(Education Code 49431.5)*

### **Standards for all Foods and Beverages Available on School Campus**

The district requires that all foods and beverages served and offered on the school campus outside of the school meal programs during the school day- the time between midnight the night before to 30 minutes after the end of the instructional day, and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum, meet Smart Snacks.

The district will make available for all school and school-based OST staff:

- A list of healthy and non-food party ideas
- A list of foods and beverages that meet Smart Snacks
- A list of healthy and non-food rewards.

Within the school day -the time between midnight the night before to 30 minutes after the end of the instructional day, all foods and beverages offered/sold in the PUSD will meet or exceed the following guidelines (Education Code 49431):

#### 1. State and Federal Regulations

##### a. **Foods**

- Not more than 35% of the total calories, excluding nuts, seeds, eggs, cheese packaged for individual sale, are from fat
- Not more than 10% of the food item's total calories are from saturated fat
- Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is from sugar.

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- No food classified as Food of Minimal Nutritional Value (FMNV) shall be served, including:
  - Soda water and other carbonated beverages
  - Chewing gum
  - Water ices (except those containing fruit or fruit juice)
  - Certain candies: hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, or candy-coated popcorn
- Not more than *175 calories per individual food item* for elementary school.
- No more than *250 calories per individual food item* for middle and high school.

#### b. **Beverages – Elementary School Restrictions**

Pursuant to Education Code 49431.5, no beverages, other than water, milk, 100% fruit juices, or fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners, may be sold to a pupil at an elementary school.

An elementary school may permit the sale of beverages that do not comply with the above as part of a school fundraising event in any of the following circumstances:

1. The items are sold by pupils of the school and the sale of those items takes place off and away from the premises of the school.
2. The items are sold by pupils of the school and the sale of those items takes place one-half hour or more after the end of the school day.

#### c. **Beverages – Middle/High School Restrictions**

Pursuant to Education Code 49431.5, the school day- the time between midnight the night before to 30 minutes after the end of the instructional day, no beverages, other than water, milk, 100% fruit juices, fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweeteners or an electrolyte replacement beverage that has water as the first ingredient contains no more than 2.1 grams added sweetener per 1 fluid ounce, between 10 and 150 milligrams of sodium per 8 fluid ounces; between 1- and 90 milligrams of potassium per 8 fluid ounces; and no added caffeine and not to exceed a 12 ounce serving, may be sold to a pupil at a middle or high school.

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A middle or high school may permit the sale of beverages that do not comply with established nutrition standards if the sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day.

Any policy adopted by the Federal Government or by the State of California will automatically become part of the PUSD Wellness Policy.

#### **2. Competitive Foods/Outside Food Sources**

The Board believes that students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Nutrition standards should address all foods and beverages sold or served to students, including those available outside the school meal programs.

The district requires that all foods and beverages sold outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum, meet Smart Snacks.

- a. The Board recommends that all beverages and competitive foods offered for sale to students outside of the school meals program, during the regular and extended school day must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines (SMART SNACKS). Nutritional guidelines can be obtained on the PUSD website or from the Child Nutrition Office.
- b. Foods and beverages not meeting compliance standards may be sold/offered according to the grade level restrictions and Board approval when applicable, as enumerated in Education Code 49431.5 and Title 5, 15500.

#### **Standards for Other Wellness Concerns**

##### **1. Drinking Water**

Every student should have access to free, potable drinking water, throughout the school day

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Access to safe, free drinking water helps to increase students' overall water consumption, maintain hydration and reduce energy intake when substituted for sugar-sweetened beverages. In addition, adequate hydration may improve cognitive function among children and adolescents, which is important for learning. In order to be compliant with the USDA final rule, free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served.

The district requires that:

- free, safe and unflavored drinking water is available to students during the school day and during the
- extended school day (including during out-of-school time/and before and after school),
- water cups/jugs are available in the cafeteria if a drinking fountain is not present
- students can bring and carry approved water bottles filled with only water before, during and after the
- school day across the school campus
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards  
(*Education Code 49431.5*)

#### 2. Classroom Parties and Celebrations

Classroom parties/celebrations involving food are limited during the school day to no more than two parties/celebrations per class per year.

- a. Classroom parties/celebrations involving food must occur after the last lunch period for the grade level or class.
- b. The Board recommends that all foods and beverages provided for these classroom celebrations must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines. They shall be selected from a list of healthy foods or be a part of a complete, nutritious meal.

With applicable charges, Child Nutrition Services can provide fruit, vegetable, and milk to ensure a complete meal. To ensure a healthy selection of treats and ensure food safety, parents may arrange with the Child Nutrition Services Department for catering class parties/celebrations.

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#### 3. Student Birthday Recognition

The Board encourages non-food rewards for recognition of birthday. Sample activities that celebrate the child along with approved foods lists are available on the PUSD website or can be obtained from the Child Nutrition Office.

- a. All food items brought to school by teachers or parents for student birthday recognition with his/her classmates must meet or exceed state and federal regulations, as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines.  
(Education Code 8993)

#### 4. Rewards

Staff will avoid giving students foods of minimal nutritive value as a reward measure.

#### 5. Before-and-After-school Programs

Within the hours of the Before-or-After School Program, all foods and beverages available to students must meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines.

*(cf. 5030 - Student Wellness)*

#### 6. Food and Beverage Fundraising

Fundraising efforts provide opportunities for student, staff, family and community collaboration and reflect the healthy eating practices and policies in the district. In order to be compliant with the USDA final rule, the district will allow only foods and beverages that meet or exceed Smart Snacks standards to be sold through fundraisers on the school campus during the school day- the time between midnight the night before to 30 minutes after the end of the instructional day.

The district requires that fundraising, including activities such as donation nights at restaurants, cookie dough, candy and pizza sales and market days during the school day and during the extended school day (including during out-of-school time/and before and after school) sell only non-food items or foods and beverages that meet or exceed Smart Snacks. The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope

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for Heart or fun runs). The district will make available to caregivers and all school and school-based OST staff a list of healthy fundraising ideas.

The marketing of unhealthy food and beverages through signage, vending machine fronts, logos, scoreboards and school supplies will not be promoted.

All fundraisers held on campus, from midnight the night before to 30 minutes after the end of the instructional day, must be approved by the Principal. The Board recommends non-food and healthy food fundraisers regardless of the time of day, within or outside school grounds, meet or exceed state and federal regulations as well as the PUSD and Healthy, Hunger-Free Kids Act of 2010 Competitive Food and Beverage Guidelines. (Education Code 49431

In order to ensure optimum participation in the federally reimbursable meal program, all approved fundraisers will not coincide with the hours that the national food breakfast or lunch program is in operation regardless of the types of food being sold in the fundraiser.

The Principal may approve for elementary schools no more than **four sales per year of one** “dessert type” food item. Sales must be one “dessert type” item. The items are to be sold by pupils of the school and the sale takes place at least one-half hour after the end of the school day or away or off-campus. The item selected must **not** be the same as one that is sold in the food service program that day at that school and must not be prepared on the school premises. (Education Code 49431, Title 5, 15500) (Education Codes: 49430(f), 49431, 49431.2, 49431.5, 49431.7,

*(cf. 3554 – Other Food Sales)*

### Food and Beverage Marketing

All foods and beverages marketed or promoted to students on the school campus during the school day and during the extended school day (including during out-of-school time/and before and after school) will meet or exceed Smart Snacks. The marketing of products that do not meet Smart Snacks, in any and all of the following ways, is prohibited:

- brand names, trademarks, logos or tags, including on cups used for beverage dispensing; menu boards; coolers; trash cans; vending machines and other foodservice equipment; posters; book covers; pupil assignment books or school supplies; uniforms; school buses and other vehicles; athletic fields or school equipment, such as

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marquees; message boards; scoreboards and backboards displayed distributed, offered or sold by the district

- advertisements in school publications and school mailings; during broadcasts on school radio stations and in-school television; through digital media, such as computer screensavers; school-operated or school-sponsored websites and servers; or through the school public announcement system
- free samples, taste tests or coupons for products
- educational incentive programs (such as contests that use foods or beverages as a reward) including the promotion of programs that provide schools with supplies or funds when caregivers or participants purchase specific food products

### **Sales by Student Organizations**

Restrictions for food and beverage sales by Elementary Student Organizations are effective only during school hours (CCR 15500) and for Middle and High Schools; restrictions apply during school hours and after school.

Education Code 49430, 49431.2, 49431.7, CCR sections 15575, 15577, 15578

For high schools or junior high/middle schools the Principal may permit an organization consisting solely of pupils of such school to sell food items during or after the regular school day if the following conditions are met (T5 15501):

- (a) The specific nutritious food items are approved by the governing board.
- (b) A student organization or organizations may be approved to sell food at any time during the school day, including the regularly scheduled food service period(s), as provided in (1) and/or (2):
  - (1) Only one such organization each school day selling no more than three types of food or beverage items such as popcorn, fruit, and/or
  - (2) Any one or more student organizations may conduct no more than four food sales of any food items during a school year in each school, but such sales shall be held on the same four days for any or all organizations.
- (c) The sales during the regular school day are not of food prepared on the premises.

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- (d) The food items sold during the regular school day are not those sold by the district in the food service program at that school during that school day.

Healthy food and beverage products will be offered and promoted at all school sponsored events.

### **Vending Machines**

Machines within PUSD will comply with the nutritional standards and be stocked with compliant items. Site administrators and Food Service administrators will monitor vending machines to ensure compliance with the requirements.

### **STAFF WELLNESS**

Health assessments, health education and health-related fitness activities should be provided to staff. This will contribute to improved health status, improved morale, and a greater commitment to the school's overall comprehensive health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling.

Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

1. The District should encourage staff to engage in regular physical activity.
2. The District recognizes that school district employees may have personal challenges that may require support. Staff will be encouraged to seek help when such problems exist and to take advantage of the resources that are available to assist them.
3. The District will make every effort to maximize employee safety and believes that maintaining that safety is every employee's responsibility.

Working conditions and equipment shall be maintained in compliance with standards prescribed by federal, state and local laws and regulations, which include procedures for registering concerns about working conditions that are deemed unsafe. An injury and illness prevention program shall be established in accordance with federal and state law.



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#### **FAMILY AND COMMUNITY INVOLVEMENT**

The Board believes that family and community involvement and collaboration are key elements in supporting the healthy development of youth and their families. Long Term partnerships with diverse representative community groups shall be developed. These partnerships are most effective when they are designed to share and maximize resources and expertise in addressing the healthy development of children, youth and their families. The following components of the regulations support these statements.

1. The District will work in cooperation with the community to provide access to information regarding places for students to go for substance-free activities and places for youth to interact.
2. The District will make available to parents/guardians' information regarding school and community resources, including but not limited to low-cost health and wellness resources, mental health resources, and other support for parents/guardians.
3. The District will provide support for parents/guardians in guiding their child's academic, career, and personal/social development, and the District will provide educational opportunities for parents/guardians to identify symptoms of mental health issues and unhealthy decision-making (e.g. drugs and alcohol, sexual activity, and stress-related issues).
4. The District will work to enhance the collaboration among students, the schools and the community

#### **Standards for Monitoring Wellness Policy**

The Coordinated School Health Council shall provide annual surveys to all stakeholders as appropriate via email, mail or distribution from the school site. The CSHC is to monitor, evaluate and update the PUSD local wellness policy to ensure that it promotes the health of students and addresses the growing problem of childhood obesity.

The Child Nutrition Administrator will provide an annual progress report to the Superintendent or designee regarding the status of the policy based on the evaluation model.

#### **Communication**

Staff will work towards enhancing the district website to include nutrition education, wellness and fitness information. The website should be interactive

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so students, parents, and community can participate and provide feedback on wellness and nutrition activities.

**Regulation**

**Approved: June 13, 2006**

**Revised:** June 26, 2012; June 30, 2021

**PASADENA UNIFIED SCHOOL DISTRICT**

Pasadena, California