

## **Integrated Wellness Policy**

### Mission

Part of the educational mission of the Berkeley Unified School District (BUSD) includes improving the health and wellness of the entire community by teaching students to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education, garden experiences, the food served in schools, environmental restoration and core academic content in the classroom.

### Statement of Principles

The Governing Board recognizes that there is a link between nutrition education, the food served in schools, physical activity and environmental education

The Board also recognizes the important connection between a healthy diet, physical activity and a student's ability to learn effectively and achieve high standards in school.

The Board also recognizes that it is BUSD's role, as part of the larger community, to model and actively practice through policy and procedures the promotion of family health, physical activity, good nutrition, sustainable agriculture and environmental restoration.

BUSD further recognizes that the sharing and enjoyment of food and participation in physical activity are fundamental experiences for all people and a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds strengthening core values, and promoting the general wellness of our community.

In order to accomplish its mission and to comply with its principles, the Board has adopted a philosophy which promotes student wellness and is exhibited in three basic policies: Wellness and Food, Physical Education, and Environmental Education Policy.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos,

scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

#### Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity on the district's web page, in public view within all school cafeterias or in 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 Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include, but not be limited to the analysis of the nutritional content of meals served, student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

Policy BERKELEY UNIFIED SCHOOL DISTRICT

adopted: October 6, 2004 Berkeley, California

revised: January 23, 2008