

**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION**

Agenda Item# 9.1

Meeting Date: August 16, 2012

Subject: Revised Board Policy 5030: Student Wellness

Board of Education Executive Summary

Family and Community Engagement Office
Draft Revised Board Policy 5030 Student Wellness
August 16, 2012

- x Fresh menu choices have been introduced. They have been well received and lunch counts are up.
- x Barbeque lunch option was launched at Hiram Johnson leading to increased lunch participation counts.
- x A "Supper Program" was implemented at 30 sites for children in the Youth Development after school enrichment programs.
- x An expansion of the supper program to 32 more sites, for a total of 62 schools is being planned for next fall.
- x With a \$35,000 Healthy School Meals grant from The California Endowment, the district will be implementing a plan to ensure schools provide healthy meals, snacks and beverages to ensure health and academic success for kids.
- x The district is working to implement training necessary to meet new USDA meal regulations aimed at increasing access to more fruits and vegetables at breakfast, lunch and snack time.
- x Nutrition Services completed several surveys including the National School Nutrition Association (NSNA) survey, the School Food Authority (SFA) Director's Survey and the Council of Greater City Schools survey.
- x Staff revamped the carbohydrate counts and timeline for postings so they are on the web one month in advance of menu service.
- x Staff is working with Alliance for a Healthier Generation to apply for Bronze level national recognition at Ethell Baker Elementary School.
- x Staff is partnering with the National School Nutrition Association to taste test new orange and dark green fruits and vegetables.
- x The district received another salad bar donation from the United Fresh Produce Association with funding by The Fresh Produce and Floral Council.

Coordinator School Health Committee: Coordinated School Health Committee (CSHC) presents a systematic, cost-effective approach to improve student health and academic achievement through the united efforts of the local school and public health staff, students, parents, community partners, and state leaders. These allies work together to provide health instruction, health services and a supportive school environment. CSHC efficiently utilizes policies, programs, practices, services, area use agreements, and accommodating environments to enhance student health and learning.

The CSH model consists of the following eight interactive components:

1. Health education
2. Physical education
3. Health services
4. Nutrition services

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