



CORNING UNION HIGH SCHOOL DISTRICT

LOCAL SCHOOL HEALTH & WELLNESS POLICY



JUNE 21, 2023
643 BLACKBURN AVENUE
Corning, California

Introduction to the Corning Union High School District Local School Health & Wellness Policy

The Corning Union High School District (CUHSD) is committed to providing school environments that promote and protect students' health, well-being, and ability to learn by supporting healthy eating habits and physical activity. Therefore, it is the intent of the CUHSD that:

1. The District will engage its students, parents, teachers, nutrition service professionals, school health professionals, the Board of Education, school administrators, physical education teachers and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness and physical activity policies and school site practices.
2. All students' grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis through its physical education, athletics and after-school recreational programs.
3. Foods and beverages sold or served at CUHSD schools starting at midnight and up to one half hour after the school day will meet the state and federal nutrition regulations that pertain to Food Services.
4. Qualified nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
5. To the maximum extent possible, the two schools in our District will participate in available federal USDA and State of California school meal programs.
6. The schools' nutrition education and physical education programs shall be consistent with the expectations established in the state's curriculum frameworks and content standards and, as appropriate, shall be integrated into other applicable academic subjects.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, gender, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the federal government reauthorized child nutrition programs in school districts nationwide and included a section that specifically addresses Local School Wellness Policies. The objectives of the HHFKA include enhancing existing Local School Wellness Policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both Wellness Policy development and reporting.

The overarching goal of the Health and Wellness Committee at the Corning Union High School District is to promote healthy eating and activity practices and to convey positive, consistent messages to all District students and staff in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

The following groups will constitute the respective sub-committees who will bring information and recommendations to the larger health and wellness committee: Physical Education Department; Food Service Staff; Health & Nutrition teachers; School Psychologist; School Health Aide Staff; students from grades 9-12, and an administrator.

From 2018 through the Spring of 2022 school years, the committee met a couple of times each year except during the COVID 19 pandemic period. Our committee sustained the policy established in 2018. It was revisited in the spring of 2023 and then taken to the local school board for approval on June 15, 2023. It will again be revisited in the 2023-24 school year and a staff-wide survey and student survey will be conducted.

CUHSD Health & Wellness Policy

CUHSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and early adolescence is easier than changing unhealthy behaviors during adulthood. CUHSD believes schools play a critical role in promoting personal health and wellness by helping students establish lifelong, healthy behaviors while in school. Improving student health, wellness and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

School Health, Safety and Environment

CUHSD will continue to provide and promote a safe environment during the school day and during all school related functions.

1. Physical Environment, Health & Safety

- a. Students will be taught campus safety rules and infractions will be referred to the appropriate school employee promptly.
- b. School sites will monitor equipment/grounds and refer potential hazards for repair promptly.
- c. Staff will be informed of and follow safety regulations.
- d. School sites will promote a drug- and substance-free environment and will encourage making healthy choices at school and at home.
- e. School sites will enforce a reasonable "anti-bullying" policy and encourage social tolerance and respect for all.

2. Social & Emotional Health

- a. School sites will have a protocol in place for detection and referral of students who show a potential for harm to self or others.
- b. In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to health services and mental health services at the nearest locations to the school sites and/or may provide referrals to our own district and community resources.

3. Health Services: The Health Services program at CUHSD is a critical means to improving both educational performance and the well-being of the students.

- a. Health Services staff shall be fully supportive of the Health and Wellness Policy regulations and promotion of health and wellness activities.
- b. Health Services will promote attendance through communicable disease education, encouraging healthy habits and injury prevention.
- c. Health Services will provide local community resources for health care, health insurance, and health education, including low- and no-cost resources to students, their families, and staff.
- d. District personnel will provide information on nutrition, respiratory management, disease prevention and detection, tobacco cessation, emotional wellness, and other health and wellness opportunities to students and staff, as requested.
- e. The District Nurse will provide basic screenings of vision, dental and hearing along with others as needed.
- f. The District Nurse may also participate in local community health information outreach activities.

4. Health Education: CUHSD will continue to encourage health education to 9-12 grade students designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors.

- a. CUHSD staff will strive to use a sequential health education curriculum that is consistent with state standards for health education through our nutrition and health courses, the CCR Health class, PE classes and Foods & Nutrition courses, and Culinary Arts.
- b. CUHSD may explore resources and grants for training and materials for health curriculum.
- c. CUHSD schools will be encouraged to provide educational events to support and teach healthy choices.
- d. CUHSD will continue to offer CPR courses to students several times per year through the STARS program as well as in the Child Development and Construction Tech 3 courses.

Nutrition & Food Service

1. CUHSD Food Services employs well-prepared staff that efficiently serve appealing choices of compliant, nutritious foods at breakfast, lunch time, and in the after-school program.

- a. The district will provide professional development for the Food Services staff on the Health and Wellness Policy as needed.
- b. All foods and beverages available on the school campus through Food Service will promote optimal health and will meet state and federal guidelines. Provisions will be made for admin-approved practices permitted for some short-term special events.
- c. All students shall have access to free, safe, fresh drinking water during meal times.
- d. Information for nutrition promotion will be provided to parents and students via the district website, in the cafeteria, and on the menus.
- e. The cafeteria offers appealing fresh fruits, vegetables, whole grains and low-fat dairy products in portion sizes that will meet the caloric needs of the students.
- f. The Food Services staff will be regularly trained in food safety.

2. Food and Nutrition Standards

- a. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations.
- b. Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars. Fundraising efforts using food items will be limited and done only by special permission from the site administration.
- c. Documentation of nutrition information for foods sold outside the cafeteria on school campus starting at midnight and up to one half hour after the school day shall be kept on file by the district for those events.
- d. Food safety and sanitation standards must be followed at all school-related events. Any persons handling food or utensils will: (*Refer to www.foodsafetv.gov for more details.*)
 - Wash their hands properly
 - Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 140 degrees Fahrenheit
 - Clean and sanitize utensils and work surfaces
 - Not handle food or utensils when sick
- e. To reinforce the school's nutrition standards, each school prohibits the marketing and advertising of noncompliant foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.
- f. Schools will encourage non-food rewards for recognition of classroom success and achievement.
- g. Classroom celebrations involving food are limited to no more than four celebrations per year per classroom in grades 9-12. Foods and beverages provided for these classroom celebrations will attempt to meet state and federal regulations that pertain to Food Services expectations.
- h. Homemade foods will not be allowed for students during the school day except for limited special occasions with the knowledge and permission of the administration. This does not apply to students' lunches and snacks brought from home or ordered from off-campus services for personal consumption.

3. Nutrition Education

- a. The school's nutrition education program shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
- b. Nutrition education shall be provided as part of a health education program in grades 9-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs as well. Our current master schedule includes courses in Freshmen Health, Health Science, Nutritional Science, Foods & Nutrition, Culinary Arts & PE classes in which nutrition education is a critical element of the curriculum.

Physical Education & Physical Activity

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

1. Physical Education CAPHERD Standards: The CUHSD PE curriculum follows the California State Physical Education 9-12 CAPHERD Standards.

- a. Students in high school will participate in moderate to vigorous physical activity through PE or interscholastic activities per Education Code.
- b. Students in grades 9-12 shall be provided with the opportunity to participate in intramural or interscholastic activities.
- c. Physical Fitness Tests will be administered in ninth grade. Students will be encouraged to maintain age and grade level physical fitness levels. Parents are notified of student results.

2. PE and Physical Activity Goals: Schools will provide all students grades 9-12 with the opportunity, support, and encouragement to be physically active on a regular basis through PE instruction and physical activity programs.

- a. A comprehensive physical activity program encompasses a variety of opportunities for students to maximize physical activity, including but not limited to: PE classes of Core, Combo, Lifetime Fitness, Net Games, Strength & Conditioning, Intro. & Advance Dance, and Drill Team. Other special programs contribute as well, ie. track meet events, Relay for Life, Walk and Jog-a-thons, marines on campus, etc.), athletic programs and intramural or interscholastic activities.
- b. PE is delivered by well-prepared and well-supported staff who promote a 4-year PE requirement with opportunity to get PE waived for other overriding purposes.
- c. Current and scientifically accurate physical activity content is integrated into before- and after-school programs and classroom instruction.
- d. Professional preparation and/or ongoing professional development is provided for District teachers related to physical education and physical activity.
- e. Physical activity programs are carried out in *safe* environments that reflect respect for body-size differences and varying skill levels.
- f. PE/physical activity is not to be used for disciplinary purposes. Alternative disciplinary *measures* are encouraged in lieu of withholding physical education or physical activity.
- g. Schools will encourage family and community members to support programs outside of the school that promote a healthy and active lifestyle. Signage will be posted and information made available through the school's website regarding a variety of physical activity opportunities. The stadium/track is open to community usage that promotes walking and running.
- h. The Board also encourages CUHSD administration, teachers, and staff to model healthy physical activities for the students of the district.

Social, Emotional & Mental Health Services at CUHSD

1. HOPE Center Counseling with full-time Marriage & Family Therapists on site & a full-time school psychologist.
2. A Behavior Intervention Program (BIP) called the "Wellnest" is designed specifically for emotionally disturbed or students with high ACES incidences.
3. Cooperation with Corning PD who runs a local Restorative Justice program through their office.
4. The offering of I-Lab courses on campus for social-emotional needs students to complete courses online in lieu of traditional course work in the regular classroom setting.
5. The provision of Intensive Behavior Interventionists (IBIs) on campus who are specially trained to de-escalate potentially volatile situations.
6. A Counseling Department that either deals with or refers students who come in with specific social-emotional needs.
7. Other outside counseling services are also provided on site through Victor Services, ERMS clinicians, and the county foster-care system.

Family, Staff and Community Involvement

The Superintendent or designee shall implement strategies for promoting staff wellness and for involving parents or guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

1. Staff shall model healthy behaviors.
2. The community & students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships also help promote these behaviors through health promotion materials & community activities.

Implementation, Evaluation and Monitoring of the Health & Wellness Policy

The Superintendent shall designate one person within the District who is charged with operational responsibility to ensure that each school site complies with this policy. Annual awareness of this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the CUHSD Health & Wellness Policy. Each school campus is expected to follow the policy and the administration may increase restrictions beyond the minimum requirements as needed if it is in the best interest of students. The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluations shall include:

- The extent to which the District complies with this policy.
- A description of the progress made in attaining the goals of the CUHSD Health & Wellness Policy.

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student health and wellness. Any curriculum used for instruction shall be approved by the administration. This curriculum must be sequential, developmentally appropriate, medically accurate, and science-based or research-validated. The District's Health & Wellness Policy Committee will commit at least one meeting each year for the express purpose of evaluating the policy to fit the goals and needs of the District. The evaluation process shall assess whether the issues identified in the policy are making a difference for students.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results. In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practices, recognizing accomplishments, and making policy adjustments as needed to focus District resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Appendix A: Health & Wellness Policy Committee (2022-23) Corning Union HS

Charlie Troughton Associate Principal	Stacie MaGee Food Service Coordinator	Corine Maday Health Teacher
Selena Pinheiro (14875) 11 th Grade Student	Tapanga Guy (15340) 10 th Grade Student	Rylee Henry 9 th Grade Student
Alfredo Ramirez (15263) 10 th Grade Student	Gianni Rodriguez (15777) 9 th Grade Student	Ella Fredrickson (15747) 9 th Grade Student
Isaac Gutierrez (14327) 11 th Grade Student	Teresa Moyer School Psychologist CUHSD	Diana Davisson CBO/Food Service Oversight CUHSD
Natalie Hicks P.E. Teacher/Dept. Head	Alisha Savage Health & Dance Teacher	Minerva Martinez Health Aide

Appendix B:

California Department of Education Local School Wellness Policy Requirements

The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local educational agencies participating in a federal meal reimbursement program establish a Local School Wellness Policy.

On December 13, 2010, President Obama signed the Health, Hunger-Free Kids Act of 2010 (HHFKA) reauthorizing the Child Nutrition Programs. Section 204 added Section 9A to the Richard B. Russell National School Lunch Act (Title 42, U.S. Code 1758b), Local School Wellness Policy Implementation. The provisions enhanced the previous Local School Wellness Policy requirements, strengthening requirements for ongoing implementation, assessment, and public reporting of wellness policies and expanding the team of collaborators participating in the Wellness Policy development to include more members from the community. The HHFKA now requires that the local Wellness Policy, at a minimum, include:

- Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available on school campus during the school day.
- Requirements that Stakeholders be provided opportunities to participate in the development, implementation, and periodic review and update of the Health & Wellness Policy.
- A plan for periodically measuring effectiveness and making the assessment available to the public.
- Public notification informing and updating parents, students, and others in the community periodically about the content and implementation of the local school Health & Wellness Policy.
- Local designation must include one or more local education agency officials or school officials to ensure that each school complies with local school wellness policies.

Adapted from <http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Appendix C:

Annual Evaluation Form for the Health & Wellness Practices Of the Corning Union High School District

Person Completing Form: _____ Position/Title: _____ Date: _____

The purpose of this evaluation is to determine if the District or a specific school site is meeting the health and wellness goals set forth in the adopted health and wellness policy and to identify particular areas of strength and weakness in the CUHSD protocols and practices. A cross-section of school and community representatives in the district may complete this form by May 1st of each year in order to inform our practices. The evaluation of the health & wellness of CUHSD will be accomplished in part using this tool with the number scale as follows:

5 = Completely; 4 = Substantially 3 = Developing 2 = Minimally 1 = Unacceptably DK = Don't Know

1. The school promotes a healthy lifestyle to staff, students and parents. _____
2. The programs and/or activities provided by the school set the school at or above the standards of the CUHSD Health & Wellness policy. _____
3. The school site is monitored for potential hazards. _____
4. Students are taught campus safety rules. _____
5. An "anti-bullying" policy is enforced. _____
6. Healthy habits and injury prevention for staff and students are promoted at the school site. _____

7. A drug- and substance-free environment is promoted. _____
8. The school encourages events that promote and support a healthy lifestyle. _____
9. It is evident that the Health & Wellness Committee’s overarching goal is to promote healthy eating and activity practices that are a positive, consistent message to all students regarding personal health. _____
10. The food service staff is well-prepared and efficiently serves meals to students. _____
11. Fresh, safe, free drinking water is available to all students on campus. _____
12. The school ensures foods and beverages sold and served on school campus to students up until one half hour after the school day will comply with California Education Code, the California Code of Regulations, and meet the food safety and sanitation standards for all school-related events. _____
13. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus. _____
14. Non-food rewards are encouraged for student achievement. _____
15. Classroom celebrations involving food are limited to no more than four celebrations per year per classroom. _____
16. Nutrition education is part of a sequential health education program and is integrated where appropriate on campus. _____
17. The school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs in the PE department’s courses. _____
18. Physical education/activity is not used for disciplinary purposes. _____
19. Physical education is facilitated by well-prepared and well-supported staff for the physical good of students. _____
20. The school community, parents, teachers and staff encourage a healthy lifestyle for students. _____
21. Teachers and staff model healthy behaviors for students. _____
22. The District nurse & health aide review and support the CUHSD Health & Wellness Policy and the policies and protocols related to health services and health services staff. _____
23. The District nurse and health aide act on referrals of students who require information or assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation, and emotional wellness. _____
24. The District nurse provides non-mandated screenings for students as indicated, notifying parents/guardians of failed screenings and follow up on referrals as well as voluntary health screenings for staff. _____
25. The Health & Wellness Policy sufficiently informs the school community of the basic provisions for healthy food and physical activity that lead to good health among our students and staff. _____

Health & Wellness Document Summary

This document was created initially in comparison to the Torrance Unified School District model for health and wellness policies. We have sustained this initial creation from 2018 and revised it several times following re-assessments of our schoolwide practices related to the various categories of health and wellness. We have established many positive practices on our campus and in our district that promote a healthy lifestyle for students and staff. Generally, we are in a strong, healthy position with regard to our safety and environment with many different physical plant upgrades (filtered water access) and an active threat assessment team in place along with a full-time school resource officer on campus. Our food service program and school classes both advocate for healthy food choices in daily life on and off campus. Our physical education program is among the best in the state starting with a four-year PE requirement and daily implementing effective physical activities that students engage in for their own bodily benefit. We also have many social and emotional services in place to meet the needs of students who carry social, emotional or mental challenges. The progress made in reaching the goals of our wellness policy is comprehensive. The extent of compliance in all areas is evident. This document is available on our school website.