

Santa Barbara School Districts

Board Policy

BP 6142

Instruction

WELLNESS

The Santa Barbara School District's Board resolves that the health and well being of its student population is an essential factor in the success of its mission to educate students. It also recognizes the Federal and State mandates that the district provide for instruction that enhances the health of the student population. Therefore, the Board is committed to a Wellness Policy that 1) promotes health, and includes nutrition as an integral component, in a continuum from elementary through secondary years, 2) follows a curriculum based on the California State Health Framework & other mandates, 3) incorporates the necessary instruction time into the school year, 4) provides training to certificated staff, and 5) engages the entire school and community. This policy addresses three components of health: health education, nutrition and physical activity.

The purpose of physical activity is to promote lifelong engagement in activities that have a positive effect on cardiovascular and muscular-skeletal systems. Benefits of physical activity include:

- Physical, emotional and intellectual well-being
- Enhancement of learning and school achievement
- Reduction of stress and anxiety
- Development of healthy habits
- Promotion of lifelong fitness
- Prevention of chronic disease

The purpose of health and nutrition education is to foster health literacy among the student population. Health literacy is the capacity of the individual to obtain, understand, interpret, and utilize basic health information and services to enhance personal health. There are core health facts, concepts, and skills that can be taught and assessed as presented in the California State Health Framework and other resources.

The purpose of good nutrition is to provide adequate, nourishing food in order for students to grow, learn and maintain health. An improved nutritional status has a positive and immediate impact on student academic achievement. Good nutrition is an integral component of the pre-kindergarten through grade 12 curriculum, teaching and assessments.

Policy: SANTA BARBARA SCHOOL DISTRICTS
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