



Santa Barbara School Districts

Student Wellness Policy Brief

Prepared by the Superintendent's Nutrition Advisory Council
(August 22, 2006)

FEDERAL MANDATE

The federal Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 mandates that any district participating in a federal nutrition program adopt a policy on student wellness by the beginning of the 2006 school year. The policy is intended to address three components of health:

1. Health Education

Health and nutrition education is designed 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.

2. Nutrition

Good nutrition means 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.

3. 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.

SANTA BARBARA SUPERINTENDENT'S NUTRITION ADVISORY COUNCIL

In October 2005, the Santa Barbara Superintendent's Nutrition Advisory Council (SNAC), was formed to develop recommendations to the districts' Board of Education for a Wellness Policy. Members of the council, representing many segments of the community, presented the following to the Santa Barbara School Districts' board in June 2006:

- promote health, and includes nutrition as an integral component, in a continuum from preschool through secondary years;
- follow a curriculum based on the California State Health Framework and other mandates;
- incorporate the necessary instruction time into the school year;
- provide training to certificated staff;
- engage the entire school and community.

The policy was adopted in the 2006-2007 school year.

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