

**Three Rivers Charter School**

Phone: (707) 964-1128 Fax: (707) 734-5050

www.TRCSchool.org

1211 Del Mar Dr. Suite 301
Fort Bragg, CA 95437

Student Wellness - TRCS Board Policy 5.7

The Executive Director or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health education program, which fosters and promotes health literacy. Health literacy is defined as the capacity of an individual to obtain, interpret, and understand basic health information and services and the competence to use such health information and services in ways that are health-enhancing.

All students shall have the opportunity, support and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs.

Goals for Other School-based Activities

The Board believes that other school-based activities should support and promote optimal health and shall adopt goals to relate such activities to student wellness.

Program Implementation and Evaluation

It is the general responsibility of the entire school community to strive to uphold the school's goals set forth for proper nutrition and physical activity.

The Executive Director or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district-wide and at each district school.



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Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49510-49520 Nutrition

49530-49536 Child Nutrition Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15530-15535 Nutrition education

WEB SITES

CSBA: <http://www.csba.org>

Ca. Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

adopted: February 12, 2013, Fort Bragg, California

Revised: August 16, 2022