

AR 5030 Wellness Administrative Regulation

The following administrative actions will support meeting the District Wellness Goals

Nutrition

As nutrition is critically important to support overall wellness and impacts students ability to access their learning, SCCS is committed to creating a nutrition program that includes healthy, enticing meals coupled with nutrition education which may include the following strategies:

- A fresh, healthy, nutritious breakfast and lunch is available to every student at every school, so that students are prepared to learn to their fullest potential.
- Market our meal programs, nutritious food choice and to the extent possible incorporate Smarter Lunchroom Movement tools and strategies.
- Utilize food from local youth farms and farmers, whenever possible, as defined by a 250 mile radius to the district, based upon availability and acceptability.
- Support sustainable, and when possible, organic agriculture, integrating local, sustainable food into the meals served to our students by the district and seek to eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, high fructose corn syrup, and known genetically modified foods.
- Create attractive meal presentations and welcoming meal settings that foster good manners and respect for fellow students.
- Continually encourage the consumption of water, promoting water hydration education.
- Educate families and staff on the wellness goals and encourage practices that are consistent with the goals of the policy when providing foods and beverages as a snack, party or incentives offered during the school day.
- Director of Food Service will review all site food celebrations and activities to make sure they are compliant with state and federal laws and our wellness policy.
- Educate staff on the importance of honoring meal periods.
- Include nutrition education at all grade spans.
- Establish and maintain relationships with local farms and farm-to-school programs. Encourage farmers and farm workers to come to the school classroom and arrange for students to visit farms.
- Maintain partnerships with Life Lab to support nutrition education.
- Engage students to provide feedback on menu planning.
- Follow the Smart Snack Rule which is part of the Healthy Hunger Free Kids Act 2010 (HHFKA), which defines the hours of the school day and the foods and beverages that can be sold outside the school food service program.

Physical Activity

To support the District's wellness goal to promote physical activity as essential for lifelong wellness

- Encourage lifelong wellness habits and physical activity through the following:
 - Promoting structured play
 - Supporting intramural and competitive sports
 - Encouraging walking field trips
 - Sponsoring Bike to School Days
 - Physical education at all grade spans
 - Other activities that promote physical activity and wellness

Social Emotional Learning

The district recognizes the importance of explicitly addressing the social emotional learning needs of all students and commits to creating safe and supportive school climates. Some of the strategies used to support these values include:

- Ensuring that school staff are promoting positive relationships between everyone in the school community
- Ensuring that students know that the school staff know their hearts and minds well and care for each individual
- Implementing school-wide approaches to prevent and address harassment, bullying and cyberbullying
- Providing safe spaces, policies and practices to protect lesbian, gay, bisexual and gender non-conforming students
- Establishing school safety and violence prevention policies and strategies
- Ensuring that school staff are trained in promoting the engagement of all students in school activities through culturally responsive practices
- Minimizing exclusionary discipline practices such as suspensions and expulsions
- Training school staff on the use of Positive Behavioral Interventions and Supports and/or Restorative Practices
- Supporting school staff with explicitly teaching, modeling and reinforcing social-emotional learning (SEL) competencies
- Training school staff on incorporating trauma-sensitive and trauma-informed approaches into school policies and practices

Mental Health & Social Emotional Wellness

Santa Cruz City Schools is committed to ensuring that the social emotional health and wellbeing of all students are met. The district will support students' needs by:

- Ensuring that an evidenced-based process for identifying students with social emotional needs is in place
- Ensuring access by students to highly qualified, mental health professionals in the school setting and a referral pathway for connecting students to community-based providers as needed
- Coordinating with school and community-based mental health providers to address students' social emotional needs
- Implementing evidence-based interventions for students in need of additional social emotional support
- Ensuring that suicide prevention policies and programs are in place in all buildings and that school staff are trained in identifying students at risk and referring them to appropriate services
- Providing appropriate training to all school staff on meeting students social emotional needs
- Coordinating with caregivers and students to address students' social emotional needs
- Regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement.

Monitor Student Wellness

The District commits to regularly assessing and reporting upon the district-and building-level work to address our wellness goals and provide appropriate resources for continuous improvement. The Wellness Committee will present a report to the Board annually on district efforts.