

# Pacific Grove Unified School District

Students

Policy #5030

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## STUDENT WELLNESS

Pacific Grove Unified School District has the responsibility to ensure that our schools offer the best possible climate for the education of students in the 21<sup>st</sup> century. The Board of Education is committed to providing a school environment that promotes and protects student mental, physical, and emotional health and well-being, recognizing the important connection between healthy lifestyle choices and a student's ability to learn and achieve high standards. The Board values students and respects their right to receive a high quality education in a setting free from commercial influences. The Board believes students need a comprehensive wellness education program, including adequate exercise, nourishing foods, and a knowledge of health principles in order to ensure their future well-being. Because the Board recognizes the importance of involving parents, students, food service professionals, administrators, teachers and community health educators in the process of developing and implementing this wellness policy, the Board will maintain a committee dedicated to student wellness. The Healthy, Hunger-Free Kids Act was passed in 2010.

### Legal Reference

#### EDUCATION CODE

3350-33354	CDE responsibilities re: physical education
35182.5	Advertising
38080-38103	Cafeteria, establishment and use
38086	Free Fresh Drinking Water
44807.5	Recess Restrictions
45103.5	Contracts for management consulting services; restrictions
48931	Authorization and sale of food
48980	Notice at beginning of term
49430-49436	Pupil Nutrition, Health, and Achievement Act of 2001
49490-49493	School breakfast and lunch programs
49500-49505	School meals
49510-49520	Nutrition
49530-49536	Child Nutrition Act
49540-49546	Child care food program
49547-49548.3	Comprehensive nutrition services
49550-49562	Meals for needy students
49565-49565.8	California Fresh Start pilot programs
49570	National School Lunch Act
51200	Course of Study
51210	Course of study, grade 1-6
51210.1-51210.2	Physical Education, grades 1-6
51210.4	Nutrition education
51220	Course of study, grade 7-12
51222	Physical education
51223	Physical education, elementary schools
51520	School premises; prohibited solicitations
51795-51798	School instructional gardens

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51880-51921 Comprehensive health education

### CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organization  
15510 Mandatory Meals  
15530-15535 Nutrition Education  
15550-15565 School lunch and breakfast programs

### CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.33 National School Lunch Program  
210.30 Wellness Policy  
220.1-220.22 National School Breakfast Program  
245.1-245.13 Determination of eligibility for free and reduced price meals

### UNITED STATES CODE, TITLE 20

1232,g Federal Education Rights and Privacy Act  
6301-6514 Title 1 Program

### UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, Especially:  
1758b Local wellness policy  
1771-1793 Child Nutrition Act, including:  
1773 School breakfast program  
1779 Rules and regulations, Child Nutrition Act

### HEALTH AND SAFETY CODE

113700-114455 California Uniform Retail Food Facilities Law  
114200-114245 Vending machines

### OTHER

0520.2 Title 1 Program Improvement Schools  
3353 Free and Reduced Price Meals  
3513.3 Tobacco-Free Schools  
3550 Board policy Food Service/Child Nutrition  
3554 Other Food Sales  
3555 Nutrition Program Compliance

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## STUDENT WELLNESS

5131.6	Alcohol and Other Drugs
5131.61	Drug Testing
5125	Student Records
5131.6	Substance Abuse
5131.62	Tobacco
5131.64	Alcohol testing
5141.4	Child Abuse Reporting
5141.31	Immunization
5141.3	Health Examinations
5141.24	Special Health Care Issues
5141.6	Student Health and Social Services
6142.1	Sexual Health and HIV/Aids Prevention Education
6020	Concepts and Roles - Parent Involvement
6164.2	Guidance/Counseling Services
5142.8	Comprehensive Health Education
6143	Course of Study
6162.51	Standardized Testing and Reporting Program
6171	Title 1 Programs
6190	Evaluation of the Instructional Program