

Student and Staff Wellness

The Solano County Office of Education (SCOE) is committed to providing a coordinated approach to health education for all students and staff. SCOE believes that an integrated and coordinated school health program will result in school environments that promote and protect students' and staff's health, wellbeing, and ability to learn. To meet this commitment, SCOE is guided by the following eight areas of health and education for students and staff. These eight areas are from the Coordinated School Health Model and California Health Framework.

1. Family & Community Involvement

SCOE believes that partnerships among schools, parents, and community groups are considered valuable and are encouraged to be used to maximize resources and expertise in supporting the health of young people. Supporting examples from SCOE include:

** Transition Information Fair for People with Disabilities * Community School Enter and Exit Interview Process * Sign Language Classes * Career Technical Education Fairs * Asthma Coalition * NorthBay Regional Center * Postsecondary Transition Classes * Regional Occupational Program Classes and Advisory Committees * Solano Kids Insurance Program (SKIP) Referrals for Families * Friday Night Live * Coalition for Better Health **

2. Healthy School Environment

SCOE believes that a school's physical, emotional, and social climate is important in providing a safe physical site and a healthy, supportive environment that is conducive to learning for all students. Supporting examples from SCOE include:

** Local Educational Agency Safety Committee * Site Safety Committees * Safe School Plans * Juvenile Court and Community Trust Committee * Discipline Policies * Guiding Principles * Strategic Plan * School Intervention Specialist * Crisis Prevention Intervention Training (CPI) * Behavior Intervention Plans(BIP) * Expected School-Wide Learning Results (ESLR) *Asthma Management and Prevention **

3. Physical Education

SCOE encourages activities that promote students with the skills, knowledge, attitudes, and confidence to be physically active for life. Supporting examples from SCOE include:

** Field Trips *Swimming Pool Activities * Equipment Available for a Variety of Physical Activities * Physical Education Offered by Qualified Staff * Adaptive Physical Education * Participation at the YMCA * Physical Education Classes at Solano Community College * Student Maintained Gardens * Special Olympics * Physical Fitness Test for Juvenile Court & Community School Students **

4. Nutrition Services

SCOE reinforces classroom-based nutrition education, promotion of healthy eating behaviors, and the integration of nutritious, affordable, and appealing meals in classes. Supporting examples from SCOE include:

** Assistance to Families with Completing the Free and Reduced Lunch Application * Contract with Districts and the Head Start Program for Lunches that Meet Nutritional Guidelines*

Policy 5030 (Continued)

** Healthy Snacks Provided in Classrooms * Cooking Projects in Classroom * Shopping and Menu Planning for Post Secondary Students * School Gardens **

5. Health Promotion for Staff

SCOE believes in promoting health education for all staff by offering various assessment, education, and wellness activities. Supporting examples from SCOE include:

** Employee Assistance Program * Distribution of North Bay Schools Insurance Authority Safety Flyer on How to Prevent Injuries * Workers Compensation Information Available * Solano Athletic Club Discount * Local Hospital and Healthcare Agencies Offer Classes in Health Education * Orientation for New Employees – Child Abuse, Bloodborne Pathogens, Proper Hand washing Technique * CPR Training * Crisis Prevention Intervention Training (CPI) * Daily Informal Walking Groups **

6. Health Services

SCOE provides health related procedures, screenings, and referrals for students that are coordinated at school sites. Supporting examples from SCOE include.

** Smile-N-Style * Mandated Vision, Hearing, and Scoliosis Screenings * Solano Kids Insurance Program (SKIP) Referrals for Families * Asthma Education and Management * Audiology Services * Credentialed School Nurses Provide Services for Special Education Students **

7. Psychological and Counseling Services

SCOE provides support and assistance for students in making healthy decisions, coping with crises, and setting goals. Supporting examples from SCOE include.

** Anger Management Classes Offered by Solano County Probation * Friday Night Live Activities * Club Live Activities * Transition Partnership Program * Workability Programs * Postsecondary Transition Program * School Psychologists * Behavior Specialists * County Mental Health Services * Social and Employability Skills Classes **

8. Health Education

SCOE provides comprehensive programs which address the mental, emotional, and social dimensions of health for students. Supporting examples from SCOE include.

** Family Information and Education * Friday Night Live * Tobacco Cessation * Anger Management Classes **

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education
- 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
- 49490-49494 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
- 49550-49561 Meals for needy students

Legal Reference:

EDUCATION CODE (Continued)

49565-49565.8 California Fresh Start pilot program
49570 National School Lunch Act
51210 Course of study, grades 1-6
51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary schools
51795-51796.5 School instructional gardens
51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations
15510 Mandatory meals for needy students
15530-15535 Nutrition education
15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:
1751 Note Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Policy Cross-Reference:

3513.3 Tobacco-Free Schools
3514 Environmental Safety
3553 Free and Reduced Price Meals
4131 Staff Development
5131.6 Alcohol and Other Drugs
5131.62 Tobacco
5141 Health Care and Emergencies
5141.22 Infectious Diseases
5141.27 Food Allergies/Special Dietary Needs
5141.3 Health Examinations
5141.31 Immunizations
5141.32 Health Screening for School Entry
5142 Safety
6142.1 Sexual Health and HIV/AIDS Prevention Education
6164.2 Guidance/Counseling Services
6142.7 Physical Education
6142.8 Comprehensive Health Education
6300 Preschool/Early Childhood Education