

**CLASSIFICATION: Business and Noninstructional  
Operations****ADOPTED: 5/24/06  
REVISED: 4/13/16  
REVIEWED: 4/13/16****SUBJECT: Student Wellness in Outdoor Schools****PAGE: 1 of 4**

The County Board of Education recognizes that there is an important connection between student health and learning. Additionally, the Board recognizes that federal law requires each local educational agency participating in federally reimbursable meal programs to adopt a student wellness policy. The Board acknowledges its responsibility to promote student wellness and directs that practices and activities in the Outdoor School programs (Outdoor Schools) operated by the County Superintendent of Schools encourage healthy eating and physical activity for participating students.

The San Diego County Office of Education provides four- and five-day residential outdoor school instructional programs to sixth grade students from San Diego County school districts. Pursuant to federal law, this policy specifies goals for nutrition education, physical activity, and other school based activities that support the health and fitness of participating students and establishes nutrition guidelines for Outdoor Schools.

#### GOALS FOR NUTRITION EDUCATION

The County Superintendent of Schools shall implement practices at each Outdoor School site that promote student awareness and understanding of good nutrition and encourage healthy eating habits. Nutrition education practices shall include:

1. Reinforcing messages on healthy eating through staff modeling of healthy food and beverage choices and instructional materials such as nutrition posters.
2. Integrating current, scientifically accurate nutrition content into outdoor school instruction where appropriate.
3. Utilizing instructional strategies that incorporate experiential learning opportunities to reinforce healthy nutrition behaviors.

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### GOALS FOR PHYSICAL ACTIVITY

Outdoor Schools shall offer students the opportunity, support, and encouragement to be physically active. Activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate to reach common goals. The physical activity program shall include:

1. A range of structured and unstructured physical activities designed to meet students' varied needs, interests, and abilities.
2. Opportunities to participate in physical activity incorporated into the daily routine, such as hikes to outdoor lessons.
3. Staff enforcement of rules and procedures that ensure the safety of students while participating in physical activities.

### GOALS FOR OTHER WELLNESS ACTIVITIES

Outdoor Schools shall provide an environment that supports the physical and emotional safety of students and adults and reflects a sense of community and mutual support among staff and students. Outdoor Schools shall ensure that:

1. Students have daily access to a registered nurse or a designated staff member who has current certification in CPR and first aid and is supervised by and has physical or electronic access to, a registered nurse or another qualified supervisor of health.
2. Students have access to staff that can provide support and assistance in making healthy decisions, managing emotions, and coping with crises.
3. Staff is encouraged to improve personal health and fitness, enabling them to serve as positive role models for students.

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**NUTRITION GUIDELINES FOR THE REIMBURSABLE MEAL PROGRAM**

In order to maximize its ability to provide nutritious meals, Outdoor Schools may elect to participate in federally reimbursable meal programs. Foods and beverages served through these programs shall:

1. Meet or exceed federal regulations and guidance for participating schools.
2. Be appealing and attractive to students from diverse backgrounds.
3. Be served in a pleasant environment that meets applicable requirements for safety and sanitation.

**NUTRITION GUIDELINES FOR OTHER FOODS AND BEVERAGES**

All foods and beverages served to students in Outdoor Schools shall promote student health and support the reduction of childhood obesity. Outdoor Schools shall:

1. Serve consistent, healthy and appealing meals and ensure food safety by exercising sole authority to provide foods and beverages through Outdoor School cafeterias to participating students.
  - A. Students shall be informed in advance that no food or drink items should be brought to Outdoor School.
  - B. No foods or beverages shall be available for sale to students.
  - C. Access to free, fresh drinking water shall be provided in food service areas during meal times.
2. Ensure that all foods and beverages served outside of the federally reimbursable meal program are nutritious and support student wellness.

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### POLICY IMPLEMENTATION AND EVALUATION

The County Superintendent of Schools assigns to the administrator directing the Outdoor Education Program, with operational responsibility for implementation and evaluation of this policy. The senior director, Outdoor Education Program, shall:

1. Ensure that Outdoor School principals implement practices and activities that support this student wellness policy, including but not limited to those specified above, and direct Outdoor School staff to provide ongoing assistance with policy compliance.
2. Provide inservices for staff on instructional strategies and practices that promote healthy behaviors.
3. Review state Child Nutrition Program audit reports and conduct periodic outdoor school site visits as part of the plan to measure implementation of this policy.
4. Recommend revisions to this policy as necessary to incorporate changes in state and federal law and to address areas in need of improvement.

Stakeholders were involved in the development of this student wellness policy, as required by law. This policy shall be posted in public view in all Outdoor School cafeterias.

**Legal Reference:** Education Code  
38086, 49500 – 49505, 49530 – 49531, 49536, 49547 – 49548.3, 49570  
California Code of Regulations, Title 5  
15550 – 15565  
United States Code, Title 42  
1751 – 1769, 1751 Note, 1771 – 1791  
Code of Federal Regulations, Title 7  
210.1 – 210.31, 220.1 – 220.21

**Management Resources:** *Guidance for the Development of California School Wellness Policies*, California Department of Education, 2005