

Merced County Probation Department and Merced County Office of Education

Student Wellness Plan



STUDENT WELLNESS

The Chief Probation Officer and County Superintendent recognize the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Merced County Office of Education (MCOE) students. The Chief Probation Officer or designee and County Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

- (cf. 3513.3 – Tobacco – Free Schools)
- (cf. 3514 – Safety Management)
- (cf. 5131.6 – Alcohol and Other Drugs)
- (cf. 5131.62 – Health Care and Emergencies)
- (cf. 5141.22 – Infectious Diseases)
- (cf. 5141.3 – Health Examinations)
- (cf. 5141.31 – Immunizations)
- (cf. 5141.32 – Health Screening for School Entry)
- (cf. 6142.1 – Sexual Health: HIV/AIDS Prevention Instruction)

To encourage consistent health messages between the home and school environment, the Chief Probation Officer or designee and County Superintendent or designee may disseminate health information and/or the student wellness policy to parents/guardians through MCOE or school newsletters, handouts, parent/guardian meetings, the Probation web site, the MCOE web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

- (cf. 1100 – Communication with the Public)
- (cf. 1112- Media Relations)
- (cf. 1113 – MCOE Web Site, Probation Web Site)
- (cf. 1114 – MCOE – Sponsored Social Media)
- (cf. 6020 – Parent Involvement)

Health Council/Committee

The Merced County Probation Department and Merced County Office of Education shall permit parents/guardians, students, food service representatives, medical providers, school administrators, probation administrators, Board members, Juvenile Justice Commission and community to participate in the development, implementation, and periodic review and update of the student wellness policy. (42 USC 1758b)

The health council/committee shall advise the Merced County Probation Department and the Merced County Office of Education on health-related issues, activities, policies, and programs. At the discretion of the Chief Probation Officer or designee and County Superintendent or designee, the duties of the

council/committee may include the planning, implementation, and evaluation of activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Merced County Probation Department and the Merced County Office of Education shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf.0000-Vision)

(cf. 0200-Goals for MCOE and Probation)

The Merced County Probation Department and Merced County Office of Education's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6143 – Courses of Study)

Nutrition education shall be provided as part of the health education program, and as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered through before- and after- school programs.

(cf. 51482 – Before/After School Programs)

The Merced County Probation Department and Merced County Office of Education prohibits the marketing and advertising of non-nutritious foods and beverages through signage, logos, school supplies, advertisements in school publications, incentive programs, or other means.

(cf. 1325 – Advertising and Promotion)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education.

(cf. 6142.7 – Physical Education and Activity)

The Chief Probation Officer or designee may enter into a joint use agreement to make the facility grounds available for recreational or sports activities outside the school day to expand student's access to opportunity for physical activity.

(cf. 1330.1 – Joint Use Agreement)

The Chief Probation Officer or designee and County Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.