

Policy 5030: Student Wellness

Status: ADOPTED

Original Adopted Date: 07/01/2011 | **Last Revised Date:** 09/14/2020 | **Last Reviewed Date:** 09/14/2020

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Wellness Council/Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.31)

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council/committee or other district committee and a wellness council/committee coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council/committee members.

The wellness council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. (42 USC 1758b; 7 CFR 210.31)

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

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. 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, before- and after-school programs, summer learning programs, and school garden programs.

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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The 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 programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items or foods that are low in fat, sodium, and added sugars for fundraising purposes.

He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible. Foods and beverages provided for these classroom parties or celebrations will meet or exceed state and federal regulations that pertain to nutrition services.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (Education Code 49431.9; 7 CFR 210.31)

Program Implementation and Evaluation

The Superintendent designates one person within the district (Student Services Director or Student Nutrition

Services Director), as well as each principal, to be charged with the operational responsibility to ensure that each school site complies with this policy. Identified below are the individuals responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.31)

Student Services Director/Student Nutrition Services Director
(562) 602-6000

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.31)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council/committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.31)

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.31)

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References

Description

5 CCR 15500-15501	Food sales by student organizations
5 CCR 15510	Mandatory meals for needy students
5 CCR 15530-15535	Nutrition education
5 CCR 15550-15565	School lunch and breakfast programs
Ed. Code 33350-33354	CDE responsibilities re: physical education
Ed. Code 38086	Free fresh drinking water
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 49510-49520	Nutrition
Ed. Code 49530-49536	Child Nutrition Act
Ed. Code 49540-49546	Child care food program
Ed. Code 49547-49548.3	Comprehensive nutrition services
Ed. Code 49550-49562	Meals for needy students
Ed. Code 49565-49565.8	California Fresh Start pilot program
Ed. Code 49570	National School Lunch Act
Ed. Code 51210	Course of study for grades 1-6

Ed. Code 51210.1-51210.2	Physical education, grades 1-6
Ed. Code 51210.4	Nutrition education
Ed. Code 51220	Course of study for grades 7-12
Ed. Code 51222	Physical education
Ed. Code 51223	Physical education, elementary schools
Ed. Code 51795-51798	School instructional gardens
Ed. Code 51880-51921	Comprehensive health education

Federal References

42 USC 1751-1769j	National School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act
42 USC 1773	School Breakfast Program
42 USC 1779	Rules and regulations, Child Nutrition Act
7 CFR 210.1-210.33	National School Lunch Program
7 CFR 210.31	Wellness policy
7 CFR 220.1-220.22	National School Breakfast Program

Description

Management Resources References

Management Resources References	Description
California Department of Education Publication	Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
California Department of Education Publication	Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
California Project Lean Publication	Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006
Center for Collaborative Solutions	Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security, Jan 2015
Centers for Disease Control&Prevention Publication	School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012
Court Decision	Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781
CSBA Publication	Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
CSBA Publication	Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
CSBA Publication	Integrating Physical Activity into the School Day, Governance Brief, April 2016
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
CSBA Publication	School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
CSBA Publication	Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
CSBA Publication	Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
CSBA Publication	Physical Activity and Physical Education in California Schools, Research Brief, April 2010

CSBA Publication	Physical Education and California Schools, Policy Brief, rev. October 2007
Federal Register	Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170
National Assoc of State Boards of Education Pub	Fit, Healthy and Ready to Learn, rev. 2012
U.S. Department of Agriculture Publication	Dietary Guidelines for Americans, 2016
Website	California Project LEAN (Leaders Encouraging Activity and Nutrition) - https://simbli.eboardsolutions.com/SU/lzuCbbhn3rBrfeZTSNnVCw==
Website	California School Nutrition Association - https://simbli.eboardsolutions.com/SU/KnWOpY7WknrOcdh5fJ85QQ==
Website	Center for Collaborative Solutions - https://simbli.eboardsolutions.com/SU/xYvpxt3MXVrzRslsh31fdlzZg==
Website	Dairy Council of California - https://simbli.eboardsolutions.com/SU/1oh0mYFcWYXqifx3CFJ8gA==
Website	National Alliance for Nutrition and Activity - https://simbli.eboardsolutions.com/SU/GZJffQ4Hi71GbK8ILPjksg==
Website	National Association of State Boards of Education - https://simbli.eboardsolutions.com/SU/p9EGJQrfe1c2fVDHCT1QRQ==
Website	School Nutrition Association - https://simbli.eboardsolutions.com/SU/plusSD0PzwX4FSHZZZJGvLRPw==
Website	Society for Nutrition Education - https://simbli.eboardsolutions.com/SU/B7qJJXpy356plusplusrFcplusSBGNA==
Website	U.S. Department of Agriculture, Food Nutrition Service, wellness policy - https://simbli.eboardsolutions.com/SU/bjmma9tdvKoKVqhTPcEQaA==
Website	U.S. Department of Agriculture, Healthy Meals Resource System - https://simbli.eboardsolutions.com/SU/PaPXHulzKnqvabN1RMJelw==
Website	Action for Healthy Kids - https://simbli.eboardsolutions.com/SU/xxAK2fQslshjxSZOp0C52YLdQ==
Website	Alliance for a Healthier Generation - https://simbli.eboardsolutions.com/SU/NEhaJJ0nloYQnBez4JOmLQ==
Website	California Department of Education, Nutrition Services Division - https://simbli.eboardsolutions.com/SU/O5xpn2rTFL2uz0BslshlorGXQ==
Website	California Department of Public Health - https://simbli.eboardsolutions.com/SU/plusKghL3cnZRJOzDybcVsugA==
Website	California Healthy Kids Resource Center - https://simbli.eboardsolutions.com/SU/Ve9Yf61snLK7fRzOPU1xiQ==
Website	Centers for Disease Control and Prevention - https://simbli.eboardsolutions.com/SU/Gfx4spY2pCn7TBGiShp9oA==
Website	CSBA - https://simbli.eboardsolutions.com/SU/W3QxkK2FPsDsQBnMIENxGg==

Cross References

	Description
0200	Goals For The School District - https://simbli.eboardsolutions.com/SU/FQECQ8pdplusqCWHeZ3ABZYDA==
0460	Local Control And Accountability Plan - https://simbli.eboardsolutions.com/SU/UOT3xjDJOO3My76XuH27xg==
0460	Local Control And Accountability Plan - https://simbli.eboardsolutions.com/SU/PiXTUSvVOgUyFQHIBPtVMg==
1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/rODunplusCVSjn16WgsM9kwBQ==

1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/CC5VAGwkJBqWpzFWdHAPLQ==
1230	School-Connected Organizations - https://simbli.eboardsolutions.com/SU/MQEpDFPFplusln2slshRrpszqmlA==
1230	School-Connected Organizations - https://simbli.eboardsolutions.com/SU/6OmoA0UQepbgFeoCb2rCplusQ==
1330.1	Joint Use Agreements - https://simbli.eboardsolutions.com/SU/mQ0iosUVTI2p3ogCJu3R0A==
1400	Relations Between Other Governmental Agencies And The Schools - https://simbli.eboardsolutions.com/SU/PJEBALbqEiRwkqr8KsY6NQ==
1700	Relations Between Private Industry And The Schools - https://simbli.eboardsolutions.com/SU/3LOzPZplusZ59My8l6s8AMFVA==
3000	Concepts And Roles - https://simbli.eboardsolutions.com/SU/8MU6M4nsrFR5jLfdr8XUUbQ==
3290	Gifts, Grants And Bequests - https://simbli.eboardsolutions.com/SU/tZcTCIdQG2W5JQwNIEs8Ow==
3312	Contracts - https://simbli.eboardsolutions.com/SU/C3LZlyD5edb0S3OplusvE4PBA==
3452	Student Activity Funds - https://simbli.eboardsolutions.com/SU/kCXDo92emP0fdhohSvBMSg==
3513.3	Tobacco-Free Schools - https://simbli.eboardsolutions.com/SU/3Kd1jew3GY5JGIM9lvqJoQ==
3513.3	Tobacco-Free Schools - https://simbli.eboardsolutions.com/SU/PUx13XHrGQIU6DKF7inrlg==
3513.4	Drug And Alcohol Free Schools - https://simbli.eboardsolutions.com/SU/EYTdp7ymlglY8nfXrQYMg==
3550	Food Service/Child Nutrition Program - https://simbli.eboardsolutions.com/SU/Mz7hide4ZXVhkBvWA0vySg==
3550	Food Service/Child Nutrition Program - https://simbli.eboardsolutions.com/SU/7MkinwQiGuXslsh6lcHjTYQQg==
3551	Food Service Operations/Cafeteria Fund - https://simbli.eboardsolutions.com/SU/jlJ1gmfFZ2dPHoUUfqK5Dw==
3551	Food Service Operations/Cafeteria Fund - https://simbli.eboardsolutions.com/SU/jOSEOluC7vmuDsSIAB4mUQ==
3552	Summer Meal Program - https://simbli.eboardsolutions.com/SU/FwCQmxHTcFhONqyQcZtfpQ==
3552	Summer Meal Program - https://simbli.eboardsolutions.com/SU/mPH0ufEGDvOcoGQKawMIWw==
3553	Free And Reduced Price Meals - https://simbli.eboardsolutions.com/SU/71xDONURfufplus7d9Xus4J5Q==
3553	Free And Reduced Price Meals - https://simbli.eboardsolutions.com/SU/bsx3JKMw8tq0fWdPEYBEXw==
3554	Other Food Sales - https://simbli.eboardsolutions.com/SU/XhQhn8WjJQ79Ri79A15nuw==
3554	Other Food Sales - https://simbli.eboardsolutions.com/SU/bzgMHehcslshfmjwaOAG8jJEA==
3555	Nutrition Program Compliance - https://simbli.eboardsolutions.com/SU/YEHSbVtFQfxywyw9gZWDkZw==
4131	Staff Development - https://simbli.eboardsolutions.com/SU/5UFhMauC6jPwslsh7VWDMDGvQ==

4231	Staff Development - https://simbli.eboardsolutions.com/SU/k97Ww3JJeCcl5opm3MvP3w==
5113.1	Chronic Absence And Truancy - https://simbli.eboardsolutions.com/SU/MGOfrplusY1rRpXnHwrjhGkyg==
5113.12	District School Attendance Review Board - https://simbli.eboardsolutions.com/SU/XfLCplusslshL9jgWpOV7gslshS4Cew==
5113.12	District School Attendance Review Board - https://simbli.eboardsolutions.com/SU/ECeWgY7ivz6YslshzSLsblB3A==
5131.2	Bullying - https://simbli.eboardsolutions.com/SU/qyNslshEXVJrgZWQHgeZ6pZQw==
5131.2	Bullying - https://simbli.eboardsolutions.com/SU/eKzaWjwyJO4xkgh5GWSQCA==
5131.6	Alcohol And Other Drugs - https://simbli.eboardsolutions.com/SU/GUwELsGslshrZBqzaSdpikFmg==
5131.6	Alcohol And Other Drugs - https://simbli.eboardsolutions.com/SU/tW48HtYpgzN2Mf0slshBj4aag==
5131.62	Tobacco - https://simbli.eboardsolutions.com/SU/W5DqyQFQxpmOslshVSm2E7PBw==
5131.62	Tobacco - https://simbli.eboardsolutions.com/SU/1IQxLpPwYX1eZt1770rOOg==
5141.27	Food Allergies/Special Dietary Needs - https://simbli.eboardsolutions.com/SU/S0g7AAq7pgmzR5aZGhWZvg==
5141.27	Food Allergies/Special Dietary Needs - https://simbli.eboardsolutions.com/SU/p6W73BFsWZOO7PAQalplusW1Q==
5141.3	Health Examinations - https://simbli.eboardsolutions.com/SU/zGCH22ju4gslshFyalGuLslshpxg==
5141.3	Health Examinations - https://simbli.eboardsolutions.com/SU/2MaplusEbxpLMpsY1qi4hkvyg==
5141.31	Immunizations - https://simbli.eboardsolutions.com/SU/Rz0EqNei0wgg0bL3tN3S1w==
5141.31	Immunizations - https://simbli.eboardsolutions.com/SU/7iRGRvslshl0sweRjeS4qARow==
5145.3	Nondiscrimination/Harassment - https://simbli.eboardsolutions.com/SU/fAkEo4XDawUY8TNRhUU0MA==
5145.3	Nondiscrimination/Harassment - https://simbli.eboardsolutions.com/SU/ea5yYeLprDXuQ6yZfBJUSg==
5148	Child Care And Development - https://simbli.eboardsolutions.com/SU/YMJ0vt5WXprhjGHDfRslsh3HQ==
5148	Child Care And Development - https://simbli.eboardsolutions.com/SU/HDutlSPkoe67J2mjslshe3wxA==
5148.3	Preschool/Early Childhood Education - https://simbli.eboardsolutions.com/SU/58gslshhWDDzNmFl6Zyo01UUA==
5148.3	Preschool/Early Childhood Education - https://simbli.eboardsolutions.com/SU/PCoG2LI3pYjEclshwwTJFuHg==
6020	Parent Involvement - https://simbli.eboardsolutions.com/SU/hxlzWslCPee6BexWZgjr8A==
6020	Parent Involvement - https://simbli.eboardsolutions.com/SU/8uWWvIOZpluscE1QcL6oy05DA==
6142.1	Sexual Health And HIV/AIDS Prevention Instruction - https://simbli.eboardsolutions.com/SU/SKvXWc2rGslshpKV1D9p8Bseg==

- 6142.1 Sexual Health And HIV/AIDS Prevention Instruction -
<https://simbli.eboardsolutions.com/SU/opDQbvmRmzN8YWbHblQAdA==>
- 6142.5 Environmental Education -
<https://simbli.eboardsolutions.com/SU/LlvHHJ0f9nrUQwaKefVUPg==>
- 6142.7 Physical Education And Activity -
<https://simbli.eboardsolutions.com/SU/nElplusvaXhbeqAH7zrMyUDMw==>
- 6142.7 Physical Education And Activity -
<https://simbli.eboardsolutions.com/SU/Dr7FSBYN92Rxamzgm4oWg==>
- 6142.8 Comprehensive Health Education -
<https://simbli.eboardsolutions.com/SU/Qm27PZDDYVplusFScI2Xw9GuA==>
- 6142.8 Comprehensive Health Education -
<https://simbli.eboardsolutions.com/SU/zhCSUplusxbYqJgslshslsh2FqEDUXQ==>
- 6145.2 Athletic Competition -
<https://simbli.eboardsolutions.com/SU/RzmsxGxyzVrXKdO8W7P1xw==>
- 6145.2 Athletic Competition -
<https://simbli.eboardsolutions.com/SU/iNzxsPDpPaTSK26slshhuvF9A==>
- 6184 Continuation Education -
<https://simbli.eboardsolutions.com/SU/qpNqNLYA0WjD1dKD9mSfRg==>
- 6184 Continuation Education -
<https://simbli.eboardsolutions.com/SU/hI7I2g3fYje1mDrAj45FCw==>
- 7110 Facilities Master Plan -
<https://simbli.eboardsolutions.com/SU/plusUrbjTjqQFLQbER9ZvN7qA==>