

Students

Student Wellness

The Wellness Committee will work in accordance with the coordinated school health approach, which improves students' health and their capacity to learn. It combines all of the resources and providers within the school and community in an organized set of policies, procedures and activities known as the District Wellness Policy. Its GOAL is designed to support and promote healthy eating, healthy behaviors and physical activity in the Lompoc Unified School District: It also develops 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. (cf. 1020 - Youth Services) (cf. 3513.3 - Tobacco-Free Schools) (cf. 3514 - Environmental Safety) (cf. 5131.6 - Alcohol and Other Drugs) (cf. 5131.61 - Drug Testing) (cf. 5131.62 - Tobacco) (cf. 5131.63 - Steroids) (cf. 5141 - 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. 5141.6 - School Health Services) (cf. 6020 - Parent Involvement) (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education) (cf. 6164.2 - Guidance/Counseling Services)

District Wellness Committee

The work of the District Wellness Committee shall include: advising the District on health-related issues, activities, policies and programs; and the development, implementation, evaluation, periodic review and update of the District's Wellness Policy. (42 USC 1758b)

To ensure representation from each school site, and stakeholder participation and involvement in District Wellness Policy activities, the following representatives will be encouraged to serve on the District's Wellness Committee:

1. A District/school staff member
 - a. Suggestions for district/school staff include: administrators, teachers, physical education or health education teachers, school health professionals, Board of Education members, School Garden Managers, or any interested staff member.

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2. A community representative
 - a. Suggestions for a community representative include: PTA/PTSA members, parents, health professionals, and community organization/agency members interested in health and wellness.
3. High school student representative
 - a. Students interested in health and wellness on their campus or with the recommendation of an advisor or teacher.
4. The Wellness Committee shall meet every month, except during school breaks.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

Nutrition education, physical activity, and other school-based activities are designed to promote student health and wellness. (42 USC 1758b) (cf. 0000 – Vision) (cf. 0200 – Goals for the School District)

The District's nutrition education and physical education programs are based on research, consistent within the State's curriculum framework and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. (cf. 6011 - Academic Standards) (cf. 6142.7 - Physical Education and Activity) (cf. 6142.8 - Comprehensive Health Education) (cf. 6143 - Courses of Study)

The nutrition education programs shall include information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health.

Nutrition Education Goals:

1. Includes a campus-wide marketing plan that is designed to promote student wellness through the use of posters and parent communication, etc.
 - a. Programs in use include: Harvest of the Month, a California Public Health Department program that provides free health education resources aimed at motivating students to eat more fruits and vegetables found at harvestofthemonth.cdph.ca.gov; and MyPlate at USDA nutrition education resource found at www.choosemyplate.gov.

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2. Extend beyond the classroom and the school environment to the community using contests, promotions, taste tests, health fairs, farm visits, and school gardens.
3. Are integrated into other subjects beyond health education such as math, science, language arts, physical education, etc.
4. Link with school meal programs and nutrition related community services
 - a. For example, taste tests in the Cafeteria and school garden produce served in the Cafeteria.
5. Are integrated in before- and after-school programs, summer learning programs, and school garden programs. (cf. 0200 – Goals for the School District) (cf. 5148.2 - Before/After School Programs) (cf. 6142.8 – Comprehensive Health Education) (cf. 6177 - Summer Learning programs)

Physical Education and Activity Program Goals:

All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and/or 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. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. (cf. 5142.2 - Safe Routes to School Program) (cf. 6145 - Extracurricular and Co-curricular Activities) (cf. 6145.2 - Athletic Competition)

1. Meet a minimum of 200 minutes for every 10 school days for students in grades 1-6; meet a minimum of 400 minutes for every 10 school days for students in grades 7-12.
2. To fulfill the requirement for high school graduation, students must take two years of physical education in high school.
3. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity through the provision of space and equipment.

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4. Utilize the Sports, Play, and Active Recreation for Kids (SPARK) Program to provide fun and creative physical activities for students. SPARK integrates with other curricula to include movement as part of science, math, social studies and language arts.
5. Physical activity is integrated across curricula through expanding training to include movement as part of science, math, social studies and language arts.
6. Physical activity/recess is not withheld or used as punishment.

Joint use agreements between LUSD and other support providers including the City of Lompoc are in place at several schools to make District facilities or grounds available for recreational or sports activities outside of the school day and/or to use community facilities to expand students' access to opportunities for physical activity.

(cf. 1330.1 – Joint Use Agreements)

The District makes school spaces and facilities available to students, staff and community members when such use does not interfere with school activities. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs. (cf. 1330 – Use of School Facilities) (cf. 6145.5 – Student Organizations and Equal Access)

Professional development shall be offered to health education and physical education teachers, coaches, activity supervisors, nutrition program director and supervisor, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness topics. (cf. 4131 - Staff Development) (cf. 4231 - Staff Development) (cf. 4331 - Staff Development) (cf. 3551 – Food Service Operations/Cafeteria Fund)

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.

A safe, positive school environment is also conducive to students' physical and mental health; therefore, the District prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition. (cf. 5145.3 - Nondiscrimination/Harassment)

District staff is encouraged to serve as positive role models for healthy eating and physical fitness habits. Workplace wellness opportunities will be offered to employees.

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Nutritional Guidelines for Foods Available at School

All foods and beverages available to students at district schools during the school day (*from midnight to one-half hour after the end of the official school day*) will support the health curriculum with the objectives of promoting student health and reducing childhood obesity. The District will meet or exceed state and federal nutritional standards for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues. (cf. 3550 - Food Service/Child Nutrition Program) (cf. 3554 - Other Food Sales)

To reinforce the District's nutrition education program, 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 or for other fundraising purposes through, signage, vending machine fronts, logos, scoreboards, coolers, trash cans, cups, advertisements in school publications, coupon or incentive programs, free give-a-ways, or other means is prohibited. (cf. 1325 - Advertising and Promotion)

Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks brought by parents, or other foods given as incentives):

1. Foods will not be used as a reward or withheld as punishment. *Healthy Food Guide for School Activities and Other Special Occasions*, a guidebook that lists alternative rewards other than food, is available on the District's website (under Wellness Committee).
2. Occasional classroom parties or celebrations shall support the District's nutrition education program and will be held after lunch when possible.
3. The District's policy on classroom celebrations will be followed at all schools for all foods provided, but not sold to students during the school day. This policy will be communicated to parents (i.e., First Day Packet, Parent Handbook, District and school's web pages and parent meetings).
4. School staff shall encourage parents/guardians or other volunteers to follow the District's classroom celebrations standards by sharing the policy with them.

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Nutritional Guidelines for National School Meal Programs

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. The District will sponsor a summer meal program, when it is feasible to do so.

The new meal requirements (as required in the Child Nutrition Reauthorization Act of 2010) will be followed to provide optimal nutrition. Priority will be given to serving unprocessed foods, made with fresh ingredients without unnecessary additives such as high fructose corn syrup, excessive added sugar, preservatives and dyes.

Schools will provide a pleasant environment and adequate seating for students to eat comfortably. Students will be given adequate time to eat meals; no less than 10 minutes for breakfast and no less than 20 minutes for lunch after being served. (cf. 3550 - Food Service/Child Nutrition Program) (cf. 3552 - Summer Meal Program) (cf. 3553 - Free and Reduced Price Meals) (cf. 5141.27 - Food Allergies/Special Dietary Needs) (cf. 5148 - Child Care and Development) (cf. 5148.3 - Preschool/Early Childhood Education)

Schools will engage students and support them in order to help them identify new, healthful, and appealing food choices when selecting foods sold through the school meal programs. Information about the nutritional content of school meals will be made available on the District's website (www.lusd.org). (cf. 1230 – School-Connected Organizations)

Schools provide access to free, safe drinking water during meal times in the food service areas (in accordance with Education Code 38086 and 42 USC 1758). It is the goal of the District to install one or more refrigerated, filtered water refill stations on all campuses. Students will be encouraged to consume water regularly for the purpose of promoting hydration for optimal health.

1. Students shall be allowed to bring drinking water into the classroom provided that it is in a capped/recyclable container.
2. The District will perform maintenance on all water fountains regularly. Maintain hygiene standards for drinking fountains, water jugs, water stations, and other methods for delivering water.

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3. The District will promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports and energy drinks and flavored milk.

Foods Sold Outside the School Meal Programs:

All foods and beverages sold to students during the school day (*from midnight to one-half hour after the end of the official school day*) at District schools, including those available outside the District's food services program, will support the health curriculum with the objectives of promoting student health and reducing childhood obesity. Nutritional standards adopted by the District for foods and beverages provided through fundraising, student stores, vending machines, or other venues will meet or exceed state and federal nutritional standards (reference California Department of Education, Nutrition Services Division *Quick Reference Card*, at: www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc for the most current state and federal laws).

The District's guidebook, *Creative & Fun Fundraising*, details a list of alternative fundraising activities and is available on the District's website (under Wellness Committee). (cf. 3312 - Contracts) (cf. 3554 - Other Food Sales) (cf. 1230 - School-Connected Organizations)

Program Implementation and Evaluation

The Superintendent's designee, Assistant Superintendent of Education Services, is charged with operational responsibility for ensuring that each school site complies with the District's Wellness Policy. (42 USC 1758b) (cf. 0500 – Accountability) (cf. 3555 – Nutrition Program Compliance)

To determine the level of compliance with goals of the wellness policy, a wellness policy assessment will be completed at the District level and at each school site once every three years. The assessment will include: a comparison of the District's policy with model wellness policies, a district assessment, assessment at each school, and school staff and parent surveys. Assessments and surveys will seek information about the progress made in attaining the goals listed in the Wellness Policy. Wellness policy progress will reported to the Board of Education and to the public.

Notifications

The District Wellness Committee will ensure that the public is informed about the content of the District's wellness policy on annual basis. This information will be

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distributed to parents (i.e., First Day Packets, parent/guardian meetings, district web site and/or school web sites). (Education Code 49432; 42 USC 1758b; 7 CFR 210.30). (cf. 1100 – Communications with the Public) (cf. 1112 – Media Relations) (cf. 1113 – District

School Web Sites) (cf. 1114 – District-Sponsored Social Media) (cf. 6020 – Parent Involvement)

Records

The District Wellness Committee shall retain records that document compliance with the USDA regulations related to the wellness policy: the District Wellness Policy, documentation regarding efforts to review and update the policy, the triennial assessment of the policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including the requirement to make the policy and assessment results available to the public (7CFR 210.30, as added by 81 Fed. Reg. 50151).

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

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Lompoc Unified School District
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