

Report: 2011-2013 Wellness Committee

TO: The Board of Education

DATE: September 10, 2013

PURPOSE OF THE WELLNESS COMMITTEE:

1. Update the District wellness policy as needed
2. Collect data for indicators and analyze results
3. Act as a resource for the District with wellness efforts: evaluate nutrition labels for snacks sold during school, answer questions about competitive food sales and food safety, develop and update nutrition and fundraising guides, and assist in the development of school wellness policies
4. Report to the Board on district wellness progress
5. Assist to ensure that the requirements of the Local School Wellness Policy are met

WELLNESS PROGRESS OVER THE LAST TWO YEARS:

1. Healthiness of meals – Buena Vista and La Canada are now serving scratch cooked foods and Hapgood and Crestview will follow suit – they are being remodeled this year (secondary schools had already been serving scratch cooked food). By 2016 all schools will be upgraded to serve freshly made food thanks to generous grants from the Orfalea Foundation. Salad bars were implemented at four elementary schools (high schools had already implemented salad bars).
2. Nutrition Education – three more schools have school gardens. Now a total of seven elementary schools are participating in Orfalea School Garden Projects. Students learn about nutrition, science, math and geography in the gardens. Gardens motivate students to eat fresh produce. Some of the produce grown in school gardens is used to make marinara sauce and salads at the Central Kitchen. Students get very excited about seeing what grew in their garden being served on their lunch line.

3. Physical Activity – more schools are having healthy fundraising events such as jog a thons. Lynda Gordon, a teacher at Miguelito, held a healthy classroom party for Valentine’s Day which included healthy snacks and physical activity. In May the Healthy Lompoc Coalition coordinated “Bike to School” events at the middle and elementary schools in town.
4. With the help of the Orfalea Foundation and the Community Environmental Council of Santa Barbara – Miguelito, Clarence Ruth and Hapgood elementary schools received refrigerated/filtered water refill stations and canteens for the purpose of providing cold and delicious fresh water for students and staff.

NEW REQUIREMENTS OF THE WELLNESS POLICY:

It is a requirement of the Child Nutrition Reauthorization Act of 2010 that each school is in compliance with the Wellness Policy. This year the Wellness Committee developed elementary and secondary school wellness policy templates to assist the schools to meet the requirement.

Included in the school wellness policy template are goals to ensure representation of stakeholder participation from each school on the District Wellness Committee, improved communication to the public and ongoing implementation of the school wellness policies. These goals are required as enhancements to the Reauthorization Act of 2004 which strengthen the requirements of the wellness policy for the purpose of sustaining student health and wellness. The wellness policy will be monitored as part of the Child Nutrition Administrative Review process every three years.

HEALTH INDICATOR RESULTS SUMMARY:

California Physical Fitness Test:

Aerobic Capacity – data reveals an increase in aerobic capacity for 5th, 7th and 9th grade (15.8%, 5.5% and 27.3% respectively) over the last 8 years

Body Composition as measured by BMI (Body Mass Index) – data reveals an increase in overweight and obesity rates for 5th, 7th and 9th grades (combined)

- 2004-2005 = 34.1%
- 2012-2013 = 44.5% (an increase of 10.4% over 8 years)

California Healthy Kids Survey:

Healthy Behavior - Students who ate breakfast in the morning:

2004 compared to 2012:

- 5th grade: 70% to 78% (11.4% increase)
- 7th grade: 57% to 66% (15.8% increase)
- 11th grade: 55% to 60% (9.1% increase)

Respectfully submitted by,

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Chair, LUSD Wellness Committee