



Los Al USD Wellness Committee Meeting

November 10, 2016

Agenda

- ▶ Welcome!
- ▶ Why Wellness?
- ▶ Purpose of the Wellness Committee
- ▶ Review current Los Al USD Wellness Policy
- ▶ Model School Wellness Programs
- ▶ Evaluating Wellness Policy
- ▶ Medi-Cal/LEA Billing Expenditures
- ▶ Close

Why Wellness

- ▶ Wellness matters
- ▶ Federal Requirements
 - ▶ Development, implementation, review and update of policy
 - ▶ Identify wellness policy leadership
 - ▶ Informing public
 - ▶ Including essential elements:
 - ▶ Nutrition promotion, education, physical activity, other school-based activities
 - ▶ Nutrition guidelines are compliant
 - ▶ Policies for other foods/beverages available on campus during day
 - ▶ Policies for food and beverage marketing and advertising
 - ▶ Description of public involvement

Public Involvement

- ▶ Los Alamitos Unified Wellness Program link:
 - ▶ <http://www.losal.org/domain/1550>
- ▶ Nutrition Services:
 - ▶ <http://www.schoolnutritionandfitness.com/index.php?page=menus&sid=2108072243594219>
- ▶ Public invited to attend our meetings to review policy and provide input in wellness activities

Evaluation Requirement

- ▶ Every 3 years, must:
 - ▶ Evaluate extend to which schools are in compliance with district policy
 - ▶ Compare local wellness policy to model school wellness policy
 - ▶ Measure progress made in attaining goals of the local wellness policy
 - ▶ Make assessments available to public

Time to Review Policy and Evaluate

- ▶ Wellsat 2.0

Next Steps

- ▶ Determine needs and goals for Wellness Policy Implementation

Medi-Cal/LEA Billing Expenditures

- ▶ January 2016 Approved Expenditures:
 - ▶ Additional staff
 - ▶ Equipment/Tech for providers
 - ▶ Trainings, and
 - ▶ Collaborating with Outside Agencies
- ▶ Discussion on changes/modifications?
- ▶ Plan for 2017-2018

