

LESD Wellness Assessment 2017/2018

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**
 - Nutrition education in the classroom led by LESD certificated teachers and Champions for Change staff. Topics include: MyPlate, reading nutrition labels, importance of breakfast, sugar sweetened beverages, whole grains, growing food from the garden and composting. Curricula includes: Dairy Council, Growing Healthy Habits, Victory Gardens, and other evidenced based approved curricula.
 - Nutrition education led by the before and after school program ,Realizing Amazing Potential (RAP). Curricula includes: Healthy Behavior Initiative, Be The Change Consulting – Nutrition & Physical, SPARK, Achieve!, and Common Thread.
 - Garden enhanced nutrition education lessons led by the LESD Gardener Educator and school site Garden Leads. Lessons are held during the instructional day, afterschool clubs and the before and after school program.
 - Will Rogers Middle School Physical Education department conducts health seminars one to two times per month covering the colling topics: general nutrition, nutrition for active teens, nutrition – Super Size Me, diet and exercise – daily balance, and healthy food choices.
 - 6th Grade Garden and Nutrition Elective at Jane Addams Middle School.
 - Farm to School education via Harvest of the Month Educator Newsletters, monthly taste tests and new recipes in the cafeteria. .
 - Support provided by district partners: Champions for Change, COPA, California Dairy Council, Fruitguys, Common Thread and LESD Gardener Educator.
- 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**
 - See [Menu & Nutrient Information](#) for complete meal and snack nutritional analysis
- 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**

- Enrollment:
 - Total: 5926
 - FREE: 72%
 - REDUCED: 12.71%
 - PAID: 15.29%
 - Breakfast
 - 21.88% Total Participation
 - 24.16% FREE
 - 20.86% REDUCED
 - 12.71% PAID
 - Lunch
 - 64.49% Total Participation
 - 70.23% FREE
 - 62.97% REDUCED
 - 40.55% PAID
 - Snack: (Twain, Smith, Mitchell, Green)
 - 8.12% total participation
 - CACFP Afterschool Meals Program: (Rogers, Anderson, FDR, Addams)
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**
- All foods sold on campus outside of the food services program comply with nutrition standards while food that is sold on campus outside of the “school day” may or may not comply with the 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**
- Board policy states:
 - The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items 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.

- Resources for nutritional alternatives are provided to school sites annually at Leadership, staff and wellness meetings, and can be found by visiting [Classroom Party Ideas](#).

6. Results of the state's physical fitness test at applicable grade levels

[Physical Fitness Test: 2017–2018 Results](#)

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

- TK/Kinder – 100 min/week (not required by Ed. Code)
- Grades 1–5 – 200 min/week per 10 school days
- 7th & 8th grade – 240 min/week per 10 school days

8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

- Daily during recess
- Instant Recess at school assemblies, in the classroom, and before/after school
- Walk to School Events
- Family Fitness Nights
- Family Wellness Game Nights
- Jog-a-thons
- Harvest Festivals
- Hoop It Up Events
- Track & Field Day
- Mileage Club
- March Madness
- Girls Running Club
- Fitness Fridays
- Dance Assemblies
- Bike Rodeo
- Relay Races
- Student Dodgeball
- Track and Field Day
- Organized sports during lunch

9. **A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate**
- District wide garden lessons led by Master Gardener
 - Parent Nutrition Workshops hosted by Champions for Change
 - Student Nutrition Lessons hosted by Champions for Change – teachers sign up for lessons
 - Student Nutrition Lessons led by the before and afterschool program

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Office of the Assistant Secretary for Civil Rights
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