

## LESD Wellness Assessment 2016/2017

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**
  - Harvest of the Month Education via recipes in the cafeteria two times per month and nutrition education newsletters in the classroom.
  - Other topics include: MyPlate, edible plant cards, growing food from the garden, recycling food
  - Dairy Council materials
  - Reading and understanding nutrition labels
  - Importance of breakfast
  - Nutrition Education in the Garden (Rogers, Addams, Mitchell)
  - Health Seminars 1-2x/month (Rogers)
  - 6th Grade Garden and Nutrition Elective (Addams)
  - Champions for Change (evidence based curricula for students and parents - taught in the classroom, in the garden for students and during workshops for parents)
  - RAP (Healthy Behavior Initiative - curriculum used: Be The Change Consulting - Nutrition & Physical, SPARK, Achieve!, Common Thread)
  
- 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 [http://www.lawndalesd.net/cms/page\\_view?d=x&piid=&vpid=1430124289349](http://www.lawndalesd.net/cms/page_view?d=x&piid=&vpid=1430124289349) 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: 6220
    - FREE: 4528 (72.80%)
    - REDUCED: 932 (14.98%)
    - PAID: 760 (12.22%)

- Breakfast
  - 21.46% total participation
    - 23.52% FREE
    - 16.89% REDUCED
    - 15.17% PAID
- Lunch
  - 63.75% total participation
    - 67.28% FREE
    - 58.69% REDUCED
    - 50.01% PAID
- Snack: (Twain, Smith, Mitchell, Green)
  - 11.21% 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

- Jamba Juice & Baked Chips (Green)
- Minute Maid Ice Pops (Smith)
- Snack Shack (Rogers)
- Jamba Juice (Anderson, Mitchell and Twain)??

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 at:

[https://lesd-ca.schoolloop.com/classroom\\_parties](https://lesd-ca.schoolloop.com/classroom_parties)

- Approved items

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

[Physical Fitness Test: 2016-2017 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) (Mitchell)
- Grades 1-5 - 200 min/week per 10 school days (Mitchell, Green, Anderson, Smith, Twain, FDR)
- 7th & 8th grade - 240 min/week per 10 school days (Rogers)

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 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
- Girls Running Club
- Dance Assemblies
- Bike Rodeo
- Relay Races
- Clubs
- Organized sports during lunch (elementary and middle school) - Twain soccer club

9. A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

- Garden Lessons by Master Gardener (Mitchell, weekly)
- Parent Nutrition Workshops hosted by Champions for Change
- Student Nutrition Lessons hosted by Champions for Change - teachers sign up for lessons

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1400 Independence Avenue, SW  
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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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