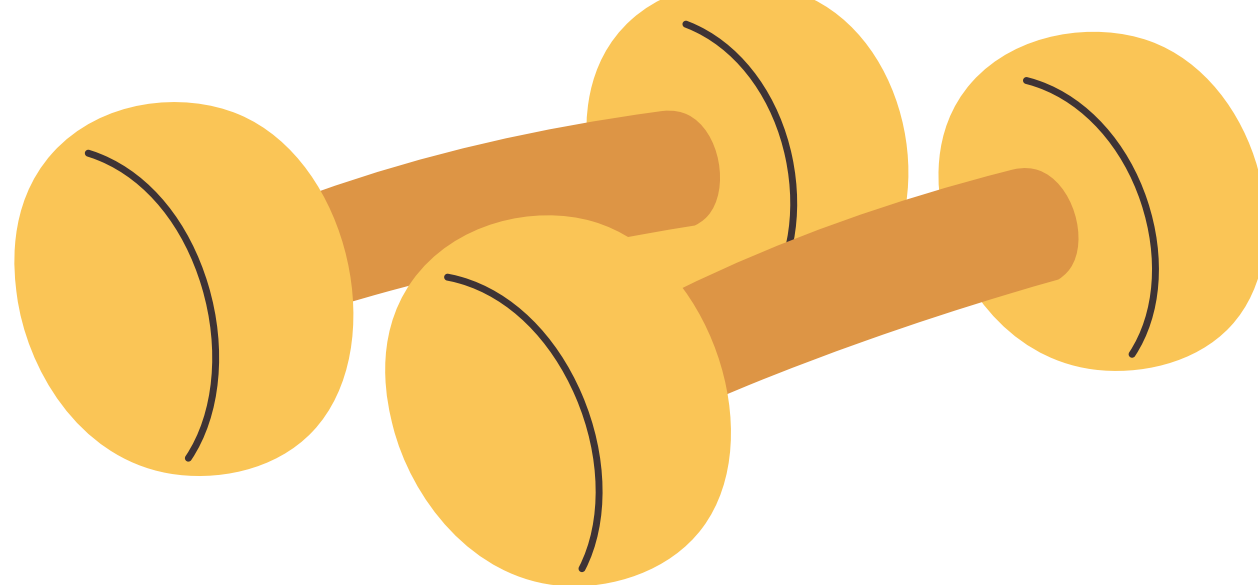
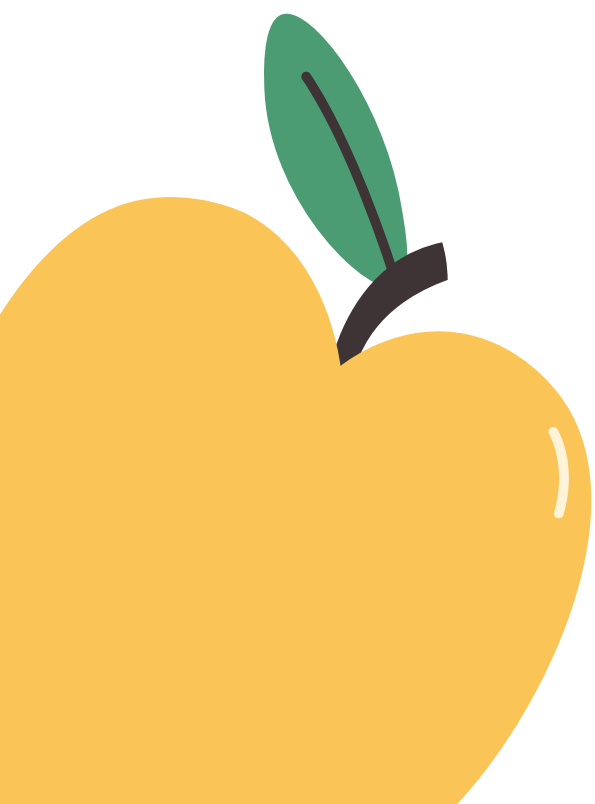




DISTRICT WELLNESS

MEETING

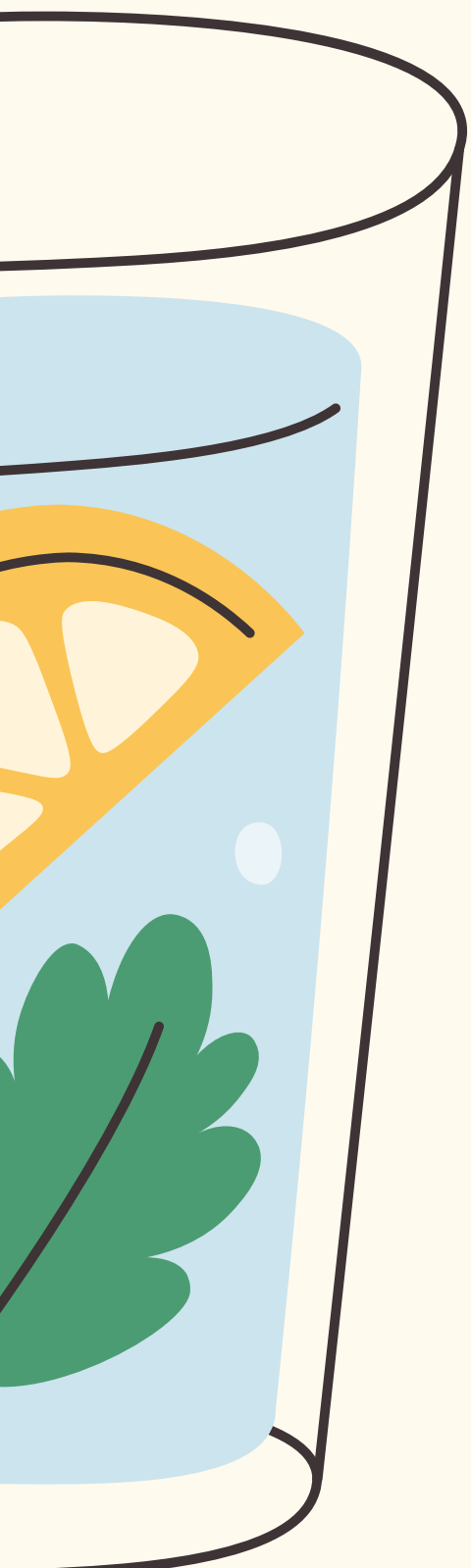
OCTOBER 7TH





TIMESHEET REVIEW

- Due Dates
- How to complete
- Ramification for not completing it and/or turning it in on time.



UPDATED WELLNESS POLICY

- Classroom Parties & Smart Snacks
- Fundraising
- Physical Activity and Physical Education
- Encouraging Non-Food Items as Reward
- School Site Wellness Councils and SMART Goals
- Food from Home



SUMMARY OF POLICY





Lowndale Elementary School District

4161 W. 147th Street
Lawndale, CA 90260
(310) 973-1300 • (310) 263-6498 Fax
www.lowndalesd.net

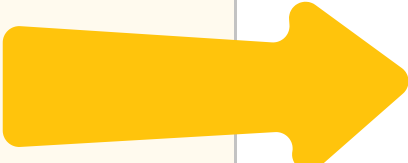
Lowndale Elementary School Wellness Policy

Lowndale Elementary School District is committed to providing healthy, quality meals to all our students. We offer free breakfast and lunch for all our students.

All food and beverages consumed by students at district schools should support the health curriculum and promote optimal health.
It is important to emphasize the relationship between student health and wellness and academic performance. Therefore, we encourage all students to participate in the free Breakfast and Lunch Program at the school site.

Important Reminders:

- If you choose to bring lunch/snacks/drinks from home, we encourage it to be a [healthy choice](#).
- Students must have any food from home with them before they arrive on campus. Student meals or snacks should not be delivered to the school office. On rare occasions, an exception may be accommodated at the discretion of the school site administrator.
- We will not accept any meals through delivery services (i.e. DoorDash, UberEats, etc).
- Students cannot bring food from home and share those items with other students due to allergy concerns.
- Students should not bring the following:
 - Candy
 - Soda
 - Energy or coffee drinks
 - Large bags (family size) of chips (Hot Cheetos, Takis)
- Please send a water bottle with your student each day so that they can stay hydrated. We have water bottle refilling stations and water fountains.
- If you decide to send juice to school, please bear in mind that students should consume a maximum of 4 - 8 ounces of 100% fruit and/or vegetable juice per day.
- Students may not share food brought from home with other students due to food



TRIENNIAL ASSESSMENT: IMPLEMENTATION OF WELLNESS POLICY

- Assessment of Policy Content: Strengths and Areas for Growth
 - a. Nutrition Education score is 71
 - b. School Meals strength score is 70
 - c. Nutrition Standards for Competitive and Other Foods and Beverages strength score is 82
 - d. Physical Education and Physical Activity strength score is 92
 - e. Wellness Promotion and Marketing strength score is 67
 - f. Implementation, Evaluation and Communication strength score is 88
 - Totals Comprehensive: 86 and Total Strength is 78
 - Average: Comprehensive: 54 & Strength 33





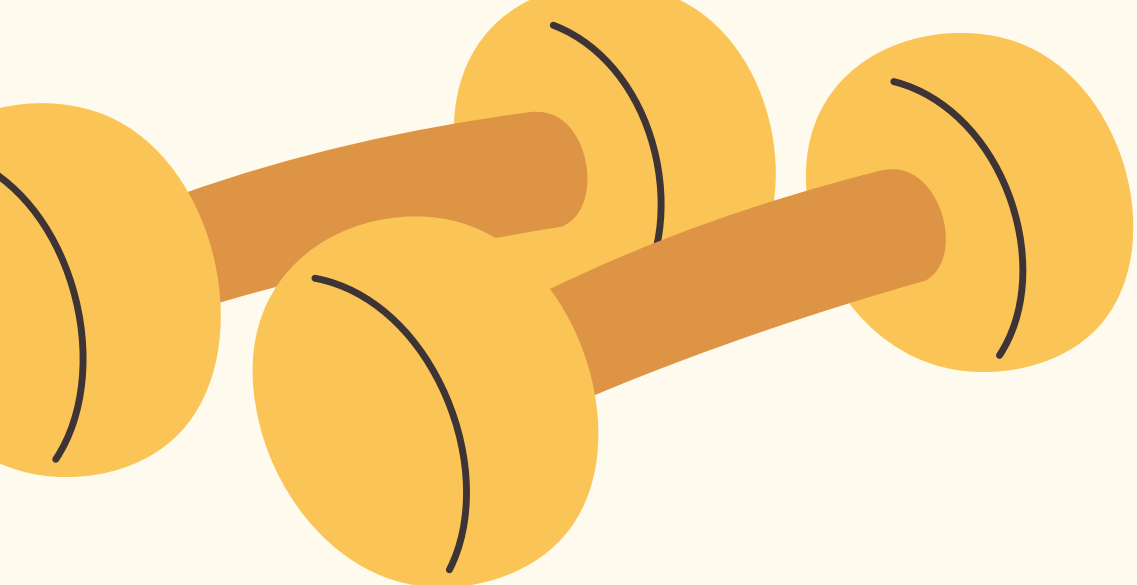
FOOD FROM HOME

1. Food may be brought from home for **individual** consumption for student lunch or snack.
2. Students **cannot** share food brought from home with other students due to food allergies, intolerances and dietary restrictions.



QUICK TIPS FOR PACKING HEALTHY & BALANCED MEALS

1. **Include a Variety of Fruits and Vegetables:** Pack colorful fruits & vegetables such as carrot sticks, cucumber slices, berries, or apple slices to ensure a range of vitamins and minerals.
2. **Encourage Whole Grains:** Try whole-grain bread, wraps, or crackers for sandwiches and snacks for energy & fiber.
3. **Add Lean Protein:** Include protein sources like turkey, chicken, eggs or hummus, beans or tofu to support growth and development.
4. **Pack Low-Fat Dairy or Dairy Alternatives:** Add low-fat cheese, yogurt, or dairy-free option like almond or soy milk for calcium and health fat intake.
5. **Limit sugary drinks and Snacks:** Send water, milk, or 100% fruit juice instead of sugary drinks, and avoid processed snacks like candy.



CALFRESH HEALTHY LIVING EVENT FORM



A decorative header banner featuring various food and kitchen items like watermelon, carrots, a bowl, a pepper, a whisk, and a colander.

Section 1 of 4

CalFresh Nutrition Promotion Event Request Form

B *I* U [↗](#) ~~X~~

Thank you for your interest in promoting nutrition and wellness through CalFresh Healthy Living! Please fill out the form below to request a CalFresh Nutrition Promotion Event at your school.

We will review your request and contact you for further details.

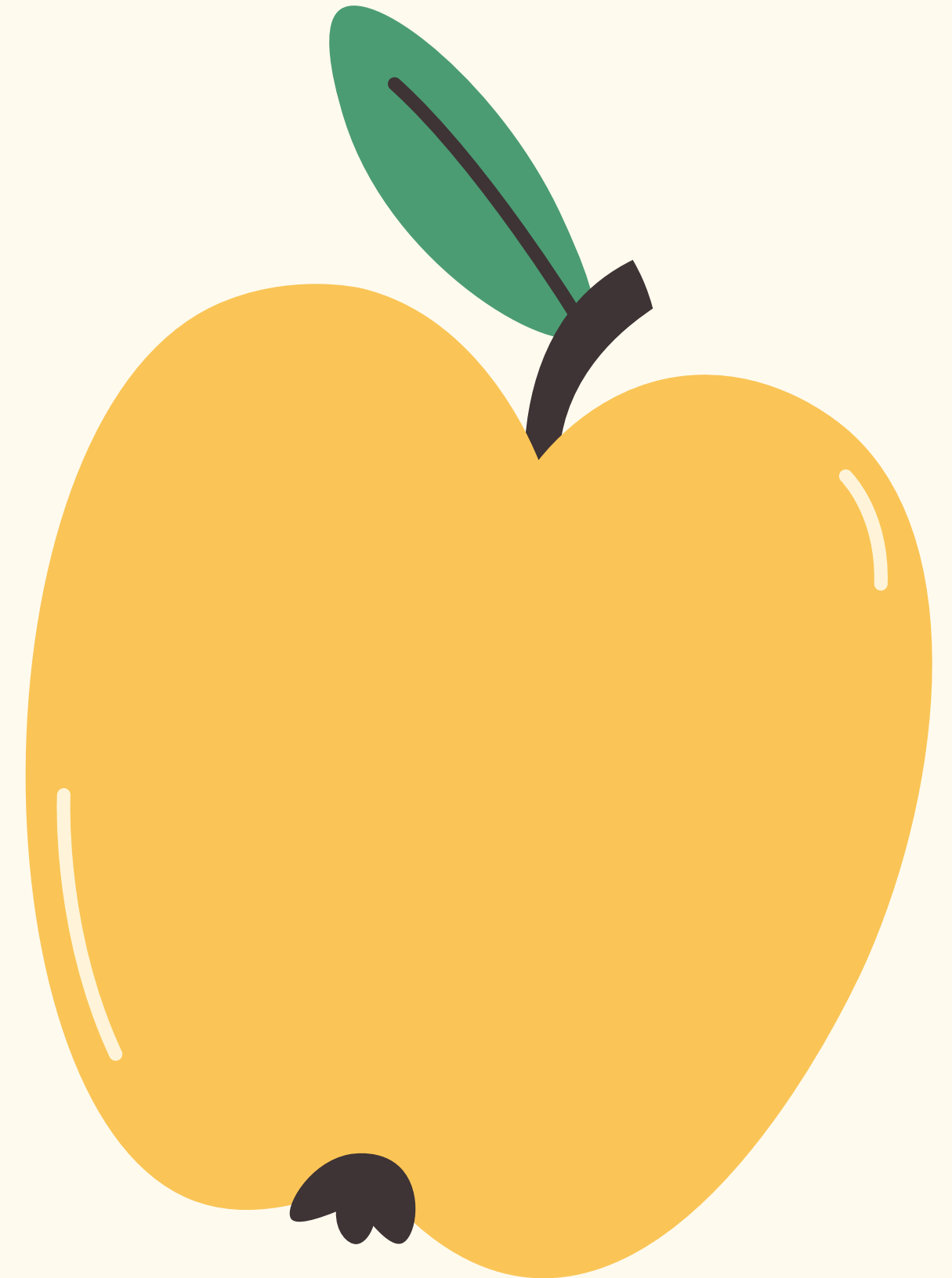
Where will the event take place? *

☐ Addams Middle

☐ FDR Elementary

SLAQ

- Paper copies only this year
- Due 10/31/24 to Delyla (district mail or email)
- Highlighted portions have been completed by Wellness team
- Work with administrator to complete





INVITATION FOR MIDDLE SCHOOL STUDENTS

- Empowering students to attend and provide feedback

LISBETH

Meet our new Master Gardener for LESD.

- Garden Club During Lunch Recess
- Harvest of the Month: Taste Test
- School Community Garden Work Days
- Garden & Current Garden Conditions

CONTACT ME

EMAIL: LISBETH_HERNANDEZ@LAWNDALES.NET





SMART SCHOOL SITE GOALS



Area for growth is taking a quantitative approach to evidence of our implementation.



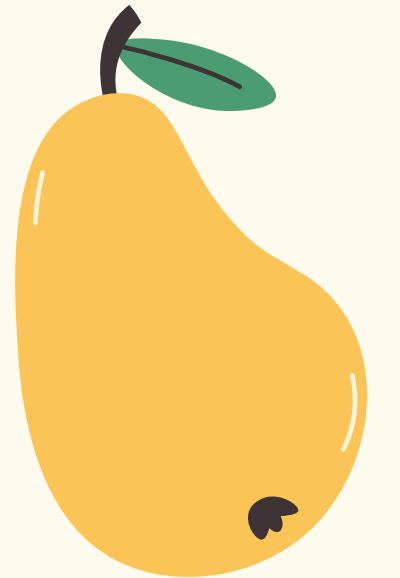
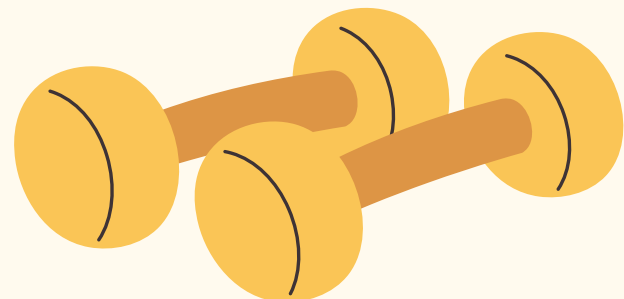
Section 1 of 4

2024-2025 School Wellness Smart Goals

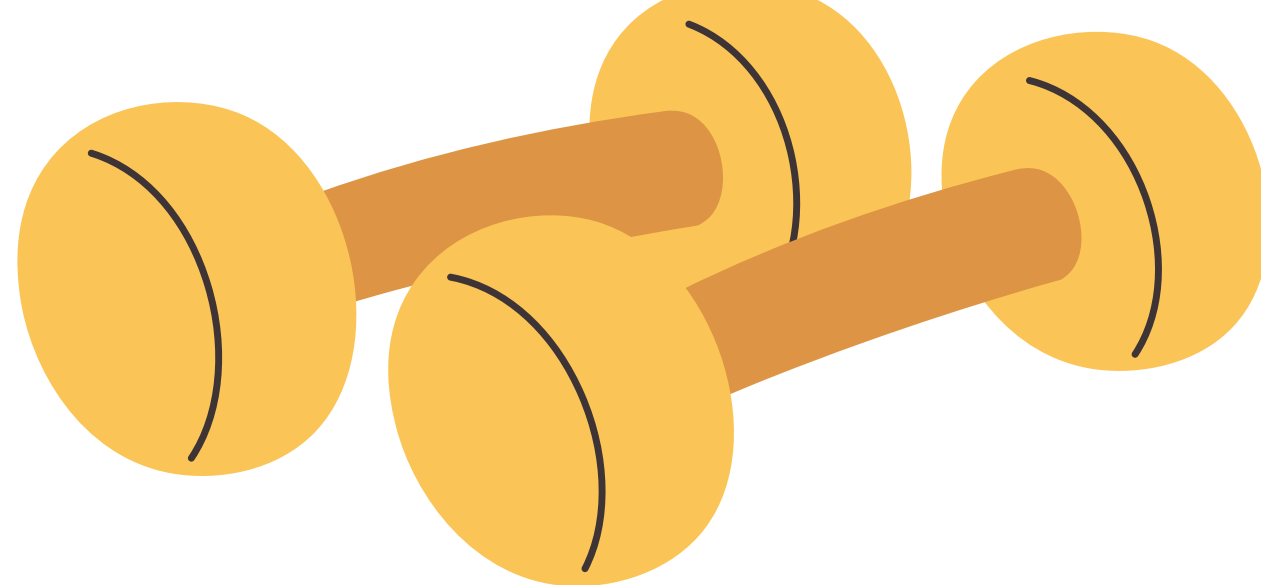
B *I* U ↗ ~~X~~

The purpose of this evaluation is guide school sites in creating SMART (Specific, Measurable, Achievable, Relevant, Time-Bound) wellness goals that align with LESD's school wellness policy and promote a healthy school environment. We ask the Wellness Liaisons and Assistant Wellness Liaisons to convene with school staff and other representatives to complete this form.

Name *







THANK YOU!

NEXT WELLNESS MEETING:

MONDAY, NOVEMBER 4 VIA ZOOM

